

ARCHERY SAFETY



ARCHERY
TRADE ASSOCIATION



IS ARCHERY SAFE? YES!

WITH ARCHERY PARTICIPATION RISING IN POPULARITY AMONG YOUTHS AND ADULTS, THE QUESTION **"HOW SAFE IS ARCHERY?"** BECOMES EVEN MORE IMPORTANT WHEN CONSIDERING THE SPORT. Archery is not only a sport for people of all ages, sizes and skill levels, it's also one of the safest when comparing its statistics to those of other mainstream sports. Archery's safety record helps increase programming in many organizations and locations. Programs administrated by schools, colleges, 4-H, camps, clubs, churches, community events, parks-and-recreation departments, and many other venues all contribute to archery's surge.

"PEOPLE OF ALL AGES PARTICIPATE IN ARCHERY, AND IT'S BEING TAUGHT IN SAFE ENVIRONMENTS FROM GYMS TO FIELDS BECAUSE SOUND TRAINING PROTOCOLS WERE DEVELOPED, INSTITUTED AND FOLLOWED. AS A RESULT, EDUCATORS ARE INTRODUCING ARCHERY TO YOUTH TO DEVELOP A DEEP APPRECIATION FOR THE SPORT WHILE BOOSTING THEIR SELF-ESTEEM, SELF-DISCIPLINE AND LIFE-LONG SKILLS."

TODD ROGGENKAMP
DEPUTY DIRECTOR OF EDUCATION
SAFARI CLUB INTERNATIONAL
FOUNDATION

IS ARCHERY SAFE?

2015 TO 2020 SPORT INJURY RATES PER 1,000 PARTICIPANTS

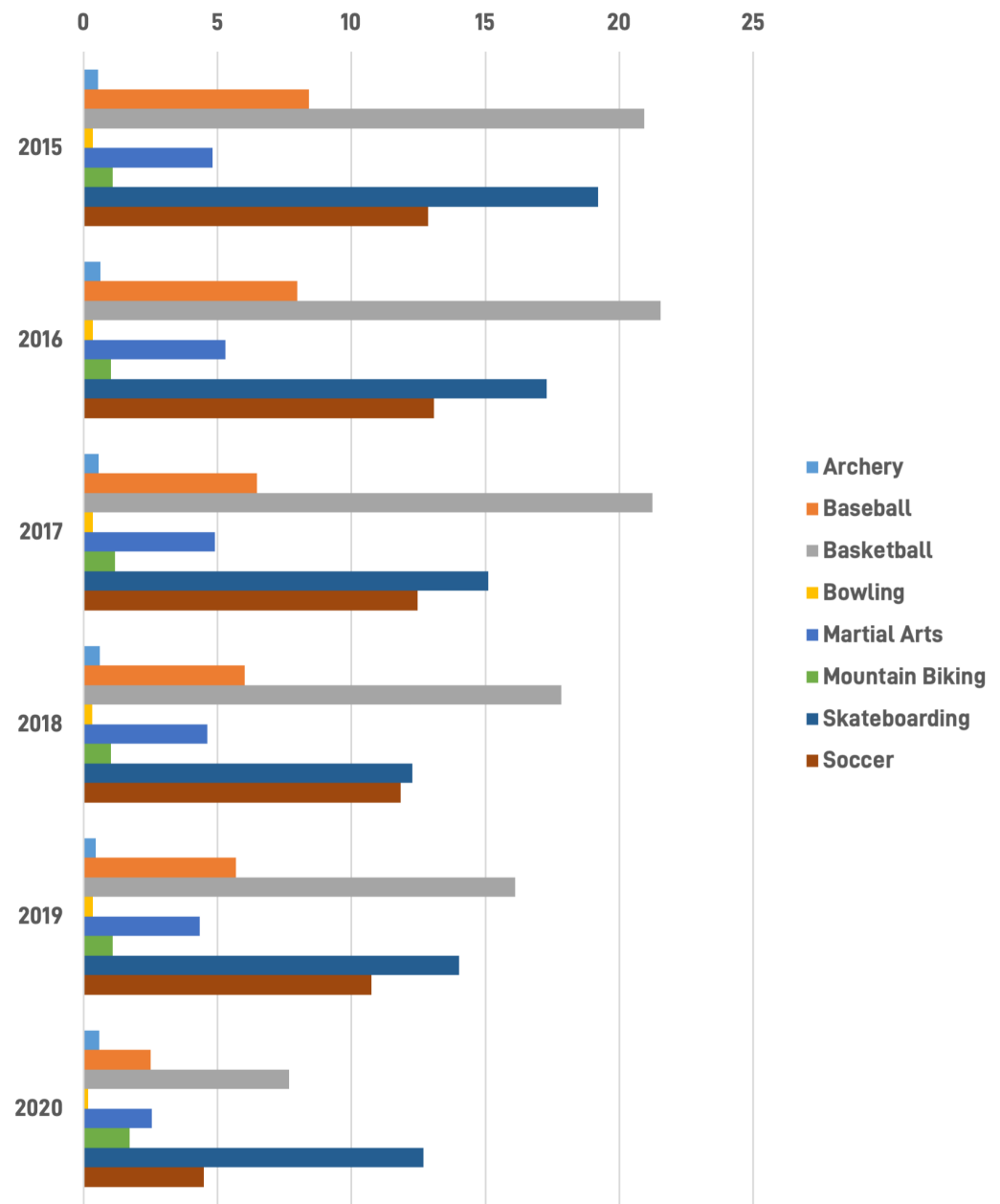


FIGURE 1. Data in Figure 1 were collected and calculated for each year in the same manner as data in Table 1.
*SFIA archery participation data have been found to be substantially underreported. Data are used here for comparison of archery to other sports year to year using consistent methodology.

HOW SAFE
IS ARCHERY
WHEN COMPARED
TO OTHER
MAINSTREAM
SPORTS?

AMONG
THE
SAFEST.

TABLE 1. Data shows that archery is one of the safest sports. Skateboarding has injury rates 22 times higher than archery's injury rate. Basketball and football have injury rates 12 to 13 times higher than archery's injury rate. Archery's injury rate per 1,000 participants rank it below soccer, gymnastics and softball, and just slightly above bowling.

2020 SPORTS PARTICIPATION AND INJURY RATES PER 1K PARTICIPANTS

(AGES 6 AND OLDER) ADULT/SENIOR INJURY RATES

	ACTUAL NUMBER OF CASES [A]	ESTIMATED NUMBER OF CASES [B]	ESTIMATED NUMBER OF PARTICIPANTS [C]	INJURY RATE PER 1000 PARTICIPANTS [D]
BASKETBALL	7,057	212,756	27,753,000	7.67
FOOTBALL (all types)	4,385	121,617	16,901,000	7.20
SOCCER (all surfaces)	3,102	80,281	17,884,000	4.49
CHEERLEADING	391	10,557	3,308,000	3.19
SOFTBALL (all types)	755	28,206	8,160,000	3.46
BASEBALL	1,305	39,417	15,731,000	2.51
GYMNASTICS	690	16,259	3,848,000	4.23
VOLLEYBALL (all surfaces)	716	23,516	12,468,000	1.89
SKATEBOARDING	3,273	112,546	8,872,000	12.69
MARTIAL ARTS	431	15,489	6,064,000	2.55
FISHING (all types)	1,165	61,904	64,836,000	0.95
ARCHERY	86	4,214	7,249,000	0.58
BOWLING	146	6,667	40,143,000	0.17
ROLLER SKATING	720	22,880	11,052,000	2.07
MOUNTAIN BIKING	396	15,480	8,998,000	1.72

TABLE 1. Sub-notes: All data are for the age range 6 and older.

A. These data are from the National Electronic Injury Surveillance System, which collects data from hospitals that record the information, including detailed injury descriptions. B. These data are from the National Electronic Injury Surveillance System and are nationwide estimates for injuries based on samples for ages 6 and older. C. These data are from the Sports & Fitness Industry Association and represent those who participated at least once per year. D. This rate was calculated by dividing the estimated cases (b) by the number of participants (c), and multiplying by 1,000.

*SFA archery participation data have been found to be substantially underreported. Data are used here for comparison of archery to other sports using consistent methodology.

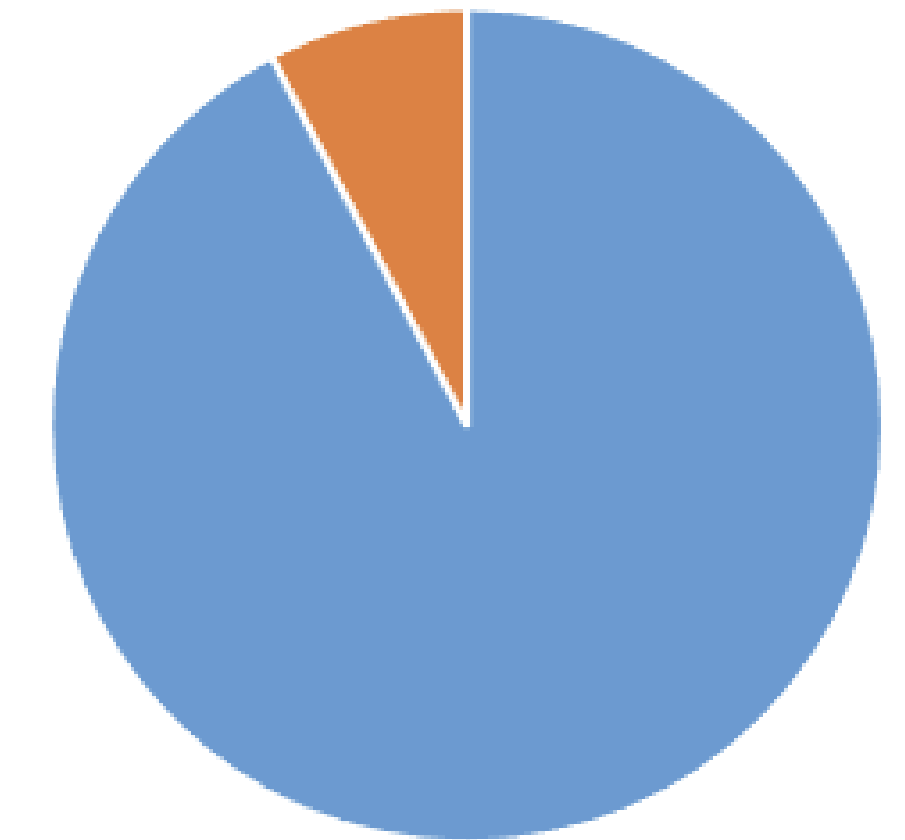
“ARCHERY IS ONE OF THE SAFEST SPORTS I’VE EVER BEEN INVOLVED WITH. THE SAFETY REQUIREMENTS IN THE NASP CURRICULUM SOLD THIS SPORT TO OUR PRINCIPAL AND ADMINISTRATORS. WE HAVE NOT HAD ANY SAFETY ISSUES ON OUR RANGES AS STUDENTS LEARN AND RESPECT THE PROGRAM’S RULES. WE FOLLOW THE PROTOCOLS SO PRECISELY THAT OUR SCHOOL IS ABLE TO RUN FOUR RANGES SIMULTANEOUSLY DURING TOURNAMENT SEASON.”

VALERIE KIRCHOFF
7th Grade Science Teacher,
Head Archery Coach
Haughton Middle School, Louisiana

ANNUAL INJURY RATE

Archery's annual injury rate of less than one per 1,000 participants consistently ranked between the low rates of bowling and fishing. Those sports with the highest injury rates were skateboarding, basketball and football having annual rates between 7 and 12 injuries per 1,000 participants from 2010-2020.

AVERAGE INJURY OF PARTICIPANTS FROM 2010-2020



■ AVERAGE OF TOTAL PARTICIPANTS
■ AVERAGE NUMBER OF INJURIES

FIGURE 2. Majority of these injuries were bowhunting related. This includes but is not limited to, tripping over a bow base to cutting themselves with a broadhead.

*SFIA archery participation data have been found to be substantially underreported. Data are used here for comparison of archery to other sports using consistent methodology.

INSURANCE INDUSTRY ARCHERY SAFETY RATINGS

THE INSURANCE INDUSTRY RECOGNIZES ARCHERY’S SAFE RECORD. IN MANY CASES, THAT MEANS AN ORGANIZATION’S STANDARD GENERAL LIABILITY INSURANCE COVERAGE MAY BE DETERMINED EFFICIENT.

Typically, archery is included in the same class as golf, badminton, bowling, swimming, tennis, track and cross-country running when calculating policy premiums. This class is one of the lowest premiums among the sports categories. Sports carrying higher premiums include football, gymnastics, hockey, lacrosse, soccer and wrestling.

It is important that you talk with your insurance provider to discuss archery activity-based rates and coverage.

TABLE 2. breaks down the chance of youth injuries for various sports by age and gender. These data represent worst-case scenario probabilities because only participants with a fitness level rated “unfit” were selected. Unfit is the lowest fitness level. The values are represented as percentages.

INSURANCE SAFETY RATINGS

	0-10 YEARS OLD		11-16 YEARS OLD		17-20 YEARS OLD		AVERAGE ACROSS ALL AGES [BOTH GENDERS]
	[F]	[M]	[F]	[M]	[F]	[M]	
FOOTBALL	54.4	68.0	61.2	76.5	68.0	85.0	68.8
BASEBALL	32.6	40.8	36.7	45.9	40.8	51.0	41.3
GOLF	28.3	35.6	31.8	39.8	35.4	44.2	35.8
SOCCER	21.8	27.2	24.5	30.6	27.2	34.0	27.5
MOUNTAIN BIKING	22.9	28.6	25.7	32.1	28.6	35.7	28.9
SOFTBALL	18.5	23.1	20.8	26.0	23.1	28.9	23.4
ANGLING	3.3	4.1	3.7	4.6	4.1	5.1	4.1
BASKETBALL	16.3	20.4	18.4	23.0	25.5	20.4	20.7
MARTIAL ARTS	21.8	27.2	24.5	30.6	27.2	34.0	27.5
ARCHERY	4.4	5.4	4.9	6.1	5.4	6.8	5.5

Table 2. AmPmInsure estimates on how likely you are to be injured within a 12 month period. Values shown are for unfit individuals. Youths rated as fit are injured half as often as unfit participants and that trend holds for all ages and sports. www.ampminsire.org/calculators/sports.html

We also collected similar data for adults (ages 21 to 59) and seniors (ages 60+), shown in TABLE 3. Again, all participants represented were rated “unfit,” and values are percentages representing injury chances.

CHANCE OF INJURY FOR ADULTS + SENIORS

	21-59 ADULT AVERAGE [BOTH GENDERS]	60+ SENIOR AVERAGE [BOTH GENDERS]
GOLF	67.5	99.0
MOUNTAIN BIKING	57.0	99.0
MARTIAL ARTS	54.8	99.0
ARCHERY	11.0	24.5
ANGLING	8.3	18.4

Table 3. AmPmInsure’s Injury Calculator - All UNFIT participants Adults 21-59 and Seniors 60+

SPORTS INJURY CALCULATOR

AmPmInsure is an online insurance community that provides professional and expert connections within the insurance network to assist with coverage options, including sporting activities. AmPmInsure offers a Sports Injury Calculator to estimate the chance of injury for sport participants of different ages and fitness levels.

WHAT ARE THE CHANCES A YOUTH WILL GET INJURED WHILE PARTICIPATING IN ARCHERY?

VERY UNLIKELY.

When calculated for a participant with a fitness level rated “unfit,” ages 0-20, and averaging the injury risk for both genders, the person has a 5.5 percent injury chance participating in archery. AmPmInsure gives that same person a 35.8 percent chance of injury when participating in golf and a 68.8 percent injury chance for football.

“ I TEACH OVER 600 KIDS A YEAR. WE HAVE NOT HAD ANY INJURIES OR SAFETY CONCERNS. HAVING THE KIDS (AND ADULTS) REVIEW THE RULES MAKES EVERYONE TAKE OWNERSHIP IN CLASS SAFETY. ARCHERY IS THE ONE SPORT THAT’S TRULY OPEN TO THE BROADEST AGE BRACKET. PEOPLE FROM AGE 5 TO 80-PLUS HAVE LEARNED ARCHERY FROM US. KIDS, PARENTS AND GRANDPARENTS SHOOT TOGETHER AND HAVE A GREAT EXPERIENCE. ”

JOHN CORRIVEAU
Director of Parks and Recreation, Level 3-NTS Coach
Saginaw, Michigan

KEEPING ARCHERY SAFE

INSTRUCTOR CERTIFICATION

Instructor certification takes center stage for maintaining archery's safe track record. Archery instructors and coaches build the foundation for safe programs. Certification courses provide instructors valuable safety knowledge and hands-on experience and make archery programs more marketable.

When pursuing instructor certification, expect to cover numerous topics to help keep programs safe and successful. Certification courses are tested and utilized to maximize safety for participants and spectators in group and individual settings.

"ARCHERY INSTRUCTION CERTIFICATIONS HAVE HIGH VALUE. YOU CAN LEARN THINGS FROM EACH CERTIFICATION THAT HELPS YOU DELIVER THE BEST INSTRUCTION AND CLASSES. THE CERTIFICATION PROCESS ALSO TEACHES YOU HOW TO ACCOMMODATE ALL SHOOTERS REGARDLESS OF AGE, SIZE OR DISABILITY. MY GREATEST ACCOMPLISHMENT WAS OBSERVING ONE OF MY STUDENTS WITH AUTISM IMPROVE EACH WEEK AND SHOOT SAFELY. SHE LOVED IT!"

RACHEL CRUME
Archery Instructor, Level 2
Instructor
Louisville, Kentucky

CERTIFICATION COURSES

Certification courses cover several topics that address archery safety.

RANGE SETUP & SAFETY

Safe ranges feature many lengths and widths, and are found in various venues indoors and outdoors. Key features of certification courses include:

- Range rules and safety signage
- Safe range design and set-up
- Marked safety lines – waiting line, shooting line, target line
- Backstop and safety curtains.

TEACHING A CLASS

Certification focuses on multiple areas to help instructors develop a safe process for running their classes. The subjects include:

- Running a safe range
- Whistle commands
- Steps of shooting
- Teaching your first archery class

EQUIPMENT

Certification courses review equipment topics and allow time for participants to become familiar with the gear. This includes:

- Equipment inspection and basic repair
- Utilizing local archery retailers for all equipment needs
- Outfitting a class with equipment

RESOURCES FOR ARCHERY PROGRAMS

GET CERTIFIED:

Find instructor certification information: www.usarchery.org

FIND LOCAL RESOURCES:

www.archery360.com. Use the locator tool to find archery retailers, clubs and ranges near you while also enjoying articles, videos and other archery-related information.

DEVELOP AN ARCHERY RANGE:

These guides help people build safe archery ranges. archerytrade.org/grow-archery/archery-guide/

REFERENCES

THE SPORTS & FITNESS INDUSTRY ASSOCIATION (SFIA)

962 Wayne Avenue, Suite 300,
Silver Spring, MD 20910

301-495-6321
www.sfia.org

U.S. CONSUMER PRODUCT SAFETY COMMISSION (CPSC)

4330 East West Highway,
Bethesda, MD 20814

800-638-2772
www.cpsc.gov

NATIONAL ELECTRONIC INJURY SURVEILLANCE SYSTEM (NEISS)

U.S. Consumer Product Safety
Commission; 4330 East West
Highway, Bethesda, MD 20814

301-504-7923

[www.cpsc.gov/cgibin/
NEISSQuery/home.aspx](http://www.cpsc.gov/cgibin/NEISSQuery/home.aspx)

AMPMINURE SPORTS INJURY CALCULATOR

[www.ampminure.org/
calculators/sports.html](http://www.ampminure.org/calculators/sports.html)

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ATA ARCHERY PARTICIPATION REPORTS

www.archerytrade.org

