



First Aid & Safety of Archers

Delivered in an Archery GB environment, the activity of archery is relatively safe because of the training that members receive through a beginner's course, and the rules and regulations such as Rules of Shooting. The safety of archers is paramount and therefore all clubs should consider their first aid requirements based on several factors.

Although specifically published for the workplace, the [Health & Safety Executive](#) provides information on how to provide adequate and appropriate equipment, facilities and personnel to ensure immediate attention is given if anyone is injured or taken ill.

Minimum Requirements

Archery club officials should assess the risk and hazards of their club (this can not be done by Archery GB, you know your club and your members and the activity they perform).

A low-risk archery club should have a first-aid box and a [person appointed](#) to take charge of first-aid arrangements, such as calling the emergency services if necessary.

Places where there are more significant health and safety risks are more likely to need a trained [first-aider](#). A [first-aid needs assessment](#) could help decide what first aid arrangements are appropriate.

Club Sizes

We would recommend following the HSE guidance as detailed below. If the club and its activities are deemed low hazard, then:

For clubs with fewer than 25 members:	Aim for one appointed person
For clubs with 25–50 members:	Aim for at least one first-aider trained in Emergency First Aid at Work
For clubs with more than 50 members:	Aim to have at least one first-aider trained in First Aid at Work for every 100 members (or part thereof)

If you believe you have higher hazard activities (ride on lawn mower as an example) you may want to look at increasing the ratio of first aid trained members.

Which course is right?

Courses are available from a wide range of suppliers from Red Cross to St John's Ambulance and the name of the courses may vary slightly. Generally, follow the guidance below when looking for a course for your needs.

Appointed Person	0.5 day
Sport First Aid or Emergency First Aid	1 day
First Aid at Work	3 days

Defibrillators

Cardiac arrest can happen suddenly to anyone at any time. In the UK, there are more than 60,000 cardiac arrests that occur outside of hospital each year. But the survival rate is very low at only one in 10 people. Emergency services take an average of 11 minutes to get on the scene when they are called for a cardiac arrest. As a result, more and more public access defibrillators have been installed so members of the public can help to increase the chance of survival when cardiac arrest strikes. There are over 10,000 public access defibrillators in the UK ready to support essential, life-saving medical attention when a person goes into cardiac arrest.

Search the National Database to find your closet Defib: <https://www.nddb.uk/>