

CHAPTER 9

SUPPLEMENTAL ISSUES

THE MEDICAL PLAN

Medical Emergency Plan. What's this? - nobody mentioned a medical emergency plan! I realized that this is something I have noticed at every 3-D archery shoot I have ever attended. There is never any information given on what's to happen if someone gets hurt. In the army, we actually have very few accidents during training with weapons and ammunition. When its does happen, nobody panics because we have planned for it anyway.

Don't say "We won't need a medical plan because no-one will get hurt." That form of denial could be costly. We are planning to use bows and arrows, lethal by design, in the company of a large number of people. Bow accidents aside, what if someone falls and breaks a leg? What if that guy from that other club has a heart attack climbing the treestand ladder? Accidents, though rare, do happen. A little preparation on the part of your club could save someone's life!

The briefest way to sum up the best approach to first aid readiness is:

- A. St. John Ambulance Safety Oriented First Aid training.
- B. A purpose designed first aid kit.
- C. A plan to give first aid and evacuate casualties.

Training. Every club should keep track of who has a first aid course (and CPR training too). Having your club organize a St. John First Aid Course for all or a few members might even be considered. For each event, your club should identify who will supervise and administer first aid. This person should probably be someone at the clubhouse helping with the organization of the event. That way you can announce where they can be found throughout the day, they can also be in charge of the first aid kit.

Equipment. An archery club's first aid kit should probably be a little more extensive than a pack of Band-Aids. You might want to seek some expert help in putting one together. Work from the point of what potential injuries might occur during the planned activities on the course. Broken bones, severe cuts, or even, heaven forbid, an arrow through the lungs are all very real possibilities. One approach, though a touch morbid in its detail, is to list the activities which will take place at the course, then identify the possible injuries which may occur. From this, a pharmacist or physician should be able to help you design a good first aid kit.

The following table gives examples of this type of process.

ACTIVITY	POSSIBLE INJURIES	FIRST AID KIT
Movement through moderately rough wooded terrain in all types of weather.	Sprains, strains or broken bones due to falls. Punctures by branches (eye or other). Heart attack. Shock due to other injuries. etc.	Bandages, triangular, gauze, tape, etc. Ice, Splints, Stretcher, Blankets, etc.
Use of archery equipment.	Possible severe puncture wounds. Minor wounds due to equipment failures.	Bandages, Cutting tool (embedded section of arrow should not be removed during first aid), etc.
Requirement to climb ladder 10 feet to wooden platform treestand.	Injuries due to fall, up to and including concussion and broken bones. etc.	Stretcher, Bandages, Splints, Stretcher, Blankets, etc.
etc.		

As you can see by extrapolating the above table, 3-D archery, though not known as a dangerous sport, does have its hazards. The possible injuries listed against each type of activity can also be weighed against their probability of occurrence. Approach the building of a first aid kit carefully, it could be for you!

Evacuation. From the first aid planning point of view, one of the greatest problems facing an archery club will be that of evacuation of a casualty. How are you going to get an injured person off the course and to a hospital? By ambulance, you quickly answer. Very good, only two questions left then.

Number one: How do we get the injured party to the ambulance from the far end of the course?

and

Number two: Who calls the ambulance and how?

If your course has a good road through it and the first aid kit contains a cellular phone (and the right phone numbers), you are in luck. If not, you need to plan and prepare a little more.

So, how are you going to get an injured archer, possibly unconscious, out of the back trails of your course? There is no comfortable way to be carried when you are injured, but a stretcher is better than nothing, and you won't mind having it as soon as you need it.

An ambulance is a good idea for serious injuries, but you need a plan to get one. For less serious injuries which might still need a trip to the emergency room, a designated safety vehicle with driver is a nice touch.

To get that ambulance to the course, a cellular phone is an ideal solution. But you will have to identify before the shoot who has one, and where it will be throughout the day. Otherwise, someone should be detailed to go to the nearest phone if necessary. Ensure you/they have the numbers and the directions written out clearly in advance. A message is a lot clearer if it is prepared in advance and read out, poor directions could mean a long wait.

If you do intend to rely on the local ambulance service, a visit to the regional ambulance dispatcher by a club member with directions and a shoot schedule could be a valuable bit of insurance. Someone with minor injuries may wish to drive himself to the emergency room. An information sheet with directions to the nearest emergency room from the course area should be part of your first aid kit.

The Plan. So what does the Medical Emergency Plan in the briefing include? From the short discussion above we can see it should cover these points;

- identify the **designated first aider** and where he/she will be during the shoot;
- the location of the **first aid kit**;
- the location of the **safety vehicle**; and
- the **general plan** for serious injuries.

ENVIRONMENTAL CONCERNS

Environmental protection has become a very prominent issue at all levels of government. Many organizations and individuals are using environmental arguments to restrict or prevent the activities of others. We have a responsibility to present ourselves as favourably as possible in the public eye regarding the potential environmental impact of our activities.

Environmental issues are becoming as significant as the continuing debate between hunters (including bowhunters) and the anti-hunting community. As with hunting in general, archery clubs have a role to play in the promotion of positive attitudes toward the environment. Although individual archery clubs may not be targeted by environmental or wildlife preservation activists, individual club efforts combine to form the overall impression outside observers will have.

Why should an archery club concern itself with the environment? Our activities do not pollute, as a group we support wildlife management programs and we enjoy the out-of-doors. We're not actively destroying the "environment," so what's the point?

The point is that small things do count. Those of us who use and enjoy the out-of-doors should be pro-active. We should be leaders in good environmental practices. There are advantages to presenting favourable attitudes in this area. When a club wants to extend a lease, or gain access to new grounds, a good environmental track record can go a long way. Concern for the environment is good corporate citizenship on the part of a club, it can be a lever to getting local business sponsorship. Environmental issues should be addressed to avoid possible later problems and for the sake of the environment itself.

What can a club do? Well, since archery in itself is not a polluting activity, it does narrow the field of issues. Specific areas which a club might address can include; proper waste management, protection of watercourses and wetlands, and protection of endangered species.

Proper waste management. A club which expends the time and effort to practice good housekeeping practices is more likely to avoid situations which may become environmental concerns. Clean up the course area regularly and dispose of waste properly. Don't have a private landfill in the back corner, it might come to light at an inopportune time. If you burn old target materials, construct a proper burn pit and have permits when required. Ensure latrines are constructed to government standards.

Protection of watercourses and wetlands. Many clubs are in or near watershed areas. These areas are sensitive habitats and persons promoting environmental protection are quick to focus their attentions on such areas. Clubs so situated should ensure that activities and traffic (vehicular and foot) do not detrimentally affect watercourses. If you border a waterfowl breeding ground, plan your trails or schedules around the nesting sites or times.

Protection of endangered species. Every province maintains a list of endangered and protected species. These include animals and plants, but protected plant species are most likely to be present on course property. If a club identifies any in their area, a few timely reminders will show everyone that this is an area of concern for the clubs' archers. A note at the annual general meeting and a notice posted in the clubhouse will set the tone for club members. A reminder inserted in the pre-shoot briefing will ensure that archers on the course are aware of the situation and the action/avoidance expected of them.

CARE OF PROPERTY

Every club has concerns over care of club property. We all want long life out of our targets and other shoot accessories. The best plan is to be prepared to collect, maintain and reuse all of the course equipment such as stakes and signs, just as we now do with targets. They don't cost much to produce once, but the cumulative costs can be surprising. Target life is probably the greatest factor in the cost of hosting shoots. Longer lasting targets and maximum usage of other equipment means cheaper shoots.

It may be time to seriously look at what is being shot at our targets and what groups of archers are causing the most damage. Target damage is directly related to the kinetic energy of the arrow. Its no secret that faster bows cause the most damage. A compound bow firing a 360-grain arrow at 300 feet per second delivers twice the kinetic energy as a recurve firing a 500-grain arrow at 180 feet per second.

I've never heard a longbow archer brag about how he blew one out the back of a McKenzie or similar target. Consideration is being given by the FCA to restricting bows to 280 ft/s. Some clubs are already restricting the use of super-calibre field tips, these are the outset tips that are thicker than the arrow shaft (most often found on carbon arrows). The problem with these is that the foam target closes back over the shaft and then the larger tip tears out some target material when it is withdrawn.

Although they might be unpopular decisions at first, some serious consideration will have to be given to the equipment allowed on 3-D courses. The alternative is shorter target life, and higher costs to every archer to shoot each round. (Or, from a traditional archer's point of view, perhaps the compound shooter should pay a little more to balance this issue.)