



Archery for  
people who have  
disabilities - how to  
adapt and have fun!

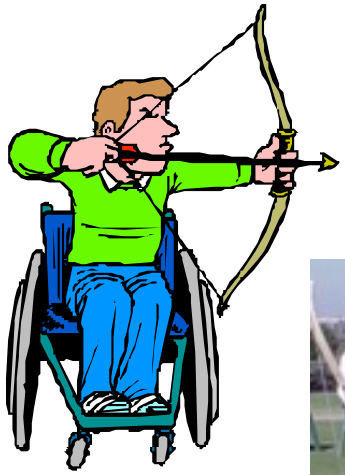


- Talk to the new archer - why do they want to shoot - target, hunting, family activity
- Ask questions - have they seen other people shoot, have they shot before, do they have any ideas
- Find out about the disability -



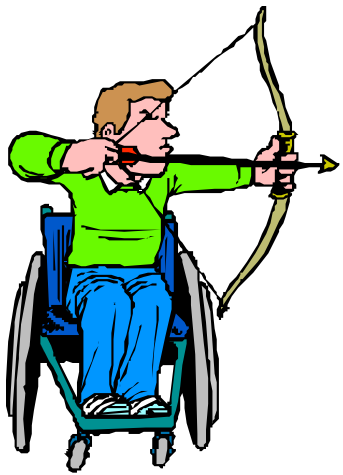
# Getting Started

- Don't worry about rules at this point - just use what works!
- Things to have with you
  - Elastic bandages
  - Long armguards
  - Quad gloves (or adapted gloves)
  - Mechanical releases with triggers
  - Rope or cord for mouth tabs
  - Lightweight bows (physically light and light pull)
  - Appropriate arrows for light bows
  - If outside, have shade, water, towels



# Be Sure to Start Close!





# Quad Glove



Velcro strap secured around the wrist



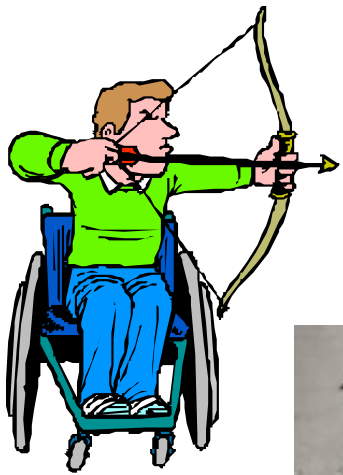
Hand put in bow



Bring finger straps up and wrap them around the wrist



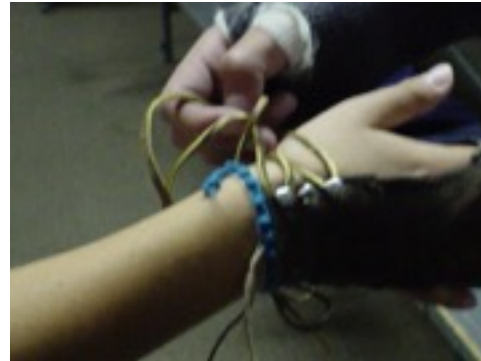
Hand secured in the bow



# Release Glove



Modified archery glove



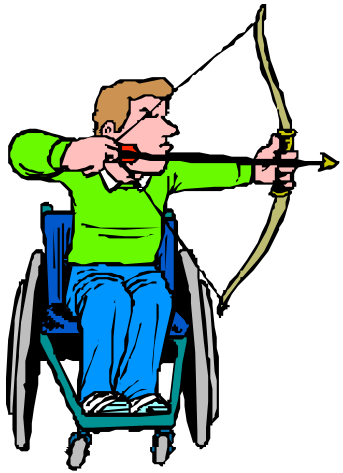
Release in the glove



Release hooked in the glove



Release can be set off by using the thumb, the cheek, or even the tongue



# Stance

- Start with stance - how is the archer going to be most stable?
  - Standing
  - Standing with support
  - Sitting on a chair or stool
  - Sitting in a wheelchair
  - Make sure both feet are on a firm surface
  - Make sure all the wheels on a wheelchair are on a firm surface and the brakes are





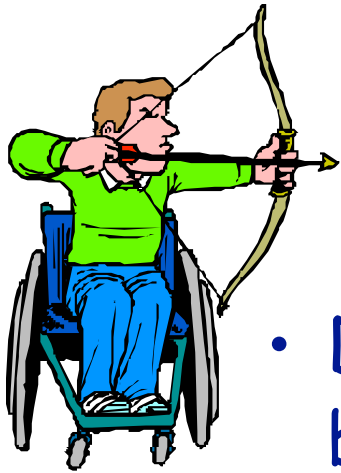
# Using Chairs

Folding chairs  
work fine for  
beginners



More advanced shooters design their own





# With Two Hands

- Determine which hand will hold the bow and which one will pull the string
  - You may have to try both ways
  - Remember the string can be released using a mechanical release
  - The bow and the release can be secured to the hands
  - Eye dominance can be considered if both hands are equally functional
  - Somebody else can load the arrows

# Using two hands





# With One Hand

- If only one hand or arm, determine how the bow will be held
  - Hold the bow in the hand, use a mouth tab to release
  - Hold the bow in the hand, use an adapted mechanical release to release the string
  - Use a prosthetic to hold the bow, and release with the hand or a mechanical release



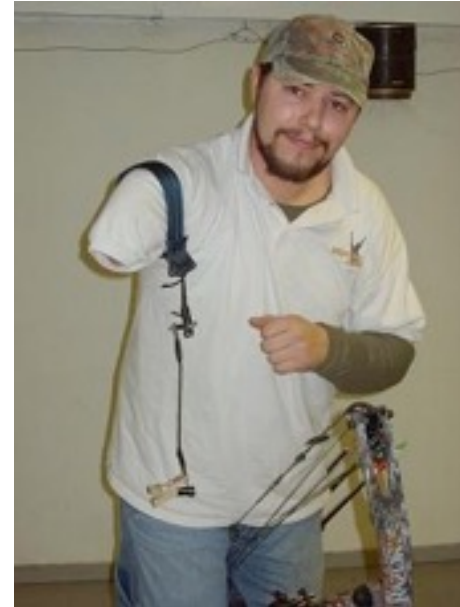
# Using One Hand







## Mechanical Release - released with the mouth





Mechanical Release -  
released with the jaw

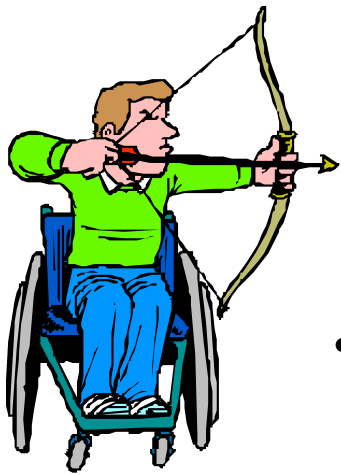






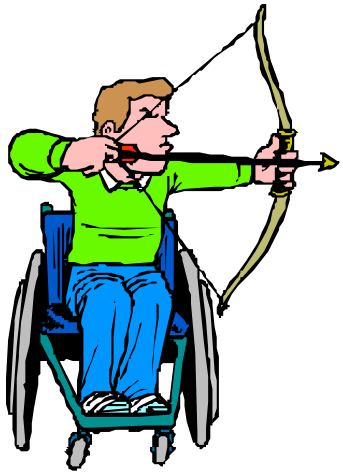
# Mouth Tabs





# Wheelchairs

- If using a wheelchair
  - Make sure the feet have support; either on the ground or with footrests
  - Make sure the string doesn't hit the wheel
  - Use straps if necessary to maintain balance
  - Make sure armrests and other parts are out of the way
  - Make the wheelchair straddle the line - one big wheel and one small wheel on each side of the line. It may help to angle the



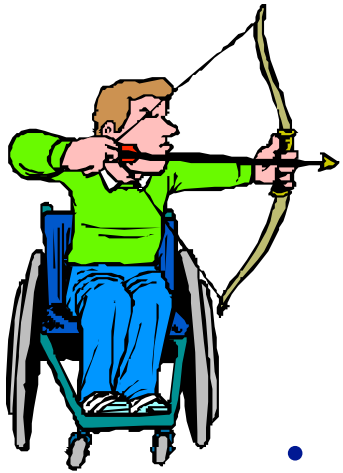
# In a wheelchair -

**This is  
ideal . . .**



**But with poor balance,  
This will work!**

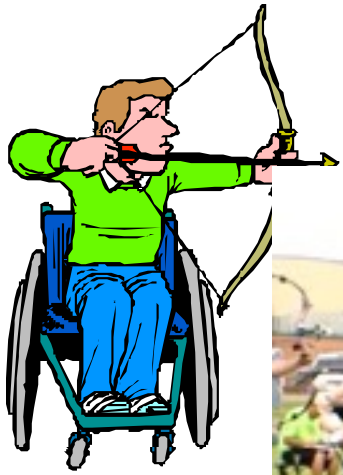




# Shooting the shot

- Figure out how the string will be released. Remember to think about what will happen during follow through
- If using a mechanical release, think about the ways it can be released. It can be done by touching the cheek or ear with the trigger; it can be done with the tongue or it can even be released by another person.





# Have Fun!



Endeavor Games - clinic & tournament  
Oklahoma



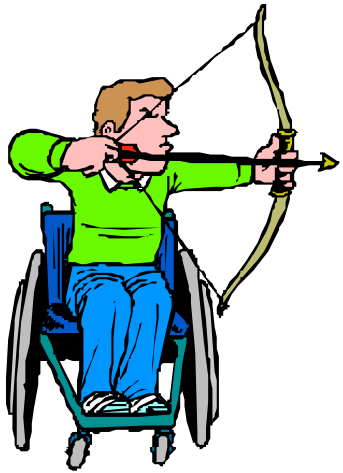
Arizona Cup - national  
tournament



US Olympic Training Center  
Chula Vista, CA  
training camp



2004 Paralympic Games  
Athens, Greece



# For more information

- [www.usparalympics.org](http://www.usparalympics.org)
- [www.ipcarchery.org](http://www.ipcarchery.org)
- [www.usarchery.org](http://www.usarchery.org)
- [www.americandisabledarchers.com](http://www.americandisabledarchers.com)
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