

Crossbow

MEMBER RECORD BOOK

Start Date _____ Completion Date _____

Name _____

Phone _____

Club _____

County _____

I hereby certify I have personally kept records on this crossbow project and have personally completed this record book.

Signed _____

Certified 4-H Crossbow Instructor

Printed Name _____

Signature _____

County _____



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES





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Are you an adult interested in helping young people learn crossbow skills? Adult volunteers, 18 and older, are invited to attend a weekend workshop to learn how to teach crossbow skills to youth. Workshops are held each winter, spring, and fall at various 4-H camps around Ohio.

For details and costs, log on to ohio4h.org/shootingsports.

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Contents

Note to the Certified Instructor	2
Member Project Guide	3
Topics, Activities, and Records	
1. Project Goals and Objectives	8
2. Crossbow Safety	10
3. Crossbow Safety Checklist	11
4. History	12
5. Ethics and Responsibility	12
6. Parts of Crossbows and Arrows	13
7. Crossbow Accessories	16
8. Your Crossbow and Arrow	17
9. The Crossbow Range	18
10. Steps for Shooting a Crossbow	19
11. Care and Storage of Crossbow Equipment	20
12. Special Concerns for Hunting	21
13. Special Interest Topic Report	22
14. Equipment Inventory and Financial Record	23
15. How Did You Do? A Self-Evaluation	24
16. Preparing for Your Crossbow Project Evaluation	25
17. Crossbow Practice Sessions	26
Answer Key	27
Appendix: Expanding Your Horizons	28
Photos of Your Crossbow Activities This Year	29

Sample Pages



Note to the Certified Instructor

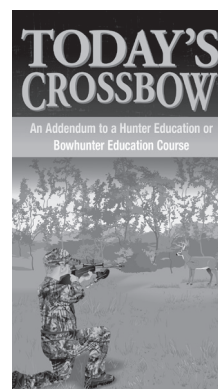
The 4-H Shooting Sports program is dedicated to teaching the safe and responsible use of firearms to 4-H members interested in shooting sports. A 4-H shooting sports project requires that educational activities are organized and conducted by one or more certified 4-H shooting sports instructors. A certified shooting sports instructor trained in the named discipline **MUST** be involved in the completion of this project.

This member record book is intended to help shooting sports members document their growth, development, and progress. A separate record book should be completed each year for each discipline in which a project is taken. Using these record-keeping tools supports these goals of the 4-H Shooting Sports program:

- To encourage participation in natural resources management and natural science programs through shooting, hunting, and related activities.
- To enhance the development of self-concept, character, and personal growth through safe, educational, and socially acceptable involvement in shooting activities.
- To teach concepts that lead to the safe and responsible use of firearms, including sound decision-making skills, self-discipline, and concentration.
- To encourage an understanding of the historical context of American shooting sports.
- To promote the highest standards of safety, sportsmanship, and ethical behavior.
- To support youth as they explore the broad array of vocational and lifelong avocational activities related to shooting sports.
- To strengthen families through participation in lifelong recreational activities.
- To complement and enhance the impact of existing safety, shooting, and hunter education programs using experiential educational methods and progressive development of skills and abilities.
- To develop integrity, sportsmanship, cooperation, decision-making skills, and public speaking skills through participation in structured, informal learning experiences, including demonstrations, visual presentations, tours, competitive shooting events, community service activities, and exhibits.

Not a certified shooting sports instructor?

If you are interested in helping young people learn shooting sports skills, please consider joining the ranks of the 4-H Shooting Sports program by becoming a certified shooting sports instructor. Adult volunteers (age requirements vary by discipline) attend a weekend workshop to learn how to teach pistol, rifle, shotgun, muzzleloader, or archery skills to youth. In Ohio, workshops are held each spring and fall at various camps around the state. For more information, log on to ohio4h.org/shootingsports. For information about the program in other states, go to 4-hshootingsports.org.



This project can be completed only with *Today's Crossbow: An Addendum to a Hunter Education or Bowhunter Education Course* by Kalkomey Enterprises, LLC, and the National Bowhunter Education Foundation.

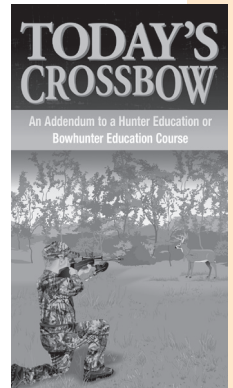


Member Project Guide

Welcome to the 4-H Shooting Sports program! This book is intended to be a record of this year's progress and experience as you learn about shooting sports and the crossbow. Be sure to complete a separate record book for each year and for each discipline in which you participate.

You are learning about and experiencing something that requires great care and attention to safety. By enrolling in the 4-H Shooting Sports program, you are agreeing to follow the Rules for Safe Bow Handling, any other additional rules and safety precautions, and the direction of your certified shooting sports instructor. Read and sign the pledge below every year you take a shooting sports project.

This project can be completed only with *Today's Crossbow: An Addendum to a Hunter Education or Bowhunter Education Course* by Kalkomey Enterprises, LLC, and the National Bowhunter Education Foundation.



I PLEDGE

To follow these Rules for Safe Bow Handling and Shooting:

- Always wear safety glasses.
- Safety check all equipment before shooting.
- Always point the arrow in a safe direction.
- Nock the arrow only when ready to shoot at an appropriate target.
- Always keep fingers and thumb on the forearm of the stock.
- Be sure there are no obstacles near the ends of the limbs.
- Be sure there are no people, animals, or objects around or beyond the target.
- Never dry fire a crossbow.

To always follow any and all additional rules and safety precautions on the range.

To always follow the directions of my certified shooting sports instructor.

Signature of 4-H Member _____ Date _____

Signature of Certified Shooting Sports Instructor _____ Date _____

This is my _____ (first, second, third, etc.) year in this project.

A 4-H shooting sports project requires the direct involvement of one or more certified shooting sports instructors. A certified shooting sports instructor trained in the named discipline MUST be involved in this project.

Enjoy your crossbow project! If you are taking other 4-H shooting sports projects, be sure to use the correct member record book for each one.



Project Guidelines

- Step 1:** Attend and participate in your 4-H shooting sports club meetings.
- Step 2:** Keep track of your progress as you learn about the crossbow, complete activities in this book, and keep records.
- Step 3:** Take part in **at least two** learning experiences.
- Step 4:** Become involved in **at least two** leadership/citizenship activities.

Step 1: Shooting Sports Club Meetings

List below all the 4-H shooting sports club meetings you attend. For each meeting, describe club business conducted, shooting topics, or lessons taught by your instructors. Be sure to list any shooting practice held during club meetings on your practice record on page 26. Add additional pages if necessary.

Date	What business did the club conduct?	What shooting topics or lessons were discussed?
3/10	Discussed community service project	Safety review, crossbow practice



Step 2: Topics, Activities, and Records

Keep track of your progress as you learn about the crossbow, complete activities in this book, and keep records. Refer to *Today's Crossbow* as needed. Date each accomplishment below, and then ask your instructor to initial.

Topics, Activities, and Records	Date Completed	Instructor Initials
1. Project Goals and Objectives		
2. Crossbow Safety		
3. Crossbow Safety Checklist		
4. History		
5. Ethics and Responsibility		
6. Parts of Crossbows and Arrows		
7. Crossbow Accessories		
8. Your Crossbow and Arrow		
9. The Crossbow Range		
10. Steps for Shooting a Crossbow		
11. Care and Storage of Crossbow Equipment		
12. Special Concerns for Hunting		
13. Special Interest Topic Report		
14. Equipment Inventory and Financial Record		
15. How Did You Do? A Self-Evaluation		
16. Preparing for Your Crossbow Project Evaluation		
17. Crossbow Practice Sessions		



Step 3: Learning Experiences

Learning experiences are a way for you to learn more about something that interests you. At the beginning of the year, identify **at least two** experiences in the “plan to do” column. Then, describe what you did in more details. Ask your instructor to date and initial in the appropriate spaces below.

Learning experiences may be added or changed at any time. Here are some ideas:

- Attend a clinic, workshop, demonstration, or speech related to shooting sports.
- Go on a related field trip or tour.
- Participate in a competition.
- Attend camp.
- Prepare your own demonstration, illustrated talk, or project exhibit.
- Participate in county judging.

Want some more ideas? Are you repeating this project? If you want to do more for your learning experiences, check out the Appendix: Expanding Your Horizons.

Plan to Do	What You Did	Date Completed
Camp	Attended 4-H Shooting Education Camp	7/8-7/13/YR

Ohio 4-H Shooting Education Camp focuses on safe, responsible, ethical use of firearms and archery equipment. Campers learn about shooting safety, shooting fundamentals, and beginning marksmanship, and select a discipline (archery, living history/muzzleloader, pistol, rifle, shotgun, or crossbow) for hands-on range experience. Because it’s camp, it also includes fishing, canoeing, paddle boats, nature trails, and more. Find out more at ohio4h.org/shootingsports.



Step 4: Leadership and Citizenship Activities

Choose **at least two** leadership/citizenship activities from the list below (or create your own). Record your progress by asking your instructor to initial next to the date as each one is completed. You may add to or change these activities at any time. Here are some examples:

- Serve as a junior leader in your club.
- Serve as an officer in your club.
- Help recruit new members to your club.
- Help organize a community service project for your club.
- Organize a field trip or a visit by a guest speaker for your club.
- Volunteer to help with a competitive shooting event.
- Arrange for and help set up a hunter education course for your club or community
- Help with a display or presentation on shooting/crossbow safety at a mall show, county fair, field day, or similar event in your community.

Leadership and Citizenship Activities	Date Completed	Instructor Initials

Sample Pages



1 Project Goals and Objectives

How to Write Goals and Objectives

Goals and objectives provide guidelines for accomplishing new tasks. Use these tips to write your goals and objectives at the beginning of your project.

A goal is a statement of what you want to learn or a task you want to complete. Make sure your goals are SMART:

- **Specific**—names a specific area for improvement
- **Measurable**—includes a quantity that shows progress, such as time spent or accuracy
- **Attainable**—identifies something reachable for your age and experience
- **Relevant**—names something related to your learning
- **Time-bound**—includes a realistic deadline

For example, the goal “Learn to use a crossbow and arrow” is too broad. Written as a SMART goal, it becomes “Learn all the safety rules for handling a crossbow and arrow before using them.” It describes exactly what you want to do and when you want to do it.

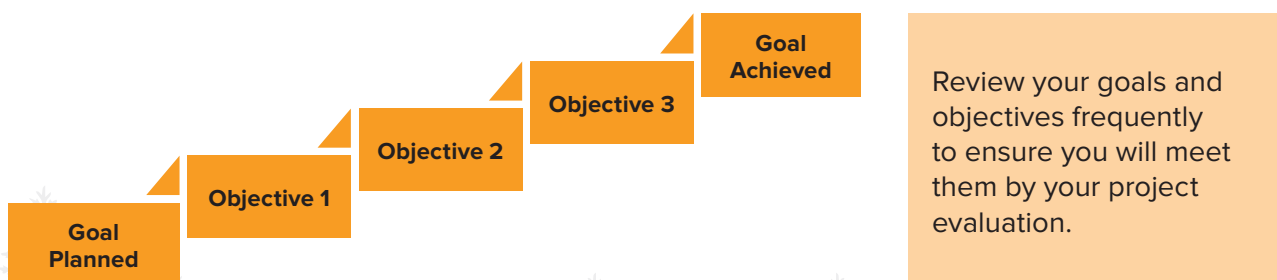
Objectives are individual steps that help you complete your goals. An objective describes one action that supports a specific goal. They are written with action verbs and a few details. The following objectives, for example, support the goal “Learn all the safety rules for handling a crossbow and arrow before using them.”

- Objective 1: *Always wear safety glasses when shooting a crossbow.*
- Objective 2: *Learn the items on the safety checklist and teach them to someone else.*
- Objective 3: *Record the results of my equipment check before every shooting session.*

Objectives are also measurable. At the end of the year, you will be able to say “Yes, I did that,” or “No, I did not do that.” For example, your instructor can verify that you wore safety glasses when on the range. You can recite the safety checklist. Whoever you teach the safety checklist to can talk about each item on it. You can demonstrate how to do an equipment check.

Write a rough draft of your goals and objectives. Ask an adult to review them with you. Are the goals and objectives reasonable for your age and experience level? Older or more experienced members may have goals and objectives that are more involved than younger or inexperienced members. You may want to adjust your goals before writing the final version in your project book.

If you make good progress on your original goals, you have the option to develop more. If you choose to do this, simply write additional goals and objectives on another piece of paper and staple it to the page. **Remember, the quality of your work is more important than the quantity.**



My Goals and Objectives for This Year

Your goals and objectives provide the guidelines for your crossbow project. Look through this entire member record book and *Today's Crossbow* before deciding on your specific goals and objectives. Review the information about writing goals and objectives and write a rough draft on a separate page. Discuss them with your crossbow instructor. When you are satisfied that your goals and objectives are on target, record them on this page.

Goal 1: _____

Objective 1: _____

Objective 2: _____

Objective 3: _____

Goal 2: _____

Objective 1: _____

Objective 2: _____

Objective 3: _____

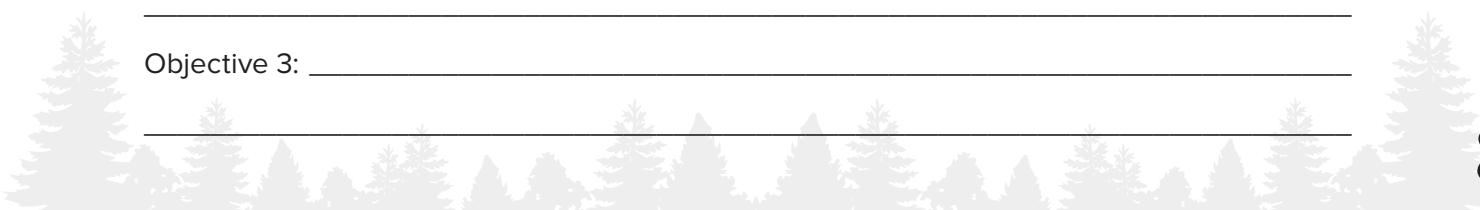
Goal 3: _____

Objective 1: _____

Objective 2: _____

Objective 3: _____

Sample Pages



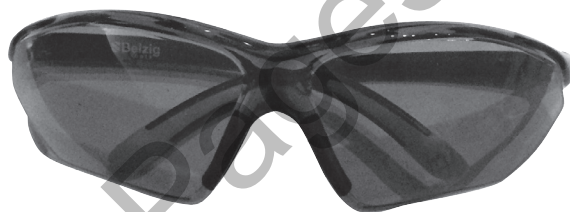
2 Crossbow Safety

Outfitted for Safety

Your clothing, besides making you comfortable in various weather conditions, is essential to the safety and fun of your crossbow experience.

- Wear close-toed shoes with backs. Tennis or athletic shoes or boots work best.
- Wear shorts or skirts that reach mid-thigh or longer.
- If you have long hair, tie it back from your face and ears or tuck it under a hat.
- If you are wearing a sweatshirt or other top with hood strings, tuck them in. Remove hoop or dangle earrings, facial piercings, necklaces and lanyards, name tags, and anything else that might become caught in the crossbow string.

Safety Equipment



Crossbow Safety Rules

Check off each safety rule after you have studied it and discussed it with your instructor.

- Always wear your safety glasses and appropriate attire on the range.
- Inspect all equipment for problems each time before shooting.
- Know and obey all range commands.
- Identify your target and what lies beyond it.
- Never dry fire your crossbow.
- Load your crossbow only when you have a clear shot at a safe target.
- Always point a loaded crossbow down range.
- Keep your finger off the trigger until ready to shoot.
- Always keep fingers and thumb on the foregrip, or forearm, of the stock, below the string and out of the way of the moving parts.
- Before shooting, make sure that the crossbow limbs are clear from obstacles so when the crossbow is fired the bow limbs will not hit anything.
- Never shoot an arrow at a flat, hard surface or at water.
- Never shoot when impaired by fatigue, emotions, alcohol, or drugs—even over-the-counter or prescription drugs.
- Always practice good sportsmanship by respecting people, equipment, and facilities.
- Always listen to your instructor and be aware of surroundings, including people, animals, and the environment.

