

Archery - Cold Weather FAQs

We're moving into winter here in the great Pacific Northwest! With everything that's going on, Archery will be staying outside this year. To meet the need for outdoor class space, Enso has created a couple of new class areas – Cedar and Iron Dojo / Dojang.

Cedar Dojang is the covered deck beside the main building and is the current home of our archery classes. Iron Dojang is a new structure in our lower parking lot, which in the future could house some archery classes.

With the change in season, comes a change in weather so we've put together a Frequently Asked Questions (FAQ) guide for cold weather / outdoor shooting. See next page...

Cold Weather Archery At Enso Center - FAQ

Class Space

Is the outdoor space heated?

Yes, there are propane space heaters near the shooting line, but they do not heat the entire class area. So be prepared.

Can I bring a warm beverage with me?

Yes, there are tables beside the range that you can put them on. We'd prefer the beverages be covered, to reduce possible spillage. Please remember to maintain a safe social distance when you remove your mask to drink.

Clothing

What should I wear for outdoor archery classes in the winter?

Wear whatever you are comfortable being outside in. But think warm, thin layers that allow for arm and upper body movement. Watch out for drawstrings or flaps near your neck / chest or arms that could catch the bowstring. Thick sleeves can also catch the bowstring; armguards can hold some of that closer to your arm.

What about Hats? Masks? Gaiters? Balaclavas? Scarves?

Hats are a great additional way to stay warm! Again watch for drawstrings or flaps that can catch the string. Brims can also be an issue.

Masks are a way of life right now. They can be worn during shooting. Watch out for drawstring, flaps, or decorations that can catch the string.

We don't recommend scarves during shooting, for the obvious dangling, puffy reasons. But you can bring a scarf with you to wear when you are not shooting.

Can I Wear Gloves or Mittens?

You can wear almost any glove or mitten you want on your Bow Hand, as long as it doesn't interfere with the movement of the string and the arrow and you can get a good grip on the bow. No flaps or dangling ties. Ski gloves may be too thick. The area between the thumb and forefinger may get scuffed by the travel of the arrows.

On your String Hand, you need something that won't interfere with your draw and release. We would not recommend mittens. The extra fabric over the fingers would likely catch. For gloves, thinner is better or fingerless, so you can still feel the string and your release is still clean. Combo fingerless glove / fold off mittens could work – as long as the attachment on the back of your hand keeps the flap from falling in the way. Anything on the palm / fingers of the glove can impact your release – Smartphone finger pads, rubber driving dots, etc. Knitwear may stick to the wax on the strings. The fingertip areas used in shooting may get scuffed or damaged during shooting.

You can try archery shooting gloves or tabs with your gloves, they may work. Otherwise, keep your hands in your pockets or gloves when you aren't shooting and just pull them out to shoot. Hint – you could keep hand warmers in your pockets.

What about Socks, Shoes and Boots?

Again, we suggest whatever you are comfortable being outside in and will keep your feet warm. Archery involves focus and stability; don't wear anything that would interfere with that.

Equipment**Does the Cold, Damp Weather Affect the Bows and Arrows?**

Yes, the bows should not spend too much time outside, strung for use. We store the Enso Center equipment in the main building, bring it out just before class time, and put it away right after.

To acclimate the bows to the temperature change (from inside to outside), we recommend drawing and easing down without shooting a few times to 'warm up' the bow and yourself.

At the end of class, all equipment should be wiped down to remove any condensation before returning them to storage.

What If I Have My Own Equipment?

Try not to leave your equipment outdoors or in your car for too long in the cold. To acclimate the bow to the range when you show up, we recommend drawing and easing down without shooting a few times to 'warm up' the bow and yourself. If you have any questions or concerns, please speak with your instructor.

At the end of class and when you get home, wipe down your equipment to remove any condensation.

Other**What Other Things Can I Do To Enhance My Winter Archery?**

Add some at home stretching to help maintain flexibility and core strength. Check out our spring newsletters for archery stretching suggestions.

Try yoga to work on stability, balance, and core strength. Check the Enso Center Yoga class schedule at <https://ensocenter.org/class-schedule>.

Stay hydrated to ease muscle aches.

What To Expect When You Arrive For Archery In The Cedar Dojang

1. Wear your mask. We will remind you.
2. Enter the Cedar Dojang via the bridge from the upper parking area.
3. Wash your hands at the table station beside the bridge. Sanitizing wipes will be provided.
4. Join your instructor(s) to the right (towards the hillside).
5. Students will be assigned a cleaned bow and a color-coded set of arrows (if they do not bring their own) and a spot on the shooting line. If you want to change equipment or spots, please let your instructor know.
6. Please only retrieve your own arrows (check the color before touching) – to minimize cross-contamination. Ask your instructor for assistance, if you need help.
7. At the end of class, students will wipe down their equipment and any other training materials used.