

Archery - Hot Weather FAQs

Hey Enso Center Archers,

We're well into summer here in the great Pacific Northwest!

With the change in season, comes a change in weather, and we thought there might be questions. This week, we've put together a Frequently Asked Questions (FAQ) guide for hot weather / outdoor shooting. See next page...

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Class Space

Where is the class located?

Archery in the summer is located in one of two areas – the range to the north of the main Enso Center training facility or the front field to the south of the parking area. When you arrive at Enso Center, it will be apparent which location we are using. Both of these locations are in full sun.

In case of serious rain, we will move into the Cedar Dojang (the outside, covered class area on the deck attached to the Enso Center main training facility).

Is there shade near the range?

There are some shade trees near both range areas. Students are welcome to move off the shooting area to get a break from the sun.

The instructor(s) may decide to vary the practice and set up a temporary range under the trees. This will be at the instructor's discretion, taking into account a variety of factors such as the number of students registered for class, their capabilities, and any other plans the instructor may have.

Can I bring a cold beverage with me?

Yes, there is a table and stump/seats beside the range (or we will have a table near the field) 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 summer?

Wear whatever you are comfortable being outside in. But consider closer fitting garments that allow for arm and upper body movement without being too loose and flowing. Watch out for drawstrings or flaps near your neck / chest or arms that could catch the bowstring. Armguards can be used to hold sleeves closer to your arm. Breathable, UV resistant clothing and/or sunscreen will help minimize sunburn issues.

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What about Hats? Masks? Sunglasses?

Hats are a great way to keep the sun out of your eyes! Again watch for drawstrings or flaps that can catch the string. Brims can also be an issue during shooting, but can certainly be worn while retrieving arrows or taking a break.

At Enso Center, we will continue wearing masks until the entire class is vaccinated and we have agreed, as a group, on our comfort level with removing them. This will be decided on a class-by-class basis at this time. Masks can be worn during shooting without problems, just watch out for drawstring, flaps, or decorations that can catch the string.

Sunglasses are great, if you want to wear them. Just like with regular glasses, they should not affect your shooting. Speak with your instructor if you have questions or concerns.

What about Socks, Shoes, and Sandals?

Again, we suggest whatever you are comfortable being outside and walking through a field in. Archery involves focus and stability; don't wear anything that would interfere with that.

Anything else?

Think about things to make yourself more comfortable in the heat/sun –an umbrella for personal shade between rounds, a cloth to wipe away sweat from your hands, bug spray, or sunscreen to name a few ideas.

Equipment

Does the Hot, Sunny 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 help prepare the bows for use.

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

You may notice that your usual bow is easier to pull in the summer. Are the limbs less stiff? Is the string stretchier? Are your muscles more flexible? Yes, all of the above. Pay attention to your first few rounds to see if you need to adjust your form.

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What If I Have My Own Equipment?

Try not to leave your equipment outdoors or in your car for too long in the heat. To prepare the bow for the range, when you show up, we recommend drawing and easing down without shooting a few times. 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 dust/dirt/condensation.

Other

What Other Things Can I Do To Enhance My Summer 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.