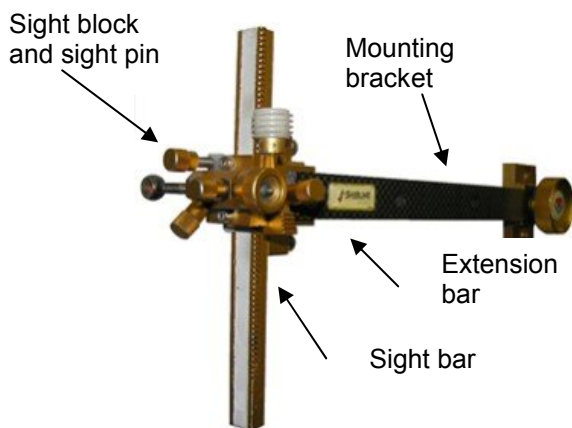


## Coaching Tips 08/9 Setting Up a Recurve Bow Sight

On modern recurve bows the sight is attached to the riser on the opposite side of the arrow rest. Most sights are designed to have an extension bar which places the sight pin in front of the bow.

Attached to the front of the extension bar is the sight bar and attached to the sight bar we have the sight block which houses the sight pin and allows for adjustments to the sight pin; up and down for elevation and left and right for windage. Ideally the bow should be held vertically when at full draw and the sight bar set up so it is square to the bow string, (if the archer cants the bow at full draw the sight bar should be set up so it is vertical). Setting up the sight bar so it is square to the string allows the sight pin to remain in the same orientation to the string as it moves up and down (picture 2 shows the sight in a high and low position on the sight bar and in the same orientation to the string).



Picture 1

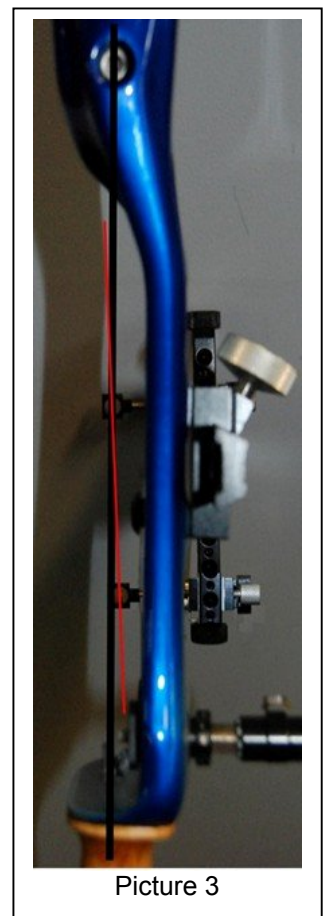
If the sight bar is not square to the string as you move the sight block (sight pin) up and down on the sight bar the sight pin will move off centre giving you either left or right arrows depending upon the angle of the sight bar off square (pictures 3) which shows the sight pin in a high and low position on the sight bar.

The best method for vertically setting the sight bar and squaring with the bow string is to:-

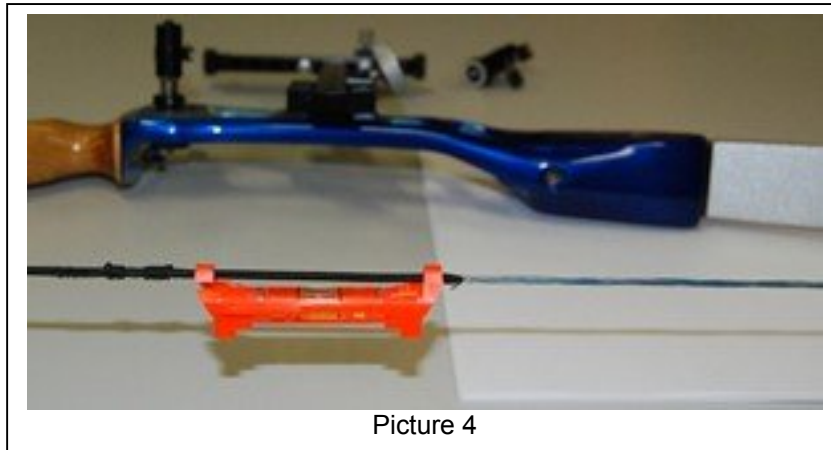
- 1) Lay the bow (strung) on a flat surface and attach a "Builders String Level" to the string, then using sheets of paper pack up either end of the handle until the builder's level indicates the string is level (picture 4).



Picture 2

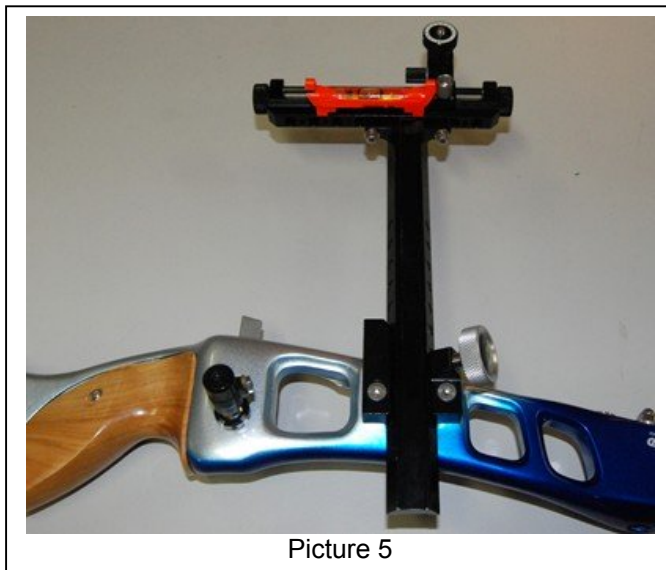


Picture 3

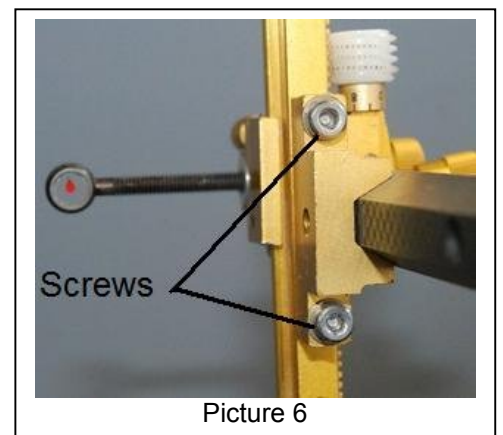


Picture 4

2) Without moving the bow now take the “Builders String Level” and place on the sight bar (picture 5). Next loosen the screws holding the extension bar to the sight bar and adjust until the sight bar is level and retighten the screws (picture 6).



Picture 5

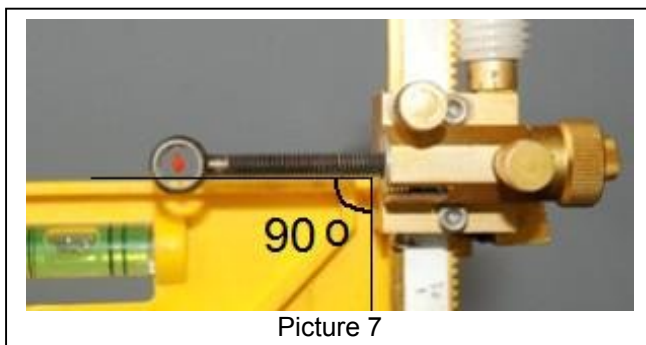


Picture 6

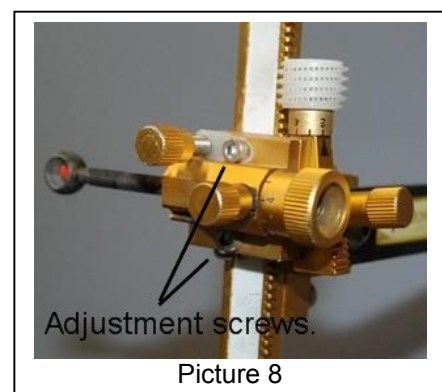
The sight bar is now square to the bow string.

The next step is to ensure the sight pin is set up so it is at 90° to the sight bar, to do this take a square and check that the sight pin is at 90° to the sight bar (pictures 7).

If the sight pin is not square it will need to be adjusted, most bow sights have some method of making this adjustment, many sights have two screws in the front of the sight block housing (picture 8), to square the sight pin simply loosen the screws, make the adjustment and retighten screws



Picture 7



Picture 8

Written and images by James Larven  
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