Slingshots and Wrist Rockets
Using slingshots is an affordable, fun activity in council-sponsored camps. Boys love to shoot slingshots, and many have not had previous experience with them. Although exciting and fun, slingshots are not toys. Boys must understand that they must follow the rules when shooting or they will not be allowed to participate. Remember the story of David and Goliath.

Shooting items from slingshots and wrist rockets can be dangerous. For these activities, follow the same safety guidelines and rules as used for BB gun shooting. Always shoot at a range such as an archery or BB gun shooting range.

Equipment
Slingshots are usually fork-shaped (Y) and made out of very strong and durable wood or aluminum. Broom wood, which is both strong and lightweight and lends itself to carving, is also good for slingshots.

Wrist rockets are a type of slingshot. They are designed to brace against the wrist and therefore seem to be steadier.

Many companies sell excellent slingshots and wrist rockets. Companies that sell BB guns or archery equipment would be good resources for these items. Less expensive slingshots and wrist rockets are available from chain stores.

Targets
Targets for slingshots and wrist rockets can be made from a variety of materials, including paper, cans, plastic bottles, and balloons. Paper targets can be homemade or purchased. Cans are excellent as they make a great sound when hit. Cans, plastic bottles, and balloons can be hung from strings

Ammunition
For water balloons, use small, biodegradable balloons, and fill them no larger than a ping pong ball.

Slingshot and Wrist Rocket Guidelines
(Instructions are for right-handed shooters. Reverse instructions for left-handed shooters where applicable.)
1. A range master must be present and a 1-to-1 adult-to-boy ratio must be used.
2. Use a safe shooting range such as a BB gun range or archery range.
3. Wear protective eyeglasses or goggles.
4. Do not pick up a slingshot until told to do so.
5. Never shoot at anything if you cannot see what is behind it.
6. Do not use a slingshot with a power band damaged by age or weather.
7. Never shoot up into the air.
8. Never cross the firing line when shooting.
9. Point your left foot and shoulder directly at the target with the body turned to the right. Turn the head directly toward the target.
10. Center the ammo in the middle of the leather pouch. Hold the handle firmly in the left hand and pinch the ends of the leather pouch together with the thumb and index finger of the right hand, encompassing the ammo.
11. Hold the left arm out straight and firm. Draw the right hand back level with right cheek—NEVER TO THE EYE—while holding the leather pouch securely between the thumb and index finger of the right hand.
12. Aim and release the leather ammo pouch to shoot.
13. Always practice courtesy and good sportsmanship!
Shooting on a Safe Range

A safe range must have three things:
1. A safe area
2. A safe distance
3. A safe backstop

1. Safe area. Whether inside or outside, be sure the range is set up so no one can accidentally walk in front of the firing line.
2. Safe distance. Maintain at least 15 feet between the shooter and the target.
3. Safe backstop. A backstop designed to trap items and hold the target is required. A backstop to trap BBs and hold the target can easily be made from a large cardboard box. Do not shoot at a hard surface that could cause a ricochet. If using a tarp as a backstop, it is important to verify that the tarp is made of a heavy canvas material and not a thin plastic canvas material. It is best to hang the material at a 45-degree angle. Bales of straw also work well. Crosman offers a ballistic fabric that is by far the best, and it can be reused.

- All safety guidelines enforced in archery and BB gun shooting apply to all other types of shooting sports.
- A safe range must be provided for any activity
- A range master must supervise the range for all activities.
- All shooting activities must be approved by the council shooting sports committee or the National Camping School–trained shooting sports director or an NRA rifle instructor

Although specific rules have not been written about each type of shooting activity, these general guidelines apply:
1. Have fun and be responsible!
2. Do not aim any shooting device at a person. Never shoot any projectile, even if it is soft or seems to be harmless, at or near people, animals, or personal property. This includes water balloons.
3. A balloon launcher is not a toy and is made for the sole purpose of launching water balloons. Never launch water balloons at eye level.
4. Do not use any projectiles such as rocks, pebbles, or ball bearings that are hard or that could cause harm.
5. Never use a launcher if there are signs of wear. Check before each use.
6. When using a slingshot or balloon launcher, never put your finger or hand between the tubing connection and the handle.
7. Always wear eye protection.
8. Targets may be made similar to those for archery and BB gun shooting. Creative targets may also be made that relate to the camp theme.
9. A range master must supervise the range at all times.
10. The range must meet the criteria of a safe range: safe area, safe distance, and safe backstop.
11. The range must be established. Make certain that no one will wander into the landing zone of the projectiles.
12. The use of catapults or other shooting devices must be approved by a National Camp School–trained shooting sports director.

Slingshot & Wrist Rockets

Slingshots and Wrist Rockets

Using slingshots is an affordable, fun activity in council sponsored camps. Boys love to shoot slingshots, and many have not had previous experience with them. Although exciting and fun, slingshots are not toys. Boys must understand that they must follow the rules when shooting or they will not be allowed to participate. Remember the story of David and Goliath. Shooting items from slingshots and wrist rockets can be dangerous. For these activities, follow the same safety guidelines and rules as used for BB gun shooting. Always shoot at a range such as an archery or BB gun shooting range.

Slingshots are usually fork-shaped (Y) and made out of very strong and durable wood or aluminum. Broom wood, which is both strong and lightweight and lends itself to carving, is also good for slingshots. Wrist rockets are a type of slingshot. They are designed to brace against the wrist and therefore seem to be steadier. Many companies sell excellent slingshots and wrist rockets. Companies that sell BB guns or archery equipment would be good resources for these items. Less expensive slingshots and wrist rockets are available from chain stores.
Targets
Targets for slingshots and wrist rockets can be made from a variety of materials, including paper, cans, plastic bottles, and balloons. Paper targets can be homemade or purchased. Cans are excellent as they make a great sound when hit. Cans, plastic bottles, and balloons can be hung from strings or attached to netting. Practice with the slingshot or wrist rocket on a bull’s-eye about 2 inches in diameter and with the target 10 feet away, then move the target out to 25 yards.

Ammunition
Items shot from slingshots and wrist rockets are considered ammunition. Generally people use small rocks and pebbles; however, this is not appropriate for Cub Scouts. Instead, use a softer ammunition such as pinto beans or even soft chunky dog food. Ammunition such as ball bearings may not be used.

Slingshot and Wrist Rocket Guidelines
(Instructions are for right-handed shooters. Reverse instructions for left-handed shooters where applicable.)
A range master must be present and a 1-to-1 adult-to-boy ratio must be used.
Use a safe shooting range such as a BB gun range or archery range.
Wear protective eyeglasses or goggles.
Do not pick up a slingshot until told to do so.
Never shoot at anything if you cannot see what is behind it.
Do not use a slingshot with a power band damaged by age or weather.
Never shoot up into the air.
Never cross the firing line when shooting.
Point your left foot and shoulder directly at the target with the body turned to the right. Turn the head directly toward the target.
Center the ammo in the middle of the leather pouch. Hold the handle firmly in the left hand and pinch the ends of the leather pouch together with the thumb and index finger of the right hand, encompassing the ammo.
Hold the left arm out straight and firm. Draw the right hand back level with right cheek—NEVER TO THE EYE—while holding the leather pouch securely between the thumb and index finger of the right hand.
Aim and release the leather ammo pouch to shoot.
Always practice courtesy and good sportsmanship!