

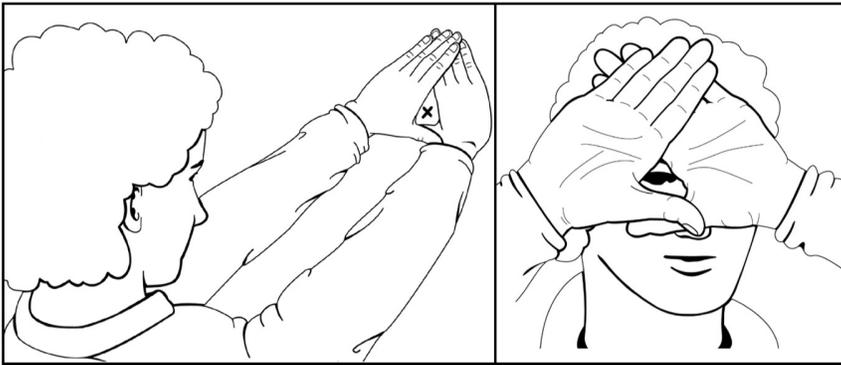
# Proper Eye Usage

## TO DETERMINE YOUR DOMINATE EYE

Follow the following steps to determine your dominate eye:

1. Look into the distance and select a small object (i.e., the corner of a wall) at least five (5) metres away;
2. Face the object and extend both arms in front of your body towards the object;
3. With both eyes, open, form a small, tight opening around the object with your thumbs and index fingers;
4. Look at the object through the opening with both eyes open and draw both hands back toward your face. Ensure that the object remains centred through the opening of your thumbs and index fingers; and,
5. You should now be looking through the opening at the object with one single eye – the stronger of the two. This is your master eye. You should always use this eye for aiming when they fire.

If the master eye is on the opposite side of the body than the writing hand, it is advisable that athlete change shoulders and fire with their opposite hand and use their master eye. This should not however be done at the expense of the athlete's comfort.



## FIRING WITH BOTH EYES OPEN

Athletes should always fire with both eyes open. Eyes are constantly working together. If one is closed, the other will become strained and the individual's vision will be affected. If athletes have difficulty focusing, the use of a blinder in front of the non-aiming eye will help prevent squinting and eye fatigue.

# Proper Eye Usage

## HOME MADE BLINDER

A piece of plastic from a plastic milk jug or any other similar type of container can easily make a blinder. A good blinder should be translucent (plastic or paper) so that images are blocked even though light can penetrate it. It should be easily attachable to the rear sight or to the athlete's glasses.



## AVOIDING FIXED VISION

If an athlete's vision is fixed on one object, such as a target bullseye, for more than a few seconds, the image of the bull will be burned in their mind and a "ghost" image of the bull will be seen when glancing to the side. It is especially important for athletes to avoid this fixed vision, because it results in a loss of visual perception and can greatly hinder their performance. To avoid fixed vision, athletes need only to blink or slightly shift their vision every four (4) or five (5) seconds.