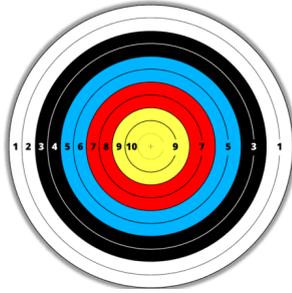


Wymondham Archers Beginners Course

Wymondham Archers Beginners Course is run by qualified Archery Coaches. We work hard to provide a high standard of teaching, make the course fun and endeavour to encourage all of our beginners to take up Archery at Wymondham Archers. Our membership numbers continue to grow where our members enjoy 365 days per year Archery outdoors as well as 3 sessions per week indoors during the winter season.

Our course is recognised by NAA (Norfolk Archery Association) and we offer a Certificate of Competence for those who pass our course and have demonstrated a safe level of competence in Archery. This means that successful Archers will be able to shoot at any participating club within NAA without the need to undergo a club specific induction course.

In order for participants to be awarded a Certificate of Competence in archery, the following elements must be covered to the satisfaction of the Course lead. We undertake constant review as we progress with the course.

Competency	Areas to be Covered		Notes
Range Safety	<ol style="list-style-type: none"> 1. Shooting line 2. Waiting line 3. Spectator line 4. Target line 5. Role of Field Captain 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<ol style="list-style-type: none"> 1. Where you shoot from. 2. Where you leave your kit. 3. Where everyone else is. 4. Where you shoot to. 5. Managing H&S
Shooting Safety	<ol style="list-style-type: none"> 6. Fast/ Stop 7. Come Down 8. Verbal commands 9. Whistle commands 10. Arrow collection 11. Spatial awareness 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<ol style="list-style-type: none"> 6. In an Emergency to stop. 7. For Tuition Purposes. 8. Used at Wymondham Archers. 9. Used at many Clubs in the UK. 10. Always being Cautious 11. Being aware of others'.
Personal Safety	<ol style="list-style-type: none"> 12. Appropriate clothing including footwear 13. Finger sling 14. Bracer 15. Tab 16. Warm Ups/ Cool Downs 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<ol style="list-style-type: none"> 12. Closed toed shoes or trainers. 13. You can use a lace. 14. Essential protection. 15. Essential protection. 16. Essential practice.
Equipment	<ol style="list-style-type: none"> 17. Assemble/ dismantle Bow 18. String/ de-string Bow 19. Check equipment for damage 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<ol style="list-style-type: none"> 17. Take your time. 18. Always use the Stringer. 19. Limbs, String, Bolts.
Shooting	<ol style="list-style-type: none"> 20. Barebow finger position and reference 21. Point of Aim (POA) 22. Freestyle finger position and reference 23. Setting up a sight 24. Shooting Etiquette 25. Scoring 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

If you have questions about a beginners course or would like to sign up for a beginners course please sign up on our website.

Chair: Wymondham Archers