

GET INTO ARCHERY | HANDY GUIDES



# Archery GB Instructor Award Guidance for hosting organisations

UPDATED March 2019



# 1. About the Archery GB Instructor Award

The Archery GB Instructor Award is an entry-level training course that prepares Learners to deliver fun, safe sessions for beginners.

## Entry on to the course

- The course is designed for Learners with little or no prior experience of archery
- The course is practical in nature and Learners take part in practical archery sessions
- Learners need to be at least 17 years old by the first day of the course
- To gain the award, Learners are required to successfully complete the course in full
- Both members and non-members of Archery GB are eligible to attend the course
- Full details about the terms and conditions of entry onto a course can be found in the supporting guide

'Archery GB Instructor Award Guidance for Learners' found at [www.archerygb.org/instructor](http://www.archerygb.org/instructor)



## 2. Course Overview

From the 1<sup>st</sup> January 2019, the course takes place over two days (circa 14 hours). The Tutor delivers the learning programme and covers the course syllabus. An example layout is provided:

Day 1	Day 2
<b>Full day</b> (e.g. 9am-5.30pm)	<b>Full day</b> (e.g. 9am-5.30pm)
<b>Topics covered:</b> <ul style="list-style-type: none"> <li>• A model taster session</li> <li>• Structure of a taster session Coaching Barebow</li> <li>• Introduction to Equipment</li> <li>• Range layout</li> <li>• Safety checklist</li> <li>• Starting a session</li> <li>• The 5 Phases of shooting</li> <li>• Guided Practice, Organisation and Observation</li> <li>• Free Practice and Analysis</li> <li>• Practice instructing</li> </ul>	<b>Topics covered:</b> <ul style="list-style-type: none"> <li>• Assessment task 1</li> <li>• Structuring and Concluding Sessions</li> <li>• Adapting sessions</li> <li>• Games orientated archery</li> <li>• Assessment task 2</li> <li>• Conclusion</li> </ul>
One Tutor is required for every 12 Learners	

## 3. Facility and Equipment Requirements

The aim of the course is to encourage 'learning by doing'. The Archery GB Instructor Award is a practical course that can be delivered either using an indoor or outdoor range, alongside a study area where the tutor and learners can sit and talk in comfort. If the course is delivered outdoors, nearby access to shelter from the sun, wind and rain is needed. Each learner will receive an Archery Instructor Handbook at the start of the course.

The course requires a range and study area to be available at all times during the course. These should be booked to allow appropriate set up and pack away time (e.g. 60 minutes before/after the course), and a member of staff at the venue should be available to assist.



## Facility and Equipment Checklist

### Practical Training

A secure shooting range:

- Minimum shooting length of 10m, with at least 2m space behind the shooting line
- Outdoor ranges should have access to shelter.

Range equipment:

- Minimum 2 x 48" bosses and 2 x target stands (ideally 4 bosses and target stands)
- Target faces (sized 122cm for beginners) and target pins
- Backstop netting (sufficient to cover the width behind the targets and several metres to either side, hung loosely and not stretched)
- Markers to indicate the shooting line e.g. cones
- Ground quivers to hold bows and arrows

### Shooting Equipment

The shooting equipment is provided by the host organisation. If you don't have access to suitable equipment, Archery GB may be able to help source this for you. This needs to be agreed during the booking process.

- One beginner take-down bow per three learners minimum (available in a range of sizes and draw weights). Maximum of 18lbs (as written on the limb) recommended.
- One arm guard per learner
- Three aluminium arrows per learner minimum. Recommended stock:
  - 48 arrows (sufficient for each learner to have 3 arrows initially plus spares)
  - Lengths 32.5"; size 1816 for durability
  - One set of 35" (full length) Easton Platinum arrows; size 2015/2014
- Example damaged bow, bow string, arrow
- Bracing height gauges

### Study Space

- An area for learning with sufficient size and seating for comfort
- White board or flip chart and pens
- Access to toilets

### Public Access

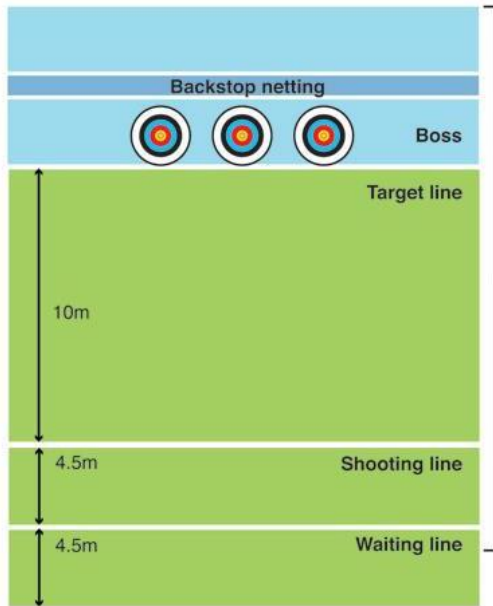
- The shooting range needs to be cordoned off to prevent access, with warning signs of the activity placed facing outwards on the boundaries and on all access points.
- On indoor ranges signs should be on the outside of all doors (including fire doors), and access restricted from stairs, balconies or behind range netting so access can't be gained in front of the shooting line.
- On outdoor ranges spacing of signs should be sufficient so that access cannot be gained without being seen.
- Emergency equipment such as fire extinguishers should be removed or protected.

### Risk Assessment

- A risk assessment for the venue should be made available to Archery GB before the course takes place

# 4. Range Layout Guidance

## Indoor Range Layout



There must be no access to this area except for archers collecting arrows.

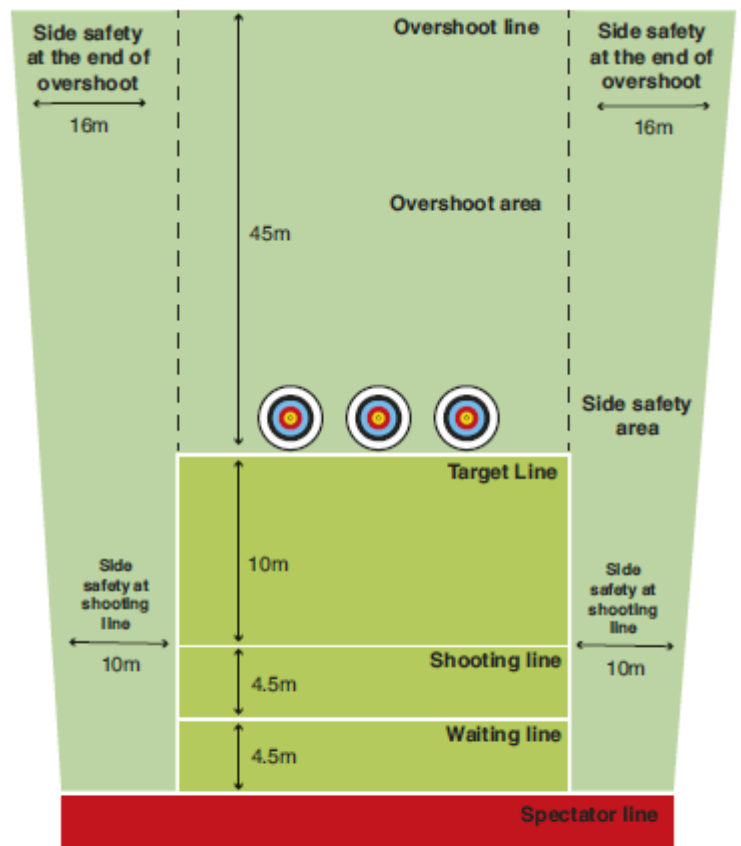
Entrance behind the shooting line only.

### Minimum distances

Shooting distance: 10m

On an indoor range, the waiting line may be reduced to 3m from the shooting line as long as there is unobstructed access.

## Outdoor Range Layout



### Minimum distances

Shooting distance: 10m

Overshoot area (from target line): 45m

Side safety area at the shooting line: 10m

Side safety area at the end of the overshoot: 16m

Between bosses, centre to centre: 2.5m

## Further Reading

Further information about range layout can be found in the following resources available at [www.archerygb.org](http://www.archerygb.org)

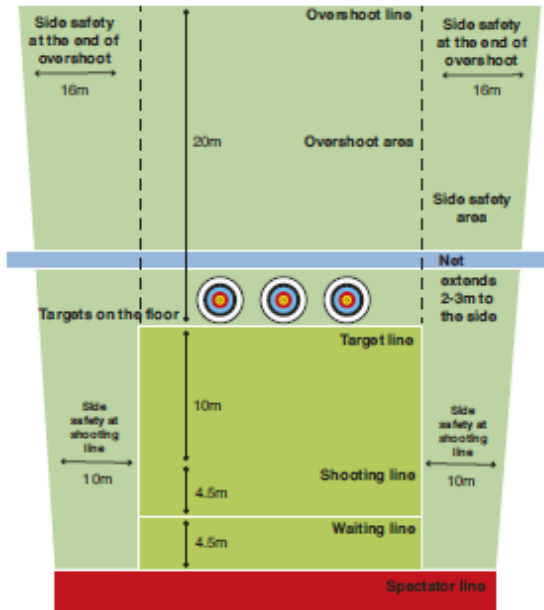
Archery GB Rules of Shooting

A Guide to Setting up an Archery Range

## Outdoor Range Layout – using a net if there is not suitable overshoot

### **A Have a Go Range**

- Targets must be on the ground
- A net can be used to reduce the overshoot required from 45 metres to 20 metres
- Recommended maximum draw weight of 18lbs





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Archery GB



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