

Redditch & Bromsgrove Company of Archers



Beginners Course Final Joining Instructions

Dates:

Fri 11 Jan 2019:	7.00pm – 8.30pm
Wed 16 Jan 2019:	7:30pm – 8.30pm
Fri 18 Jan 2019:	7:00pm – 8.30pm
Wed 23 Jan 2019:	7:30pm – 8.30pm
Fri 24 Jan 2019:	7:00pm – 8.30pm



Location: Studley Leisure Centre, Pool Road, Studley, B80 7QU

Lead Coaches: Peter Minshaw

The Course

- Session 1:** Match equipment to candidates, warm ups, safety, initial shooting, archery game, cool downs, unbrace bows, set down targets*
- Session 2:** Set up targets*, brace bows, warm ups, develop draw and release, archery game, cool downs, unbrace bows, set down targets*
- Session 3:** Erect targets*, brace bows, warm ups, introduce bow sights, archery game, cool downs, unbrace bows, set down targets*
- Session 4:** Set up targets*, brace bows, warm ups, scoring, score sheets, archery game, cool downs, unbrace bows, set down targets*.
- Session 5:** Set up targets*, brace bows, warm ups, brief competition, cool downs, unbrace bows, set down targets*, joining the club.

Demonstrations of various bow types will take place during the course

***: Handling of targets applies to senior members of the course only**

Clothing:

Please wear close fitting clothing, long hair should be tied back and any facial, chest and upper body jewellery **must** be removed. Learners with such piercings will not be allowed to shoot.

Please wear closed toe shoes. Learners with open toes will not be allowed on the range.

Archery is a very safe sport so long as the guidelines are followed; the above information is to prevent any accidents from both the movement of the bowstring and arrows in the ground.

Equipment:

All equipment will be supplied. Redditch and Bromsgrove Company of Archers reserves the right to refuse use of any personal archery equipment if it is considered either unsafe or unsuitable for the learner. This will be discussed in confidence.

Juniors 9 or over but not over 16:

Due to current legislation all juniors up to the age of 16 must be accompanied at all times by a parent or guardian.

Posture Training:

Posture training involves minor physical contact from the coaches in the areas of the hands, arms, shoulders and hips appropriate to the sport.

Medical

If a learner feels that they have learning difficulties or any medical issues that may prevent them using their arms, shoulders and associated upper body muscles please contact the lead coach in confidence. Appropriate adjustment will be discussed prior to the commencement of the course. Bows will be sized in any case to age, stature and experience.

Club Privacy Policy can be found at: <https://www.redditcharchers.org/beginners>