

Friars Gate Archers

Beginners course Outline

The course will consist of two sessions held on at Barnsgate Manor Vineyard, Heron's Ghyll, Uckfield TN22 4DB and is intended to form a basic introduction to archery.

This will include: -

Safety in sport, controlled and safe shooting, range layout (shooting and waiting lines), to set up a target safely and retrieving arrows safely.

The principles of correct archery technique (one session on barebow and one session on freestyle archery)

Rules for scoring and competition.

The club will provide all equipment needed and each session will last 3 hours with a break halfway.

We suggest wearing stout boots or shoes or old trainers, no open toe sandals. Also, please can you wear tightish fitting top to avoid the bow string from getting caught up when you shoot. It is best not to wear any dangly piercings anywhere on the top half of your body and totally avoid wearing any piercing in your nose and lip and any long hair needs tying back.

Session 1	Session 2
Administration Set up bows. Introduction to the shooting range and discussion on safety	Administration Set up bows and targets. Recap on range layout and on safety
Warm Up	Warm Up
Demonstration of the barebow shooting technique.	Demonstration of the freestyle.
Beginners practice shooting at range target, Field shooting targets and 3D animals and discuss scoring.	Beginners practice shooting at range target,
Cool down.	Show and tell a range of different styles of bows.
Dismantle bows	Discuss membership and buying equipment.
	Shoot a competition.
	Cool down.
	Dismantle bows and Targets.
	Certificate of Attendance Provided