



Beginner's Course

Venue: Bath Archers Ground (see map below).

Time: Please arrive by 8.45am to allow time for setting you up with equipment and a 9.00am start.

On behalf of Bath Archers, I would like to welcome you to our Beginner's Course. During this course you will be introduced to archery in line with Archery GB guidelines. Archery GB is the UK's governing body for the sport. You will learn about different types of bows and styles of shooting, how to put together and 'take down' a recurve bow, how to shoot bare bow & recurve free style (the style used for Olympic archery) and the rules and guidelines for safe and enjoyable shooting as part of a club. After successfully completing the course, should you wish to continue with your archery, you will be eligible to apply for membership of Bath Archers or any other Archery GB regulated club.

What to wear – for this course any suitable comfortable clothing can be worn, but please be aware:

- The bowstring can catch on loose fitting clothing, so close fitting tops are best.
- If it is cold or wet please bring several layers (we shoot in all weathers).
- Footwear is very important, please **do not wear sandals, flip-flops or any open toed shoes**. Boots, trainers (with a flat sole) or wellies (if it's wet) are best.
- Tie back long hair and remove or tape jewellery or piercings that may get caught.
- Either sturdy trousers, eg. jeans, or a belt to clip the arrow quiver to whilst shooting.

Beginners shoot at the discretion of the lead coach. We will always try to resolve any safety related issues. However, safety is paramount and if the lead coach believes any aspect may affect your safety or the safety of those around you, we reserve the right to ask you not to shoot.

We will provide tea, coffee and cold drinks during the break, or please bring a drink and/or snack if you prefer.

We have a team of coaches, experienced archers and enthusiastic helpers who will help make the whole experience fun and safe. We are not expecting you to be an expert, just interested in learning. So please don't be afraid to ask questions if something isn't clear or if you'd like to know more.

We will need to know (in absolute confidence) any health issues which may affect your safety or the safety of those shooting alongside you. Please inform the lead coach before shooting begins.

General Data Protection Regulations

GDPR came into effect in 2018 and affects your information rights and places certain responsibilities on us, as the organisers; so please read the following statement:

When you take part in a Beginner's Course, information will be collected. This information may be shared with others involved in organising and running the Beginner's Course. This information may include your First Name, Surname, Gender, Email Address, Phone Number, Age and any Disabilities.

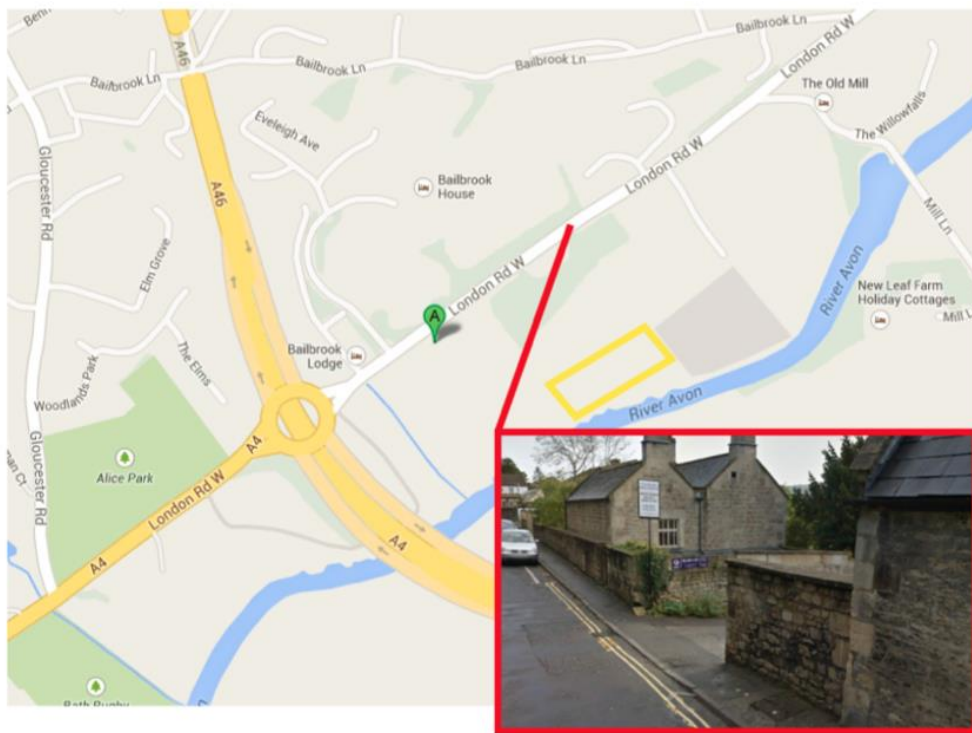
We require all juniors (under 18) to be accompanied by a parent, guardian or carer who:

- must be over 18
- will be deemed responsible for their charges
- must remain with their charge for the duration of the course.

For those who have not already been to our grounds, access is via a shared private road which can be uneven. Please drive down carefully as there is a public footpath at the entrance to the ground.

Chris Wilgar
Bath Archers, Lead Coach

Day 1 – Saturday				
Session 1	9:00 – 11:15	Break (15 mins)	Session 2	11:30 – 13:00
Welcome and introduction			Demonstration	
Allocation of equipment			Shooting recurve (with a sight)	
Full safety talk & demo			Shooting at 15/20 yards	
Shooting barebow style, 10 yds			Fun shoot at balloons	
Day 2 – Saturday				
Session 3	9:00 – 11:15	Break (15 mins)	Session 4	11:30 – 13:00
Setting up the bow			Demonstration	
Setting up the target			Shooting at 20/30 yards	
Shooting at 20 yards			Introduction to scoring	
Assessment quiz			Take down bows and targets	
Day 3 – Saturday				
Session 5	9:00 – 11:15	Break (15 mins)	Session 6	11:30 – 13:00
Set up the bow and target			Demonstration	
Shooting at 30 yards			Shooting at 30 yards	
Scoring			Take down bows and targets	
Assessment quiz			How to continue your archery	



Bath Archers Home Ground on London Rd West.

From M5 junction 18 follow the A46 towards Bath. When you reach the large underpass on the dual carriageway, take the left hand lane down to the roundabout. At the roundabout turn left towards Bathampton. Bath Archery Ground is on the right.

From the South on the A36 follow the route through Bathampton, over the narrow Canal bridge to the Toll Bridge over the river Avon. Up the hill, turn left and the ground is on the left.

For Sat Nav, use post code: BA1 7DD