

WELLAND VALLEY ARCHERS

BEGINNERS COURSES QUESTIONS & ANSWERS

COURSE DETAILS

How often are they run?

Approximately twice a year.

How long does the course last?

Currently the courses run over three sessions.

What is the cost?

Current charge is £25 (£10.00 deposit).

What facilities do you have?

Our club venue is Symingtons Recreation Ground, Market Harborough. Sometimes we hire Naseby Village Hall.

What should I wear?

Close fitting tops, thin layers are better than one thick layer, avoid baggy sleeves or bulky jumpers/jackets, comfortable flat shoes or trainers.

When the course is being held out of doors at Symingtons Recreation Ground then the following applies:-

Dependant on the time of year the course is being held:-

Autumn/Winter/Spring – You should wear boots or water resistant shoes, the field can be a bit wet and muddy. Possibly a hat if you wish but hoods interfere with the required technique. Enough layers to keep you warm and dry.

Spring/Summer –Apply suntan cream if you are fair skinned. Be prepared for rain.

What if it rains?

Archery is an outdoor activity and as such we will usually shoot in all but snow, heavy rain or if it is foggy.

Do you carry insurance cover?

Yes, through our affiliation to our sport's governing body.

Children

Is there a minimum age?

Archery requires a reasonable degree of co-ordination, concentration and strength; we therefore stipulate a minimum age of eight years.

Do I need to remain with my child during the lessons?

If your child is under 13 years of age then you will be expected to remain with them for the duration of the lesson. The club accepts no responsibility beyond its legal requirements and parents are to ensure that suitable collection arrangements are in place if leaving their child.

Do you have a child and vulnerable person protection policy?

We have a Child Protection Policy and all our coaches are CRB cleared.

Physical Considerations

Do I need to be physically fit, is it strenuous?

Archery is a physical sport and will require a reasonable degree of mobility and strength, training bows are light weight, but yes it is a “physical” sport. Should you feel any pain or muscle ache please tell your trainer immediately. If you have a disability which you think may affect your training please inform the course organiser when you book onto the course to discuss if in doubt.

Can you cater for physical/learning difficulties?

Possibly – dependant on the nature of the difficulty – contact the course organiser to discuss.

Will there be any physical contact between the coach and the archer?

Yes a degree of physical contact between pupil and coach will be necessary during the tuition.

Tuition

Am I expected to provide any equipment?

All equipment required for the course is supplied by the club.

What type of equipment will I be using?

We use only lightweight “recurve” bows during the course.

Are the coaches qualified?

Yes, the course leaders are qualified to a Level 1 Coach. Tuition may be supported by experienced club members.

What format does the tuition take?

The course is very much “hands-on”. There are some initial administration/safety issues to cover and we have to get you equipped with a suitable bow etc. This is followed by a demonstration of technique by the coach leader – after that you will be shooting for the remainder of the course. Further tuition/coaching is undertaken as you are shooting.

After the course?

What happens when I have finished the course?

Assuming you have achieved a minimum standard of ability, you will be presented with a certificate stating that you have completed an archery beginner’s course. Please note that this certificate only signifies your competence and safety as at the time of the course. It should not be viewed as an all time “license to shoot”.

Can I join Welland Valley Archers after the course?

Yes, subject to the approval of the committee and the required fees being paid.

Are there other clubs I can join if more convenient to me?

Yes – You will find details of other clubs on the Grand National Archery Society website – www.gnas.org or ask before you leave the course. If you join another club they would almost certainly wish to undertake a separate assessment of your ability but you should show your certificate and you would not need to undertake another beginner’s course.

What if I want to carry on with archery but do not want to join a club?

We always recommend that you join a club – it is the only way that you can guarantee shooting in a safe environment. It will also present you with opportunities to improve your ability and give you access to a host of advice on technique and equipment from experienced club members.