



Rochdale Company of Archers

Notes for Coaches and Volunteers at Have-a-Go, Taster Sessions and Beginners Courses

All notes are in accordance with Archery GB Code of Practice for Archery Events (Demonstrations, Have a Go's & Taster Sessions) - Proc-06-01 - December 2018.

Have-a-Go Session

Held at away events (fetes, gymkhanas, schools, charity events) where participants have a go with a limited number of arrows under 1-2-1 supervision from an RCA volunteer. The venue must have a risk assessment prior to the event. If the event venue is changed you must NOT shoot until a new risk assessment is carried out.

Targets must be between 10 to 15 yards from the shooting line. If outdoors, targets should rest on the ground at an angle with a minimum of 50 yards overshoot. If a 2.5-3m high backstop netting is used, the overshoot can be reduced to 20 yards.

Arrow collection must be by club personnel only, not by participants.

First Aider must be present.

Taster Session

Must be held at RCA club range; which has a risk assessment and has been registered with Archery GB. The range will be closed to all other members.

Advertised on RCA Website and pre-paid via WebCollect.

Maximum participants are 10.

1 hour of group and 1-2-1 coaching using club Cyclops bows.

Targets can be at normal height. Shooting distance not more than 20 yards from the shooting line. If outdoors, minimum overshoot of 50 yards.

Arrow collection must be by club personnel only, not by participants.

First Aider must be present.

Beginners Course

Held at RCA Indoor Range with the range closed to all other members. Advertised on RCA website and pre-paid via WebCollect. Late comers may pay on the day and the Lead Coach must pass the money on to the Membership Secretary.

Maximum participants are 10.

12 hours of group and 1-2-1 coaching using club recurve bows.

First Aider must be present.

Rules

- All Taster Sessions and Beginner Courses will be led by a Level 1 or Level 2 coach. This is because they are:
 - qualified with an Archery GB Level 1 or Level 2 certificate,
 - have a current DBS (police check, previously known as CRB),
 - are insured, and
 - the club is insured.

- If you are the designated lead coach and you cannot get to the club due to any unforeseen emergency, please find a replacement lead coach or inform the Coaching Co-ordinator or Chairman.
- All courses should have a minimum of 2 qualified coaches. If the lead coach cannot attend, then it is the remaining coaches' responsibility to lead the course.
- The lead coach has full authority of the session/course with the backing of the Committee. Only the Committee has authority to overrule the lead coach. Please respect the lead coach. Do not try to take over. Do not publicly question the lead coach; it is inappropriate and gives a bad impression.
- If you have concerns over the lead coach, please speak to the lead coach privately.
- If your concerns are not resolved privately, then take your concern to the Committee.
- Remember safety on the range is paramount and is everyone's responsibility. Setting a good example is important.
- Please do not take photographs or videos of any visiting participating archer.
- Spend some time, particularly if you are new, quietly observing the coaches; you will learn a lot.
- The lead coach may ask you to work on a particular aspect of the shot sequence with your archer or to change the way you are coaching. This is to help improve the visiting archer.
- The lead coach may move you to another archer. This could be for many reasons, such as: you are good at working on certain techniques, bow styles, or with people who lack confidence or with young archers, etc. Or you may need different experiences. Please see this as a positive.
- If you are unsure about what you have been asked to coach, or of the club equipment, please ask for advice from a coach or experienced archer. Please explain to the archer why you are doing this, so they don't think it's their fault. None of us know everything.
- If an archer discloses some information that may affect their safety or your coaching, please discreetly speak to the lead coach.
- If you are struggling to coach a visiting archer, speak discreetly to the lead coach.
- Please do not interfere with what another coach or volunteer is coaching. They are probably aware of what you may have observed but are concentrating on coaching something else at that time. If visiting archers have multiple coaches providing different advice, they may find this overwhelming.
- When the lead coach is speaking to the group, if you believe they have missed some important information, please discreetly speak the lead coach.
- Lead coaches reserve the right to refuse help. This can be for many reasons.

THANK YOU FOR YOUR HELP. WITHOUT YOU WE COULD NOT RUN COURSES AT RCA.