



Have-a-Go, Taster Sessions and Beginners Courses

These notes are prepared in accordance with Archery GB Code of Practice for Demonstrations, Have-a-Go's & Taster Sessions - Proc-06-01 - April 2021.

HAVE-A-GO

Held at away venues (charity events, schools) 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 venue is changed, you must NOT shoot until a new risk assessment is carried out.

Pay per turn.

Targets must be between 10 to 15 yards from the shooting line. If outdoors, targets should rest on the ground at an angle of 15° 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 experienced archers only, not by the participants.

A First Aider must be present.

TASTER SESSION

Must be held at an 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. Late comers may pay on the day. The Lead Coach will put the money in the Treasurer's Box (by the Sign-in book) with the participant's and coach's name.

Maximum participants 10 - the range will closed to club members.

If only 1 or 2 participants - shoot on the pull-out boss so the range may remain open to members.

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

Targets can be at normal height - 130cm to the centre. Shooting distance not more than 20 yards from the shooting line. If outdoors, minimum overshoot of 50 yards.

Arrow collection must be by experienced archers only, not by the participants.

A qualified First Aider must be present.

BEGINNER COURSE

Must be held at an RCA club range.

Advertised on RCA website and pre-paid via WebCollect. Late comers may pay on the day and the Lead Coach will pass the money on to the Treasurer.

Maximum participants 10 - the range will closed to club members.

If 5 or fewer participants - the range may remain open to members.

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

A qualified First Aider must be present.



GUIDANCE NOTES

- All Taster Sessions and Beginner Courses will be led by a Level 1 or Level 2 coach, because:
 - The Coach will have a current DBS,
 - The participants will be covered by the AGB insurance, and
 - the Club will be insured.
- If you are the Lead Coach and you cannot get to the club due to an 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 for any reason the Lead Coach is delayed, 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 participant.
- Spend some time, particularly if you are new, 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, with people who lack confidence or with young archers. Or you may need different experiences. Please see this as a positive.
- None of us know everything. If you are unsure about what you have been asked to coach, or with 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.
- If an archer discloses some information that may affect their safety or your coaching, please privately speak to the Lead Coach.
- If you are struggling to coach a visiting archer, speak privately to the Lead Coach.
- Please do not interfere with the coaching of another coach or volunteer. They are probably aware of what you may have observed but are concentrating on coaching something else. If visiting archers have multiple coaches providing different advice, they will find this overwhelming.
- When the Lead Coach is speaking to the group, if you believe they have missed some important information, please speak privately with 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.