


SOCIETY of IRISH FIELD ARCHERS		
		
NEW MEMBERSHIP TRAINING SCHEDULE		
NAME		Tel
<p>This is not an application form. It's to confirm that you are qualified to be a SIFA member</p> <p>When your training is complete to the satisfaction of your trainer and yourself, this form should be sent off to the address below along with an application form which can be found on the SIFA website under MEMBERSHIP</p>		
(underline or circle)	MALE/FEMALE SENIOR/JUNIOR/CUB Juniors are aged 13 to 16 inclusive	Jun/Cub D.O.Birth
Physical or medical condition. Please consult your instructor for guidance		Put X in the box if you DON'T want to get e-mail and/or text message updates/reminders <input type="checkbox"/>
		Today's DATE
A I have undergone a training course and I have read and agree to abide by the constitution and rules of the Society. Sign DATE		B This person has undergone this training course and I deem them sufficiently safe and competent in the sport of field archery Sign DATE
The current SIFA fee is €30 (Jun/cub €20) for a year. If you join after 1st April it's €15/€10 Household membership (same address) €60 or €30 after 1st April		
Send this and your application form to Eric Kelly, 5 Middle William Street, New Ross, Co Wexford. 086 6696754 Cheques made out to S.I.F.A.		
You will receive a membership card. This will entitle you to attend national archery events at other venues.		

TRAINING SCHEDULE Sections with white numbers are mandatory, others optional		
The number of training sessions not specified. Sections can be done in any logical order.		Trainee and trainer initials
1	Intro - What is field archery? SIFA, clubs, events, travel and costs explained (and the craic)	
2	Explain this schedule and its importance. Outline the Child Protection Policy (see notes)	
3	Choice made for left or right handed shooting via eye dominance test and/or whichever is preferred by trainee.	
4	3 DON'TS - point bow at anyone, dry fire bow, shoot at anything but a proper target. Safety procedures and signals to suit training circumstances.	
5	Kitting up - Suitable clothing and footwear. Armguard. Tab/glove/finger saver. Chestguard?	
6	Lowest poundage bow. (10 lb?) No arrow. Stance and anchor practice, both eyes open.	
7	More draw practice but with arrow (trainer loads). Med release or other. Cock fletch.	
8	Loading the bow. Shooting very short range. Only one aiming method, if any.	
9	Brief theory on how a bow works, poundage and draw length etc.	
10	(Homework) Read safety rules P 3 and 4 of Handbook. Learn arrow and recurve bow components	
11	Equipment eventually needed. What and when and how to buy and in what order.	
12	Shooting the range - just the experience i.e. "Have-a-go". Short distances. Varying the stance. Making the shot. Correct methods of draw (forward only, up to eye level only)	
Section 12 and 17 are preferably two sessions but may be combined		
13	Demonstrate equipment checking. Using a bow stringer	
14	Shooting at longer distances. Trajectory. Other aiming methods including sights.. Explain and if possible demonstrate and practice.	
15	Briefly, the meaning of bow tune and arrow spine preferably with demo	
16	Bow types and characteristics. Long, flat, recurve, Mongolian, compound. Use actual bows or pictures. Styles of shooting.	
17	In group of 3 or 4 supervised. Walk-up round of X targets. All aspects of the procedure (not distances!) to international standard. All shooting rules, safety rules, etiquette and scoring. Instructors see Appendix for guidance.	