

*This can be used by all instructors as a checklist, especially for the final Section 17 of the Training Schedule. It is not advisable to use this exercise to train beginners to shoot. This should have been done previously, although some mild coaching can be done.*

*The instruction to be given on a properly set up and maintained course or part thereof. Six to ten targets, both faces and 3D's will suffice but it's an idea to include animal paper faces and perhaps a roundel.*

*It's not advisable to skip any of this checklist by assuming the trainee knows it.*

*Each trainee must as far as practicable actually witness or get experience of each point of the list.*

### **Check List**

Preparation – clothing, footwear, visibility, food, drink, toilet, money, SIFA membership card, PUMembers list

How a shoot starts – registration slip, registration, bowcheck, grouping, target allocation

28/36 target shoots and 14/18 x 2 shoots. Fun/variety shoots.

Explain Style and Division

Target Captain – experienced archer - for safety, rule clarification, rule infringements, judgement (e.g. line cutting, bouncers), and general leadership. Phones, note taking, binoculars.

Getting to the start target. Shoot signals.

Dangers of leaving your group, walking a course alone and/or walking the course in the reverse direction.

Order of shooting – strict or casual, juniors and cubs

Reason and importance of marked arrows on SBG. Shooting the wrong arrow

Looking beyond target for any movement

Stance at peg. Making the shot i.e. altering stance for the circumstances. Moving up to next peg

What to do when approaching and at target.

1. Where to leave your bow, and how. LBH and follow on targets.
2. Look for undershoots and how to retrieve them
3. Scoring – don't touch arrows, how to call scores e.g. "second arrow wound", line cutters as opposed to line breakers or touchers
4. How to score. Kills, wounds and no-score areas on 3D and paper targets. Scoring a Hunter or Field target. What is a Record Status shoot. Double scoring.
5. Scoring first, **then** finding any other arrows. The importance of covering or "guarding" the target. Checking arrows for damage, especially carbons
6. How to pull and distribute arrows. Problems with pulling metal, carbon, wood and compound arrows.
7. Count your arrows before leaving target !

End of shoot. Signing scoresheet. Handing in.