

		<b>SIFA TRAINING SCHEDULE (v4)</b>		Initials Trainee	Initials Trainer
Ref No'	Subject				
1	Introduction	What is Field Archery, SIFA, Clubs and Events.			
2	What is this Training Schedule	Explain why it is required, reference to Child Protection.			
3	Safety Rules (1)	What is applicable for the HAG session.			
4	Hand and Eye Dominance	Explain the reason for the preference and eye dominance.			
5	Don'ts	Point bow at anyone, dry fire a bow, run to the target, shoot at a non-specified target.			
6	Safety Wear	Armguard, Glove/Tab, Chestguard etc and suitable clothing and footwear.			
7	Stance and Anchor Point	Use low poundage bow for practice, no arrow, both eyes open, how to hold the bow, Anchor Point.			
8	Loading the Bow	Explain Cock Fletch, different release styles and aids and how to load the arrow in the bow.			
9	Draw practice with arrow	Re-confirm Anchor Point, explain aiming process if applicable.			
10	How does a Bow work	Explain the principles, poundage and draw length, Arrow Spining			
11	Shooting the HAG Range	Commence shooting at the short distances, 1 on 1 with the Trainer to start off.			
12	Checking the "Form"	Trainer to confirm stance, bow holding and all aspects of the shot.			
13	Safety Rules (2)	Refer to Safety Rules on website and in the handbook, request Homework to be done.			
14	Equipment Checking	Explain bow tuning, checking string and bow limbs for damage/wear.			
15	Bow Styles	Refer to the SIFA Handbook for pictures and explanations of all Bow Styles.			
16	Equipment Purchase	Describe and show bow types and buying options, including Arrows and Draw Length.			
17	Shooting Longer Distances	Explain trajectory, aiming and demonstrate during practice.			
18	Bow Tuning and set up	Explain/show how to "Tune a Bow" and set up a "Take Down Bow" using Bow Stringer.			
19	Field Archery Course (1)	In a group of 3/4 accompanied by a Trainer, shoot a selection of targets on the Field Course.			
20	Field Archery Course (2)	Explain the various pegs and scoring variations and cover all Safety Rules and Etiquette.			
21	Field Archery Course (3)	Explain the SIFA Constitution and Rules are on the website and in the Handbook			
22	SIFA Local Affiliated Archery Club (1)	(SAAC) Cover all the Local Rules relevant to the Club being joined.			
23	SIFA Local Affiliated Archery Club (2)	Show the way around the local SAAC Field Course and any explain Safety issues.			
<b>Completion Notes:</b>					
a)	All sections must be completed over a number of sessions, recommend a minimum of 3 if a beginner, before going on a Field Course				
b)	Sections 19,20, 21 and 23 do not need to be covered if the SAAC is indoor only, but must be covered if attending a SIFA Shoot				<b>Circle</b>
c)	The Schedule must be signed by a Parent or Guardian if it is for a "Cub"			Over 17	<b>Adult</b>
d)	All sections must be completed over a number of sessions and all sections signed by the Trainer and Student			13-17	<b>Junior</b>
<b>First Name:</b>	<b>Surname:</b>	<b>Telephone No:</b>		Under 13	<b>Cub</b>
<p><b>I confirm I have undergone the above Training Course and I have read and agree to abide by the SIFA Constitution and Rules and the Local SAAC Rules. I also confirm I have read and understand and give my consent to the keeping of my Personal Data as described in the Data Protection Privacy Notice for SIFA and the Local SAAC. I also confirm that there is no medical reason why I cannot participate in Archery and that it is up to me to consult my Doctor if I have any concerns.</b></p>					
<b>Trainee Signature :</b>	<b>Trainer Signature :</b>	<b>Date :</b>	SIFA Fees Per Annum: [Adult €30] [Junior/Cub €20] [Family €60]		



# **SOCIETY OF IRISH FIELD ARCHERS (SIFA)**

**Including all SIFA Affiliated Archery Clubs (SAAC)**

## **Privacy Notice**

The Officers of SIFA, as the data controller, collect data from the SAAC's who have no discretion on what data is collected or how they use the member data as the SAAC will solely act on the instruction of SIFA, are required by the European General Data Protection Regulation (GDPR) to notify you about the collection, holding, use, disclosure and transfer (collectively known as "processing") of personal information (or data) relating to you.

The Officers of SIFA and the SAAC's retain personal data about you to administer your Membership of SIFA and your SAAC, including your entitlements relating to your membership and all related activities. The personal information about you (normally supplied by you or obtained from your local SAAC) includes your date of birth if under the age of 18, (to calculate your Membership Cost). Other personal information may also be held such as your address, telephone number and email address. The SIFA and SAAC Officers respect your right to privacy and ensure that your personal data is kept securely and is processed in accordance with applicable data protection laws, (including the GDPR), and the SIFA data protection policies.

The Officers of SIFA and the SAAC process your data to comply with their legal obligations under SIFA's Constitution, Rules and Regulations for the purpose of the SIFA and SAAC Officers obtaining member's consent in promoting the proper and efficient administration of the Membership in order to provide the benefits of membership of SIFA and your local SAAC. From time to time, it may be necessary to process personal data relating to your health or other sensitive data for the purpose of establishing, exercising or defending a legal claim in respect of your Membership (which includes assessing your eligibility in the case of an Insurance Claim resulting from an accident).

Usually your personal data will be kept for two years so that the current year Annual Membership Renewal Data is accurate and the previous year, in order to comply with any statutory obligations to maintain Membership records and to be in a position to verify claims and queries relating to your Membership. Your personal data will be held confidentially but may be disclosed to the SIFA Officers advisers for the purposes of administering your Membership and for the purpose of the legitimate business interests such as accounting purposes. This disclosure may be to your local SAAC Membership Officer, administrators, professional advisers, insurance companies and other entities who are appointed by the SIFA Officers to assist in the operation and administration of your Membership for the purposes set out above.

You have a right under data protection legislation to raise objections in relation to the processing of your personal data on the basis of the member's consent referred to above, for reasons particular to your situation. If we have no compelling justification to continue to process your data for the purposes of those legitimate interests, we will cease to do so for those reasons. You may also have a right to restrict processing in certain instances. You have a right to request a copy of your personal data and to have inaccurate data rectified and, in limited circumstances, to request its erasure. Any queries regarding your data should be sent to the SIFA Officers at the address below and will be processed in accordance with applicable data protection legislation. In the event that your query has not been resolved to your satisfaction, you have the right to raise the matter with the Data Protection Commissioner.

Please note that if you fail to provide accurate membership information or object to the processing of your data it may result in a delay or an inability to admit you as a Member of SIFA or your SAAC or process a claim for benefits under the Insurance Policy.

Should you require further information or have any queries on this Privacy Notice, please contact the SIFA Membership Officer at [dataprotection@sifa.ie](mailto:dataprotection@sifa.ie)