**PENNINGTON ARCHERS -** FIELD ARCHERY BEGINNERS COURSE – Welcome and introductory information.

Who can take part?

Children and adults of all ages and abilities are welcome to apply for our beginners’ field archery course and will be accepted for enrolment providing you/they are able (with appropriate and reasonable adjustments or adaptations if required) to access, learn and enjoy this activity.

The nature of field archery.

Field archery takes place using open ground, usually woodland and often with uneven terrain, in all weathers (providing it is safe to do so), and requires good levels of concentration and application. IT IS a fun, sociable and safe activity when you learn the necessary skills, rules, procedures and etiquette.

When and for how long do courses run?

Beginners’ field archery courses are run throughout the year, generally on a Saturday morning or by arrangement. There are 3 three hour or 4 two and a half hour sessions and a taster session can be offered to help you decide whether you wish to enroll. A maximum of 6 archers can be enrolled for a course and you will be contacted as soon as a course can be confirmed. These run when we have sufficient applicants and dates/times have been agreed (dependent upon coaches / helpers and applicants’ availability; seasons and time of year; availability of the venue). Your application form will be saved to agree dates and times, unless you inform us you no longer wish to enroll.

The sessions use an outdoor range, located within the woodland used by the club, and parts of the woodland course. Members of the club are informed that a course is taking place, but they may still wish to attend for their own practice.

What the course covers.

The course will cover safety, shooting technique, equipment and rules to enable the student archer to take part in NFAS Field Archery. At the end of the course, the student archer will be able to join NFAS and a field archery club as a provisional member, ready to continue their learning and practice with mentoring from an experienced club archer. This can lead to full membership status so that the archer is able to shoot unsupervised but in the company of at least one other archer at their own club and at a NFAS Open event (with a parent or shooting guardian if aged U18 for both occasions).

Cost.

The fee for both adults and juniors (U18) is £45 per person. The full amount is payable at the start of the first course session to ensure full NFAS insurance cover for all involved.

The coach and helpers.

All NFAS qualified coaches are subject to enhanced DBS screening, have attended an initial thorough training-to-coach course with NFAS coach trainers, and are responsible for keeping their knowledge and skills up-to-date. Currently, Pennington Archers has three qualified coaches – Mark Gill, Susan Gill and Dave Jarman. There may be other experienced archers present who provide additional support throughout the sessions. These archers are under the direction of the leading coach, even if they are also a NFAS qualified coach. They are there to help all student archers learn and enjoy field archery.

It may be necessary for a coach or helper to touch you for such as positioning an arm during the sessions. This is only done with your permission and when of necessity to help you develop good technique. Photography and video recording may also be used for the purpose of coaching field archery, which will be kept securely and not shared on any media platform. Parents and carers can take photographs or video solely of their child or adult in their care, and they will be told where it is safe and appropriate for them to stand to do this. They are also asked to respect the request not to share any such recordings they take of their beginner archer. Your permission to use these aids will be requested.

Juniors (U18).

Whilst there is no lower age limit for enrolment if you are applying on behalf of a junior please think carefully about the nature of field archery and your child’s stage of development – we want them to enjoy this activity and be successful. The course is quite intense requiring good levels of concentration and application, and sometimes younger children have not yet developed these skills sufficiently to successfully complete the course. If you wish to discuss this further please contact us.

**Juniors must be accompanied by a parent at all times (travelling to the venue, during all the sessions and leaving the venue).**

Adults with additional needs and / or disabilities.

You will be very welcome to enroll for a beginners’ field archery course, but due to the nature of the sport it is recommended you contact us to discuss before submitting your application.

Equipment.

We provide all the equipment needed for the course. Please do not buy any equipment yourself prior to the course, as we will offer advice on appropriate equipment. **This is for your safety and enjoyment of the activity.**

Clothing.

You should wear comfortable clothing and footwear appropriate to each session. Outdoors a shoe or boot with rough terrain sole is most appropriate. Open-toed sandals or shoes without a full heel cup should not be worn at all. Outdoor sessions will only be cancelled in exceptionally poor weather, so clothing should be suitable for rain, wind, hot sun, etc. 

Clothing should be close-fitting, especially around the upper body. This is to prevent it being caught by the bow string. For the same reason long hair should be tied back, fringes across the eyes clipped back, jewellery and piercings removed or taped over securely (even piercings under clothing can be caught in a bowstring).

Behaviour.

At all times during the course all participants (student archers, coach, helpers and parents / carers) are expected to show high standards of acceptable behaviour, and to treat others and be treated themselves with respect and dignity. Listening to instructions and being polite is important for everyone’s’ safety, security and enjoyment. Inappropriate or unacceptable behaviours will be challenged sensitively, firmly and fairly. The coach and/or club reserve the right to ask a participant to leave the course if behaviour of concern or inappropriate is exhibited.

If you are unable to attend a session once you have started for any reason please contact us as soon as possible and at all times before the start of the next session. We will do all we can to help you learn anything you may have missed.

Location.

Linsty Woods, Back Lane, Backbarrow, Cumbria.

What3Words: retail.scored.broads OS Explorer Map OL7: SD 354859

Take the Finsthwaite road from Backbarrow (over the bridge by the Whitewater Hotel and turn right), and immediately after passing under the railway track turn left into Back Lane. Follow this road uphill and around several bends until you see the archery venue on the left. The wooden gate will be open for your arrival and two caution signs to signify archery is in progress can be seen. Enter through the gate and either park on the flatter ground near the gate and walk up the track to the club hut or if your vehicle is suitable you can drive up the track to the hut where there is a small parking area. If you reach the stables on the left you have just gone past the entrance to the archery ground.

Contact.

If whilst waiting for a course to start or before you submit your enrolment form you wish to discuss any aspects or you have specific circumstances, please contact the beginners course organiser.

Mark Gill: [markgillridesabike@yahoo.co.uk](mailto:markgillridesabike@yahoo.co.uk) (preferred contact) OR 07749300308

WE HOPE TO SEE YOU AT A BEGINNERS FIELD ARCHERY COURSE SOON.