



Beginners' Courses Best Practise Recommendations

Following initial consultation in 2018 with all DCAA archery clubs and the publication of our first recommendations, the DCAA Development Group have recently reviewed this best practise document and made some enhancements, which are included in this latest version.

Best Practise Recommendations (in no order of priority)

Administration and general:

- Courses should be arranged by individual clubs and registered accordingly.
- Courses should be a minimum of 12 hours and ideally executed over several sessions as per AGB guidelines. This is recommended so not to overexert the physical endurance and concentration of the participants. (For example; 6 sessions of 2 hours.)
- Course application forms should be issued and completed in advance.
- Course objectives and any pre-requisites should be clearly stated on the application form.
- Records of attendance and individual progress against the objectives should be maintained.
- All documentation for the course must be treated following GDPR regulations.
- A feedback questionnaire should be available for each participant at the end of the course and comments reviewed by the course delivery team.
- A certificate of course completion should be given. (This is a transferrable document.)
- Deliver the course in a relaxed manner, having fun along the way!

Course content:

1. Appropriate warm-ups and skills & drills should be introduced from the outset.
2. The use of fitness stretch bands or tubes should be made available to all participants.
3. Range safety, mainly the Fast and Come down commands must be introduced from the start.
4. Good posture and alignment should be demonstrated and taught from the outset.
5. Relationship between eye dominance and handedness.
6. Shooting a recurve bow should be undertaken before other bow types are introduced.
7. Using blank bosses at the start prevents target panic and score envy.
8. Bow sights, bow slings (e.g., shoelace) and long rods should be introduced as appropriate.
9. How to retrieve arrows should be demonstrated before participants are allowed to do so.
10. How to safely string and un-string a recurve bow should be taught on the course.
11. A simple shot routine should be introduced as soon as appropriate, e.g., stance, grip, hook, prepare, raise, draw to anchor, aim, release.
12. Safely setting up, checking, and taking down a target.

Additional course information:

Additional basic information may be included in the course syllabus or shared using printed documents or website links. Such information might include:

- Additional, club specific, safety rules.
- Range and shooting line etiquette.
- Range set up, take down and put away.
- Types of rounds and those commonly shot at club and county, seniors, and juniors.
- How to score.
- Glossary of archery terms
- What equipment to buy, when to buy it and where from.
- Sources for further information e.g., Club website, websites for DCAA, EMAS, AGB and World Archery.



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More support information to be given after joining the club could include:

- Club rules and or constitution.
- Policies and guidelines, e.g., Safety, Safeguarding, Data Protection and risk assessments.
- List of Club Officials or secure website access.
- Opportunities for coaching and personal improvement.
- Entering competitions and competition preparation.
- Bow and arrow maintenance.
- Bow set-up and tuning.
- AGB archery pathways for both juniors and senior.

To conclude:

Further information on the topics above and help in coaching posture and technique is available from the DCAA Development Group and Coaches.

Please share your experiences with other clubs and the DCAA Development Group to enable best practise.