

GET INTO ARCHERY | HANDY GUIDES



Delivering Archery in Schools

UPDATED JUNE 2018



WWW.ARCHERYGB.ORG

Introduction

Archery is a fun, educational and a non-traditional activity for all young people to take part in.

As seen at the Olympics and Paralympics, target archery is the most popular form of the sport and involves shooting at stationary circular targets at varying distances, practised indoors and outdoors.

There are a number of ways to introduce archery to young people; deliver *Arrows Archery* in primary schools, get involved as part of the School Games, set up your own club, qualify to deliver traditional archery or find support from local clubs and coaches.

Archery is a sport for all. It helps to build muscle endurance and flexibility, develop hand eye coordination and body strength. Archery teaches discipline, respect and self-control - something that carries over into pupils' attitude, work habits and other school activity.

Archery can also give the pupil a strong sense of personal achievement. Girls and boys of all abilities can participate. Coaches and teachers involved in school archery have found that pupils who do not normally participate and enjoy sports-related or extra-curricular activities seem to love and are good at this sport - it is a great option for the non-sporty and semi-sporty young people, as well as those who wish to try something new.



1. Options for Schools

Archery is a popular sport in schools as it offers something different to the traditional sports available. There are a number of options for starting archery in your school.

Arrows Archery

Arrows Archery is a product aimed at primary schools to enable teachers to introduce archery to young people through fun activities. It has been designed so it can be delivered by non-archers and there is no training required.



As well as all of the necessary equipment, the Arrows Archery pack includes supporting literature consisting of a Guide for Teachers and activity cards. Short videos are available to provide further assistance.

All information about Arrows Archery can be found at www.archerygb.org/arrows

Procure a Coach or Instructor

Contacting your local club would be a good first step. The [Club Finder](#) feature on the Archery GB website will help you to find a club near you. The club may be able to help you to identify a qualified coach or instructor to deliver the sessions. Once a coach has been identified they will be able to advise you on what sessions they can deliver and the equipment and space required (many coaches will provide club equipment to use).

Talk to the local club about the possibility of forming a school-club link, so archers showing potential could join the club if they wish.

Your local [County Sport Partnership](#), Sports Council or local Sports Development Officer may be able to help put you in contact with a club or coach.

Train up Internal Staff

For teachers and other individuals to be able to deliver archery sessions in schools we recommend they are either be qualified

in, or undertake, an Archery GB Instructor or Teacher Award or an Archery GB Level one coach qualification. The Level one qualification is not an Assistant Coach qualification. Coaches at this level are able to deliver sessions alone.

Young people must be 17 years of age to undertake the Instructors qualification and 15 years of age to undertake the Level one coach qualification (they must be 16 years at the time of assessment). Further details on coaching courses can be found [here](#). Further details on Instructors Awards can be found [here](#).

Teacher Award

We are aware that teaching a variety of activities is very important in schools.

We want to encourage teachers to deliver archery sessions themselves so we have developed the Archery GB Teacher Award. Upon completion of the course, learners will be able to deliver fun and safe target archery sessions for beginners in an education environment



For more information, visit our website www.archerygb.org/coach

Set up a 'Junior Club'

If you wish to start a club that will meet outside of normal school hours (an after school club) you might consider setting up a 'Junior Club in a school'.

Each archer would need to be members of Archery GB (after completing a beginner's course of up to a maximum of six sessions), and your club would need to adhere to the Archery GB Rules of Shooting.

Please follow guidance on 'how to set up a club' in our handy guide available from the website - www.archerygb.org/handyguides

2. Facility Requirements

A permanent archery-only facility is not necessary to start delivering archery.

The sport can be delivered effectively in a multi-sport facility. Archery can be done almost anywhere but typical sites include outdoor grass pitches and sports halls (of all shapes and sizes).

The ideal requirements for shooting indoors are:

- A heated and well-lit hall at least 27m long and 18m wide
- A fully accessible, ideally heated, changing room

The ideal space requirements for shooting outdoors are:

- 114m long and 37.9m wide
- Grass that is flat and not sloped, well-kept and well drained
- The grass should be no longer than 5cm high

- A heated accessible changing room

Archery is an incredibly safe sport as long as a straightforward set of rules is applied. For both indoor and outdoor venues, the space used should not allow access to the general public except at specific and defined points. Normally, sites with a public right of way should be avoided. Temporary fences and cordons can be erected, and doors can be locked in indoor venues to ensure safety.

Arrows Archery can be used a variety of venues and would not need the same amount of space as traditional archery.



3. Equipment

If you decide to buy your own equipment you would need to source this from one of the many providers around the country.

An example of what you will need for 10-12 people is described here:

- 9 x Bows (6 Right handed, 3 Left handed)
- 24 Arrows
- 3 x Targets
- 3 x Targets Stands (plus pegs and guy ropes for securing the target stands and bosses – outside only)
- 24 x Target faces
- 24 x Target Pins
- 8 x Armguards
- Backstop netting (sufficient to cover the width behind the targets and several metres to either side, hung loosely and not stretched 1 metre in front of the wall)
- Markers to indicate the shooting line, e.g. rope or cones
- Ground quivers to hold bows and arrows

Additional items can be purchased such as metal detectors (to find arrows in the grass if sessions will be conducted outdoors) and maintenance equipment including fletching jigs, fletches and glue as the programme develops.

It is worth considering that some equipment will be consumable and you will need to plan for the replacement of certain items such as bow strings and target faces. If you would

like further advice before purchasing equipment, please contact us and we will be happy to help.

Storage

For most venues, the archery equipment will need to be set up and taken down for each session. This is standard practice and easy to do once a routine has been established.

Bosses, or targets, are usually made from straw. These bosses can be cumbersome and messy. If using straw bosses, they should be stored vertically, rather than flat. The storage unit should be dry and vermin free. Straw bosses can get wet but will last longer if allowed to dry out.

More practical and space saving options are available. Some synthetic bosses are made of a series of interlocking parts, which are reversible and then replaceable, when the need arises. These bosses can be stored neatly and do not leave a mess.

For safety reasons, bows and arrows should be stored separately. Typically, arrows are stored in a locked container within a storage unit, especially if the storage unit or store cupboard is in use for other sports equipment.



4. Progression

School Games

The School Games comprises both intra and inter-school competitions as well as an annual National Finals event. Keeping competitive sport at the heart of schools and providing more young people with the opportunity to compete and achieve their personal best.

By 2020 the School Games will be continuing to make a clear and meaningful difference to the lives of even more children and young people.

The School Games events consist of four unique types of competition: intra-school competitions, local inter-school competitions, county finals, and the School Games National Finals.

Archery GB is committed to providing more competitive opportunities for young people and has worked with the Youth Sport Trust to develop competition formats for intra and inter school competition at primary and secondary levels. We believe that by supporting schools and their networks to deliver the School Games more young people will also be introduced to archery and enjoy further opportunities through clubs.

The programme provides formats for different settings:

- Intra-School Primary: Competition Card
- Intra-School Primary: Challenge Card
- Intra-School Secondary

- Local Inter-School
- Inclusive Specific Sport Format

Why not deliver archery as part of your School Games? For more information visit www.yourschoolgames.com

Progress Awards

Archery GB has a badge scheme that is available for schools to join. The Archery GB Progress Awards are designed to provide all beginners and younger archers with awards for developing their archery skills. The junior age groups are aligned with 5 educational key stages. The scheme can also be used as an adult beginner incentive and is operated by archery clubs, schools, youth groups, and other providers who practice target archery. The cost to join the scheme is just £10.00.

Once registered your archers can start to work towards the award and start collecting the badges. The cost of badges is £2.00 each.

There are no requirements for the recipients to be members of Archery GB. As well as individual archers receiving recognition for their progression, there is also a trophy for the club or school that achieves the most number of badges in one year - so register now!

For more information visit the Archery GB website: <https://www.archerygb.org/shoot-compete/compete/awards-records-achievements/>



5. Health & Safety Requirements

Archery GB and archery coaches take health and safety very seriously and are committed to organising and monitoring activities and sessions that minimise the risk of harm to pupils, staff and the environment.

If carried out correctly, archery is a safe activity to deliver in schools. There are strict safety guidelines for coaches to follow and these are implemented in all settings such as clubs, schools and tournaments.

Archery GB has a number of policies and procedures in place for those in the sport to adhere to such as the health and safety policy, insurance requirements, child protection, risk assessments of venues, codes of practice, as well as training for coaches, leaders and judges in safety.

For more information please contact us on the details below.

Ratios

In terms of ratio of children and young people to supervising adults, we recommend the following:

- For children and young people under eight years of age, one adult to eight children (with a minimum of two adults present)
- For children or young people over eight years of age, one adult to ten children or young people (with a minimum of two adults present).

For details of health and safety policies and procedures, please visit the [Handy Guides](#) section of our website.

6. Further Support

Handy Guides

Archery GB has created a range of Handy Guides, which can guide you through various information. These include:

- Setting up a club
- Setting up an archery range
- Developing Schools-Club Links
- Funding
- How to Become a Judge
- Scoring and Tournaments
- Including Disabled Archers

To download these and other please visit the website:

<http://www.archerygb.org/clubs-facilities-development/development/handy-guides-sport/>

Who to contact

Contact the Sport Team for advice on developing your school club. Call us on 01952 602795 or email sport@archerygb.org

Contact the Membership Services team if you are interested in affiliating your school to Archery. Call us on 01952 677888 or email enquiries@archerygb.org

The County Secretaries, local clubs and coaches are useful contacts for information about delivering archery activity locally. For details please contact the Archery GB office.



Archery GB

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Archery GB



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