



New Archer Competency Check List



To be filled out and signed off by an **Accredited IFAA Instructor/Coach** and a copy forwarded to coaching@ifaf.ie prior to the new archer signing up to IFAF. The original copy is to stay at club.

Date: Name of Club:.....

Name: DOB:

Address:

.....

Phone:

Email:<- Must be legible

Signature:

If under 18 years must be signed by parent or Guardian

Bow Safety - Must be ticked prior to moving to the Field Range

- Check equipment is safe (for person bringing their own equipment) – (“Equipment check list”)
- Check the bow is right for archer – Draw length
- Draw weight – make sure bow can be drawn safely & with control
- Arrows to suit Poundage

Skill Competency – Must be ticked prior to moving to the Field Range

- Dominant eye test
- Basic Stance
- Load Bow Correctly
- Hook-up (Fingers or Release Aid) Correctly Understand Pre-Aim technique
- Draw Bow correctly
- Establish an acceptable anchor
- Understand the concept of Instinctive and Gap shooting
- Release the string in an acceptable manner
- Understand the Follow Through

Safety Competency – Must be ticked prior to moving to the Field Range

- Safety – (Read safety chapter to archer)
- Understand & abide by the Club Rules and Branch By-Laws
- Introduction to basic idea Field Archery rounds

Coach: Signed:

Date: Coach accreditation number:(IFAA No)