

NFAS Coaching Signing-off Guidelines and Code of Practice

Coaches and others with authority to sign off provisional NFAS members must be satisfied that the archer is competent, safe and understand the NFAS rules before signing him/her off.

The following guidelines indicate the competencies and standards which the NFAS Committee consider should have been covered and successfully demonstrated in order for coaches/sign-off authorities to be satisfied as to an archer's competence to participate alone in an open shoot.

Disability / Health	The archer does not suffer from a health problem or disability that prevents them from taking part in field archery in a manner which does not represent an unacceptable risk to the safety of themselves or other archers.
Children and Vulnerable Adults	Archer is aware that:- Children under 16 must be accompanied by a parent or a guardian. If accompanied by other than parent, a signed parental consent form must be submitted prior to coaching (Obtainable from NFAS website). Vulnerable adults should be accompanied by a responsible adult.
Handedness and Eye Dominance	The archer can state correctly whether they are left or right handed and which is the dominant eye.
Equipment Check and Assembly	The archer understands and can demonstrate:- i) how to look for equipment faults (especially bow, string and arrows). ii) (except for compound bows) how to assemble his chosen style of bow and string it, using a bow stringer. iii) that their arrow length is above the safe minimum length and the reason for maintaining minimum arrow length. iv) how to fit PPE and measures to avoid injury (removal of jewellery, tying back/restraining long hair, chest guards if necessary). v) (if used) how to adjust sights to correct for windage and distance; vi) how to correctly mark arrows for competition (name/initial/number)
Basics of Shooting	The archer understands and can demonstrate : i) 'Stop' or 'Hold' commands and safe let down; ii) Safe 'Range' practices (incl shooting line discipline, safe carrying of equipment, safe retrieval of arrows); iii) Safe drawing and safe/appropriate release for their chosen bow style; iv) A reasonable standard of accuracy when shooting at unmarked distances. v) shooting from disrupted stances/kneling etc (if appropriate) <i>The NFAS Committee considers that archers should be exposed to shots at short (5 -10 yds) medium (10-25 yds) and long (25yds up to 65yds) and be able to demonstrate levels of accuracy which would not cause undue delay at an open shoot: for example on average more than half of at least 6 arrows should hit the target, or in the case of longer shots, be close to the target.</i>

<p>Scoring</p>	<p>The archer understands and can:</p> <ul style="list-style-type: none"> i) state what pegs to shoot from for their age group and demonstrate how to make contact with the peg; ii) State and demonstrate how to score during a competition (Big Game Round scoring and be aware of where to find scoring rules for alternative rounds) and demonstrate understanding of dual card system of marking; iii) state all the rules regarding scoring. i.e. Line cutters. Bounce backs, pass throughs, bounce-in, broken arrows in the target, 'Robin Hoods', accidental shooting arrow out of sequence etc. iv) identify the correct scoring zones (wound/kill/inner kill) on a selection of paper and 3D targets. Eg: Noting horns, hooves and bases don't score on 3Ds; understanding the 'front kill' marked kills rules.
<p>NFAS Rules and etiquette</p>	<p>The student has and demonstrates an understanding of:</p> <ul style="list-style-type: none"> i) NFAS Safety Rules. ii) NFAS Shooting Rules and Course Etiquette (available from NFAS website and NFAS rule book). <p><i>For example: what information can/cannot be given when commenting on another archer's shot (high/low/opinions on yardage etc), what to do if unsure whether an arrow has scored or not, pacing, how long to spend looking for lost arrows, respect for marshals, not interfering with targets/courses/pegs, responsibility to report safety concerns, individual responsibility for own safety and safety of others; different bow classes; etiquette in groups, staying for presentations.</i></p>
<p>Signing Off</p>	<p>Ensure the NFAS membership form has been completed correctly by the prospective member before being signed by the Coach/sign-off authority.</p> <p>Inform the archer that, it may take up to 21 days before they receive their membership card and that they may not attend an NFAS shoot until they are in possession of their Full NFAS membership card.</p>
<p>First Shoot</p>	<p>The Archer understands what to expect at their first shoot including:-</p> <ul style="list-style-type: none"> i) Suitable clothing and footwear; ii) importance of hydration and food; iii) finding the venue iv)) Booking in, registration, card check, group allocation v) How to move safely around a course (no walking backwards, 'safe' routes) vi) The safety talk vii) emergency alarms viii) Practices on 'jumping' and bringing in 3Ds. ix) Strategies /tips for searching for/retrieving lost arrows x) Safe retrieval of arrows from trees/roots etc xi) Personal safety equipment (mobile phone/whistle/first aid/tick removal tool) xii) Awareness of Lyme disease/tick risk and how to respond. <p><i>When attending their first open shoot, the NFAS recommends that new members be accompanied by an experienced archer from their club, or they request the shoot organiser to place them with a group of experienced archers.</i></p>
<p>Disciplinary</p>	<p>The archer should be made aware that breach of the Rules of the NFAS may result in disciplinary action being taken in accordance with the NFAS Rules</p>

Coaches / Trainers must conduct themselves in a manner that does not cause unreasonable offence to others. They must not use abusive or threatening behaviour, harass , discriminate or victimise on the grounds of race, nationality, ethnic or national origin, gender, sexual orientation, marital status, religion or age. This list is neither exclusive nor exhaustive.

Coaches must adhere to proper safeguarding practices when dealing with children or vulnerable adults.

Coaches must not use the NFAS coaching qualification for personal or financial gain, but may run events to raise club funds in line with NFAS rules and Insurance.

Coaches must not use the NFAS name, logos or any materials that belong to the NFAS for business promotion or advertising without prior permission of the society.