



Archery Beginners Course – Frequently Asked Questions (FAQs)

When do Royal Richmond Archery Club run these courses?

We run courses during the summer.

We usually hold 2 adult beginners' courses a year and 1 family and junior course (when the demand calls for it).

Anyone wishing to attend a beginners' course must have completed an introduction session **before hand**. These are 2 hour sessions that give you a taste of what to expect on the beginners' course and lets you know if it is something you really want to do or just wanted to give it a go but on second thoughts it's not for you..

We shoot outside. Each course is 2 consecutive Saturday sessions. Week 1 is a full day running from 9am to 4pm and week 2 is a half day from 1pm-4pm. For dates of the next available course, please visit the calendar on the website:<http://royalrichmond.co.uk/events.html>

Where are the courses held?

The courses will be held at the Royal Richmond Archery Club ground, Old Deer Park, 187 Kew Rd, Richmond TW9 2AZ.

The entrance to the archery ground is 30 meters south of the Kew Gardens Lion Gate entrance. Parking is available.

If arriving by bus the 65 bus route stops almost outside (the bus stop is called Lion Gate)

What clothing should I wear?

Close fitting clothing will help to prevent the bowstring from catching you – e.g. avoid baggy sleeves or bulky jackets as these will make it difficult to shoot.

For our courses you should bring clothing, including footwear, that is suitably warm. Bringing waterproofs is a good idea if it looks like rain, and sun cream for the rare occasion the sun is out.

We will provide protective 'bracers' to protect your arm from the bowstring and 'finger tabs' to protect your fingers.

- Please remember NOT to wear open toed shoes or sandals.
- Long hair must be tied back so it doesn't get caught in the bowstring whilst shooting.

- Any earring or piercings should not be big and/or dangly. If they are thought to be at risk of getting caught and causing any sort of injury you will be asked to take them out for the duration of the course.

There is a serious risk of injury if any of the above conditions are ignored, so the club reserves the right to request any persons, unable or unwilling to comply, to leave the course.

How much do the courses cost?

The course prices are per person for the whole course and are payable in advance.

Current fees are

Taster session: £40

Beginners' course: £100

(a taster session must have already been completed before booking onto a beginners' course)

Without payment in advance we cannot guarantee your place on the course.

What happens in bad weather?

We generally carry on even in the wind and rain. In the event that a session has to be cancelled by us additional dates will be offered. However, if you choose not to attend a session no other date will be offered.

How can I pay?

Via BACS. When you register online you will be provided with our bank details and what reference to use. Without the correct reference we will be unable to connect the payment to you.

Can I cancel my place and get a refund?

If you cancel your booking before the course, full or partial charges will apply. Please see below for details.

This is due to the non-refundable costs associated with the organizing of the course.

Up to 2 weeks notice before the course there will be **NO REFUNDS**.

2-4 weeks notice before the course **50% refund**

4+ weeks notice before the course **full refund**

What facilities are there (toilets & refreshments)?

Toilets are available at the club house. Toilets are also located at the pavilion across the field. There are refreshment facilities in the accessible club house where we have a kitchen and you

can make hot or cold drinks. Refreshments will also be provided during the course in the form of tea/coffee and biscuits. Lunch will also be provided on the first day of the course.

Do you carry insurance cover?

Yes, we are covered to teach you through our affiliation to Archery GB, our sports governing body within the UK. If you wish to carry on with the sport following completion of the course you would need to join a club such as Royal Richmond and also Archery GB to ensure that you continue to be covered by insurance.

Is there a minimum age for children?

We do not normally take children under 11 years of age, as we have found that they do not have the required strength or physical size to be able to shoot a bow and get the most out of archery. Young children will be assessed and parents advised if we feel that the course is not in their interest until they are older.

Do I need to remain with my child during the lessons?

Yes, you will be expected to remain with them at all times for the duration of the lessons if they are under 16. You will also be required to complete the parental consent part of our enrolment form prior to your child's participation in any of our courses.

Do you have a Child Protection Policy?

Yes. We have a safeguarding Officer and our coaches are all DBS checked. Please find a link to our safeguarding policies hear :

<http://royalrichmond.co.uk/files/Code%20of%20Good%20Practice%20V6.pdf>

Do you run courses for families and children?

When we have the demand for them, yes..

Our Family and Junior Beginners course is run to the same standard as our other courses, the only difference being there will only be families and Juniors (aged 11+) on the course. This is so that juniors and family groups can learn to shoot together.

Do I need to be physically fit?

Although archery is a physical sport and requires a reasonable degree of mobility and strength, you don't need to be physically fit. It can also be suitable for those with a disability – including the blind or partially sighted. Contact us to discuss this if in doubt. You should also advise us of any medical conditions which may affect your ability to participate in the course or which we should be aware of.

Will there be any physical contact between the coach and the archer?

A degree of minor physical contact may be necessary during the tuition, e.g. to show you the correct way to stand, or how to hold the bow.

If you have any objections to this, please let the coaching team know.

Do I need to provide any equipment?

No – all equipment is supplied by the club. Please do not purchase any equipment in advance of the course. Your course fee includes the use of the club's equipment.

What type of equipment will I be using?

We will be using lightweight trainer recurve bows. During the course there will be a discussion and demonstration of these and the other types of bow available (competition recurve bows, compound bows, Longbows and Barebow). If you have a specific interest in a particular bow type then please discuss this with the course coaches.

Are the tutors qualified & who will be teaching me?

Tuition will be undertaken by our Archery GB qualified coaches and instructors.

All coaches and instructors have been archers for a number of years and have run many beginners' courses. They will be able to instruct you on how to shoot in a safe way and to a good club shooting standard.

What format does the course take?

The course is formal and very much "hands-on". There are some initial administration and health and safety issues to cover and equipping you with a suitable bow and arrows. This is then followed by warm up exercises, followed by a tutor demonstration on how to shoot and ongoing help and advice on your style and technique as you are shooting.

The first session we will show you how to shoot with a 'sighted recurve' to introduce target archery,

In the second session you will continue with 'sighted recurve' and towards the end of the second session you will shoot 'barebow' style, without a sight, to give you a basic idea of this style.

There will be further opportunities to improve your shooting style including friendly and fun short competitions. Towards the end of the second session you will have an assessment to see how much information you have retained from the course. You will also be given information on parts of the bow, and information about Royal Richmond or other archery clubs and Archery GB membership, if you decide to continue.

What happens when I have finished the course?

After you have finished the Beginners course and passed the assessment at the end of your course you will be awarded a certificate of completion, this will allow you to prove you have completed a Beginners course at Royal Richmond Archery club and will allow you to apply to join an Archery club.

But please be aware that completion of our beginners' course does not automatically guarantee you a place at Richmond as we tend to have long waiting lists to join the club.

Data protection

Royal Richmond Archery Club is committed to protecting and respecting your privacy. Personal information will be stored and handled in line with GDPR.

Covid

Royal Richmond Archery club follow all Archery GB and government guidelines.

All information is correct at the date of publishing. Royal Richmond Archery Club reserve the right to change our courses and info at any time.