National Field Archery Society

NFAS Assistant Coach
Training Standard Check List

All candidate Assistant Coaches are to demonstrate understanding and proficiency within the following areas:

Unit	Requirement
1. Children and Vulnerable Persons	Demonstrate a good understanding of the NFAS CPP and requirements for DBS checks, guardian approval and training methods used for children below the age of 18 years.
2. The NFAS	Demonstrate a good understanding of the systems and procedures within the National Field Archery Society.
3. Safety Rules	Demonstrate understanding of NFAS Safety Rules. (Rule Book and Website).
4. Shooting Rules	Demonstrate understanding of NFAS Shooting Rules. (Rule Book and Website).
5. NFAS Classes	Demonstrate understanding of NFAS Class Rules. (Rule Book and Website).
6. Practice range setup	Demonstrate understanding of how to set up and control an archery practice range. • Must include safety commands.
7. Basic Trainer Bow	Demonstrate assembly of trainer bow (if required). Explain component parts of trainer bow and how to check for faults.
8. Arrows	Demonstrate the parts and characteristics of arrows
9. Equipping the beginner	Demonstrate how to equip a beginner for their first training session. To include: • Eye dominance checks. • Arrow length checks. • Stringing of bow using a bow stringer. • Bracers & Tabs. • Chest guards, if required.
10. Basics of Shooting	Demonstrate the tuition of a beginner on a archery range, this to include: • Dry runs (Muscle Memory) • Holding the bow. • Stance (Body Position). • Nocking the arrow. • The draw, anchor and release. • Aiming • Aiming correction for change of distance. • Safe collection and pulling of arrows • Safe carrying of equipment
11. First Open Shoot	Demonstrate the ability to explain what is required when attending an open shoot: • Booking in • Appropriate Clothing. • Food. • Registration and card check. • Group allocation. • Scoring • Etiquette • Warning system