

# Norfolk Bowmen

## Archery Basic Instruction Course

Perhaps you've never shot a bow before or maybe you've had a go at archery at an activity day or while on holiday and want to expand it to a hobby. Either way we welcome anybody who wants to try archery with a view to taking up the sport and joining our club. The aim of the course is to show you how to set up and use a basic recurve bow and shoot it safely. Remember Bows and Arrows were the choice weapon for many years!

### Starting date and time

Beginner's courses are run outdoors between April and October. Typically, courses consist of three two-hour sessions. We may vary on the day of the week and the start times, these depend on the course leader availability, the natural light and weather; although winter courses are available at an extra cost to cover the venue hire.

**Our courses are very popular and often over-subscribed. The numbers are limited and so we cannot accommodate new trainees on a course once it has started. However, we do run a waiting list system for those people who apply and will fit you in a course to suit you as soon as we can.**

The course consists of three sessions of 2 hours each, if it's necessary to cancel a lesson due to bad weather, or if you know in advance that you'll miss a particular week (e.g. if you are on holiday), then it can be made up later. Please note though, we can only make up one missed lesson – so if you know you will have to miss more lessons then we advise to wait for a later course. If you're unable to attend a particular lesson, please let us know beforehand. We cannot accept beginners into the Club unless they have attended all sessions.

### Cost

The fee for the full outdoor course is £30.00 per person, we ask that you pay a deposit of £20.00 and the remainder at the first session.

The fee covers all the equipment and access you will need for its duration.

### Juniors

Juniors between 7 and 11 years old a separate course arrangement is run for this age group, please use the contact form or speak to the club secretary for suitability and advice.

Juniors 12 and above can apply to join the beginner's course. However, acceptance of each junior on the course is subject to the approval of the coach. We can assess this prior to booking a place on a course, please ask for details. **Juniors must be accompanied by parents, or parentally approved guardians, at all times, when on the archery range / club.**

### Equipment

We provide all the equipment required for the course. Please, **do not buy any equipment** yourselves before you have at least tried our basic course. If you already have your own equipment, we can make an assessment on its suitability, should you wish. If you join the club after the course, the course leaders and club members can offer advice to help you purchase your own equipment.

### Clothing

You should wear comfortable but close-fitting clothing. If it's chilly it's better to wear several thin layers rather than one bulky one and perhaps bring a woolly hat. In particular it's important that you don't wear jumpers or jackets with baggy sleeves as bow strings tend to catch on them & spoil your shot! For the same reasons and for personal safety you should remove any jewellery or personal body piercing that might be caught by the bow string. Long hair should also be tied back.

Open toed shoes are not allowed.

### Where

Norfolk Bowmen shoot outdoors at Long Meadow, Rectory Road, Western Longville, NR9 6LF / NR9 6LG (we are on the border of the two codes). We have a sign and targets are set up most of the time to help you find us. You can also search for "Norfolk Bowmen" on Google Maps.

### Contact

Membership secretary is the main contact prior to your course and after you have started, the course leader will be, details of which are on the web site.

# Norfolk Bowmen

## Terms and Conditions

- An application form must be completed and either sent to the e-mail address on the form or handed to the course leader in person before starting the course.
- Juniors (any person under the age of 18) must be accompanied by an appropriate adult.
- All medical disclosures relevant to the sport of archery must be indicated at that time.
- All course fees must be paid in full by the start of the second lesson.
- Deposits must be received 1 week before the start of the course.
- Your place will only be confirmed once the deposit has been received.
- Instruction course fees and deposits are non-refundable.
- Instruction course fees do not entitle you to membership of Norfolk Bowmen.
- All coaching and shooting will be strictly in accordance with archery best practice, rules, regulations.  
Any contravention of shooting or safety rules will result in immediate suspension from the session.
- Norfolk Bowmen retain the right to refuse further access to the beginner's course if students persistently disobey the safety instructions or the rules of shooting.
- Norfolk Bowmen cannot accept any responsibility for damage or injury sustained whilst entering, or leaving, the ground.

# Norfolk Bowmen

Name .....

Address.....

.....

Post Code .....

Telephone ..... Mobile .....

E-mail .....

Left or Right handed..... Height.....

Date of Birth (if under 18)..... Gender.....

*Courses are run on a monthly basis, please specify which month or ASAP you would prefer*

**Enter month.....**

*The parents or guardians of under 18s must sign the consent section of this form. Please refer to the Club's policy on the attendance of under 18's at club beginner's courses or club meetings.*

**Parental Consent:** I the undersigned hereby consent to the above-named person joining an instruction course in Archery with the **Norfolk Bowmen**. I confirm that I am the applicant's Parent/Guardian.

Signed..... Date .....

**Please list below any Disabilities, Learning or Medical conditions**, which you believe may affect your ability to take part in archery. *(This information will be treated in absolute confidence and will only be used by your coaches to determine the most appropriate equipment and teaching styles to suit your personal needs.)*

.....

.....

**Declaration:** I apply to join an instruction course in archery with Norfolk Bowmen archery club and confirm that I do not have court convictions that might affect my appropriateness to be a member of the above club and society. I confirm that I have read and understood the instruction course terms and conditions.

Signed..... Date .....

**Please return this form either by post or via email, to [membership@norfolkbowmen.co.uk](mailto:membership@norfolkbowmen.co.uk)**

**70, Bernham Road, Norwich. NR6 5QQ**

**Note:** *If returning this form via email, you do not need to sign the form – Just add your contact details and type in the words "I ACCEPT" in the signature areas.*

**Notes:** *Persons on a course are expected to obey the rules of the Club and the safety guidelines at all times and to treat the facilities with the greatest respect*