



Guidance for Candidate Application

Level 1 Certificate in Coaching Archery

National Coaching Committee

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This guidance document provides information about the Level 1 Certificate in Coaching Archery for prospective candidates wanting to become a qualified Archery GB coach.

About the Qualification

The Level 1 Certificate in Coaching Archery qualification has been designed for archers wanting to deliver taster archery sessions and a pre-set six session archery course to beginners. If you are a club archer or active volunteer who is enthusiastic about introducing new people to the sport and seeing them improve, then this course will give you the skills, experience and resources you need.



Duration of the course

- The course takes place over 4 days within a 12 week period
- You also need to take part in 12 hours of 'supported practice' between day 2 and day 4 of the course. This is where you practice coaching in your own time, for example in their local club.

Minimum requirements to attend

You need to be a minimum of 15 years old by the first day of the course to be eligible to attend. (Candidates who are 15 and complete the course will receive the certification of completion when they are 16). When coaching, candidates under the age of 18 must be supervised by a legally responsible supervisor.

It is not a prerequisite for candidates to complete an enhanced CRB disclosure to gain this award. However, a CRB disclosure is required to be completed prior to becoming an Archery GB licenced coach. Full guidance on this is provided at the start of the course.

To gain the award, candidates are required to complete an NSPCC approved child protection workshop.

Course dates, costs and how to apply

Courses are organised locally by County Coaching Organisers and designated course administrators on behalf of Archery GB. For course dates, venues, costs and how to apply please refer to the planned coaching courses section of the Archery GB website. If you can't find a course taking place near you please contact your County Coaching Organiser to register your interest.

To book your place on a course please complete the Candidate Application form which can be found on the Archery GB website and return it along with payment, to the designated Course Administrator. Course are organised on a local basis and therefore costs may vary between courses.

Additional Information

Outcomes of the course

Upon successful completion of the course, you will be awarded a certificate of achievement and will be a qualified level 1 archery coach. This allows you to deliver recurve archery to beginners, specifically single archery sessions or the recommended six session beginner's course (using the resources provided on the course).

Content

The course trains you to coach recurve archery to beginners and covers the following areas:

- Establish a safe working environment
- Plan, deliver, evaluate an archery session
- Warming up and cooling down
- Core and archery specific coaching skills
- Archery specific coaching skills
- Coaching people of all abilities



Assessment

To gain the qualification you will need to complete tasks to demonstrate your understanding and competence as a coach. You will be fully supported during the course to help you prepare for:

- A short answer / multiple choice question paper on safety in archery and role of a coach
- Plan, deliver and evaluate an archery session
- Take part in coaching in your own time with a mentor or archer, and keep a record of this
- Provided a certificate of attendance for an NSPCC approved child protection workshop

You are required to successfully complete all of the tasks to gain the qualification.

Course structure

The course follows a learning programme which has been designed by Archery GB. This consists of a mixture of practical and theoretical based learning. It covers a period of induction, training, supported practice and assessment. Friendly, experienced and qualified coach educators (tutors and assessors) deliver the course to ensure that the right support is given to you.

The general course model you will follow is illustrated at the back of this document; although the sequence of sessions and times may vary between course.

Frequently asked questions (FAQs)

Q. What should I bring to the course?

A. Bring some paper and pens to take notes, and your own lunch, snacks and refreshments.

What resources will I receive?

A. An illustrated coaching resource manual and activity cards that can be used on the range.

Q. Will there be practical sessions?

A. Yes. You will need to be able to take part as both a coach and during the practical elements as a participant. Should you have any concerns about this please contact the course organiser.

Q. What should I wear?

A. Clothing and footwear suitable for taking part in practical activity, both indoors and outdoors.

Course Model

| Pre Course | Course of Training | | | Practical Assessment |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Meeting | Day 1 | Day 2 | Day 3 | Day 4 |
| | 09:00 Start | 09:00 Start | 09:00 Start | 09:00 Start |
| Candidates attend a pre-course meeting or complete pre-course preparation remotely. <ul style="list-style-type: none"> • Introduction • Candidate registration • Guidance on: <ul style="list-style-type: none"> - Completing a CRB disclosure - Supported Practice - Attending a child protection workshop | 60 min Roles of an archery coach Review home study (†) | 30 min Review of assessment task and home study (†) | 30 min Review of assessment task and home study (†) | AT 4 Plan, deliver and evaluate a 30 minute archery session AT 5 Candidate Pack & professional discussion |
| | 45 min Styles of coaching and learning | 75 min Understanding basic anatomy for archery | 60 min Archery equipment | |
| | 30min Safety checklist guidance | 30 min AT 2 Safety checklist | 60 min AT 3 Knowledge test | |
| | 45 min Warming up and cooling down | 30 min Motivation for participation in sport | 30 min How to plan & deliver a session | |
| | 12:30 Lunch | 12:45 Lunch | 12:30 Lunch | |
| | 150 min Range layout Coaching 'barebow' (†) | 105 min Coaching 'freestyle' (†) | 30 min How to evaluate a session | |
| | | 30 min Disability awareness | 30 min Improving technique | |
| | 30 min AT 1 Roles of a coach | 60 min Coaching 'barebow' and 'freestyle' with disability awareness (†) | 120 min Coaching a group Improving technique (†) | |
| | 30 min Intro to action planning Summary, set home study | 30 min Development opportunities Summary, set home study | 30 min Summary and course conclusion | |
| | 17:00 Close | 17:00 Close | 17:00 Close | |
| Home study (approx. 30 min) | Home study (approx. 60 min) | Home study (approx. 60 min) | | |
| (It is recommended that there is a minimum of 5 days between the Pre Course Meeting and Day 1 of the Course of Training) | | | | (Assessment tasks 4 & 5 will take approximately 60 minutes per Candidate. It is anticipated that an assessor can complete 4 assessments per assessment day). |
| TIME: | | | | |
| 3 hours (can be remote) | 6.5 hours | 6.5 hours | 6.5 hours | 2 hours per Candidate |
| KEY: | | | Supported Practice (12 hours of practice coaching including working with a mentor) | |
| Practical based learning | Self directed learning (Learning outside of the course of training) | AT = Assessment Task An assessment to check your learning and ability to coach | (†) The coach educator gives you feedback on your progress (Formative assessment) | Classroom based learning |