



## NFAS Assistant Coach

### Training Standard Check List

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

Unit	Requirement
1. Child and Vulnerable persons.	Demonstrate a good understanding of the NFAS CPP and requirements for CRB checks, guardian approval and training methods used with archers 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 (Yellow Book).
4. Shooting Rules	Demonstrate understanding of NFAS shooting rules (Yellow Book).
5. NFAS Classes	Demonstrate understanding of NFAS class rules (Yellow Book).
6. Practice Range Safety	Demonstrate understanding of how to set up and control a practice archery range. <ul style="list-style-type: none"> <li>• Must include safety commands</li> </ul>
7. Basic Trainer Bow	Demonstrate construction (if required), parts of and how to check the clubs training bows.
8. Arrows	Demonstrate knowledge of the parts of an arrow.
9. Equipping the beginner	Demonstrate how to equip a beginner for their first session, this is to include: <ul style="list-style-type: none"> <li>• Eye dominance checks</li> <li>• Arrow length checks</li> <li>• Stringing of bows (Stringer) <ul style="list-style-type: none"> <li>• Bracers and Tabs</li> </ul> </li> <li>• Chest guards (If Required)</li> </ul>
10. Basics of shooting	Demonstrate how to get the beginner shooting, this is to include: <ul style="list-style-type: none"> <li>• Dry runs (muscle memory) <ul style="list-style-type: none"> <li>• Holding the bow</li> <li>• Body position</li> <li>• Nocking the arrow</li> </ul> </li> <li>• The Draw, anchor and release <ul style="list-style-type: none"> <li>• Aiming</li> </ul> </li> <li>• Aiming correction for arrow fall <ul style="list-style-type: none"> <li>• Collection of arrows</li> <li>• Carrying equipment</li> </ul> </li> </ul>
11. First Open shoots	Demonstrate the ability to explain what is expected of the new archer at their first Open shoot: <ul style="list-style-type: none"> <li>• Group allocation <ul style="list-style-type: none"> <li>• Scoring</li> <li>• Etiquette</li> </ul> </li> <li>• Warning systems</li> </ul>