

# Archery Taster Session Intro

## 1. Welcome

- a. Name
- b. Who has done it before?

## 2. Participant

- a. Hair tied back
- b. Injuries?
- c. Footwear & clothing
- d. Arm brace

## 3. Waiting area/line

## 4. Shooting line

## 5. Demo

- a. In good position
- b. Stance
- c. Bow
- d. Arrow
- e. Fire
  - i. How many arrows & when
- f. Collection
  - i. Walk to the side of the target
  - ii. Hand against the target
  - iii. Hold the arrow close to the target face
  - iv. Pull the way they went in

## 6. Go along the waiting area and get instructions individually.

## 7. Commands

- a. Stop
  - i. Relax bow
  - ii. Remove the arrow
  - iii. Place equipment back
  - iv. Two steps back
- b. Come down
  - i. Relax bow
  - ii. Wait for instructions

## 8. Guided shoot

## 9. Remind Stop command