

# **Girlguiding Lancashire North West and Lancashire West**

#  **GNAS Archery instructors course**

# **27th- 29th April 2018**

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# **Archery GB instructors award course (GNAS)**

Archery is a popular activity within Girlguiding and at Guys Farm and the Archery GB instructors award training course aims to ensure the activity is delivered as safely and effectively as possible.

The weekend is for any adult wishing to instruct and supervise archery sessions with Girlguiding or other youth members. The scheme is primarily concerned with good practice leading to safe enjoyment of the activity. It is a combination of technical skills, experience, group management and personal qualities which forms the basis for effective supervision.

The weekend is open to all members aged 18 and above who are currently Guiding in Lancashire North West or Lancashire West county. Places maybe available for other Girlguiding counties and The Scout Association please enquire.

# About the Venue

# Guys Farm Activity Centre is owned and managed by two Girlguiding counties and is a valuable resource to all young people and youth organisations across the UK

# How to Apply

Complete the booking form and send it together with a cheque for the full amount to:

Caron Allward, Guys Farm Activity Centre, Stony Lane, Forton LA2 9DF.

Please make cheques payable to:

 **Guys Farm Activity Centre**

There is very limited availability and places will be allocated on a first come first served basis. Preference is given to leaders will to be future instructors at Guys Farm

**Lancashire North West, Lancashire West County Archery GNAS course April 2018**

Name: Membership No\*:

Division: District:

If you have any health, mobility, or dietary requirements,

please advise us of these below:

Would you like to be an instructor for Guys Farm and be on the rota?

Do you wish to have overnight camping?

Friday []

Saturday []

Amount paying

£64 [] £130 []

# Essential Information

**Cost:** The weekend is optional residential and has been subsidised by the Guys Farm. This means the cost to you is just **£64 if you become a member of the archery team, otherwise its £130**.

Food and hot and cold drinks will be provided.

Note that payments for this event are regrettably nonrefundable unless your place can be filled. However if for any reason the event is cancelled a full refund will be provided.

**Programme:** The course is structured around 2.5 days whereby candidates gain the necessary knowledge and experience to confidently lead archery activities.

* Introduction and model archery session
* Overview of course
* Structure of a taster session coaching barebow
* Styles of learning
* Safety check list
* Range layout
* Equipment
* Range layout
* Safety check list
* Phases of shooting
* Practice coaching
* Assessment task 1
* Adapting sessions
* Games orientated to archery
* Assessment task 2
* Conclusion

**Transport:** Please make your own arrangement.

**Opportunity:** following the course it is desirable that participants will become instructors at Guys Farm Activity Centre. Instructors will go onto a rota and be available for groups to take part in archery. There is no set minimum but following 10 sessions you will be refunded the whole cost of your course. Travelling expenses will also be paid.

www.guysfarm.org.uk