



Archers Association of Nova Scotia

c/o Sport Nova Scotia
P.O. Box 3010 South
Halifax, NS, B3J 1G6

NATIONAL ARCHERY in the SCHOOLS PROGRAM BASIC ARCHERY INSTRUCTOR COURSE (BAI)

Typical BAI course is approximately eight hours of training. Additional time may be required for breaks and lunch. Course typically starts at 8:00am and finishes around 5:00pm. The agenda is as follows:

Basic Archery Instructor

Training Agenda – 8:00AM – 5:00PM

- 8:00 Welcome and Introductions
- 8:10 Overview of NASP
- 8:40 Safe Range Set Up
 - Building a Gymnasium-Safe Range
- 9:00 Determining Eye Dominance
 - Determining Right and Left Eye Archers
- 9:10 Making & Fitting A String Bow Training Aid
 - Teaching Archery without Bows & Arrows
- 9:30 Eleven Steps to Archery Success
 - Mastering Process before Results
- 10:00 Individual and Coaching Skills Development
 - Correcting and Managing Archers
- 10:20 Break**
- 10:30 Safety Orientation and Teaching a New Archer
 - Supervising First Archery Shots
- 11:00 Practical Exercise: Safety orientation and Teaching a New Archer
- 12:00 Lunch
- 12:30 Continue Practical Exercise
- 1:50 Break**
- 2:00 Running the Range and Practice Coaching
 - The Routine Archery Day
- 2:45 Bow Station
 - Keeping Bows in Safe, Shooting Condition
- 3:15 Arrow Station
 - Keeping Arrows in Safe, Shooting Condition
- 3:35 Break**
- 3:45 Test Review, take test, grade test, and complete paperwork
- 5:00 Congratulate graduates, pass out Certificates