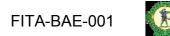


Arrow Loading

(Safe and Proper

Arrow Loading)



GNAS Beginner's

Manual

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GRAND NATIONAL ARCHERY SOCIETY NATIONAL COACHING COMMITTEE

FITA Beginner Awards

Evaluation form for

Candidate Name.....

Implemented safely and without

interference to other archers

arrow rest

Finger not holding arrow on to

Arrow properly rotated (leading fletching away from bow window)

Red Feather

Candidates.

Start date	Finish date Name & signature	e of evaluator		
Performance				
Shooting	Required Minimum Score	Achieved*	Not Yet	Number of Hits
Distance			Achieved*	Achieved
6 Meters	12 Hits			
Skills	Key Elements	Achieved*	Not Yet	Comments
			Achieved*	
	Feet at either side of shooting line			
Foot Position	Feet at shoulder width apart			GNAS Beginner's
(Stance)	Line of feet square to shooting line			Manual
	Feet parallel			Page 15

Knowledge / Know-how	Required Knowledge	Achieved*	Not Yet Achieved*	Comments
Bow Safety	No dry loosing Return bow to equipment lane after shooting the end			GNAS Beginner's Manual Pages 10 to 14
Arrow Loading Safety	Load arrow on to bow only when everyone is behind the shooting line Load arrow only when both feet are set either side of the shooting line			GNAS Beginner's Manual Pages 10 to 14
Safe Arrow Collection	Walk carefully to the target (do not run watch carefully his/her step) Stand to side of target (not behind arrows) Pull arrows properly out of target or from the grass			GNAS Beginner's Manual Pages 10 to 14
Bow Assembly	Know how to properly assemble and remove limbs from riser			GNAS Beginner's Manual Lesson 1 Page 5

Total (16 Positive Evaluations are Required)	Awarded	Not Yet Awarded

^{*}Tick if the score / skill/ knowledge has been achieved or not achieved. Write in the total row of these two columns, the accumulated number of ticks.
** Tick appropriate box