



KENDAL BOWMEN
Affiliated to Grand National Archery Society
(GNAS) Trading as Archery GB
Archery Beginners 'Course



We hold beginners' courses throughout the year, indoors during the winter and outdoors in summer. Both indoor and outdoor sessions typically consist of six two-hour sessions, outdoor sessions are typically held on a Monday or Tuesday evening, indoor sessions are dependent on when the venue is available. We only schedule courses when enough people have expressed an interest through submitting the below form and when our course venues are available for use. When we have enough people to run the course, we will contact you to try and arrange dates and times. Courses are run with a maximum of 14 people to ensure quality of instruction.

Attending sessions

We cannot accept new members into our club unless they have attended all the sessions of a beginners' course. If we have to cancel a session for bad weather, we will reschedule. If you have to miss a session, we will attempt to arrange a catch up session. It is helpful if you can let us know in advance if you can't make a session. Unfortunately, it is only possible to make up two missed sessions. So, if you know you will miss more sessions, then you will have to wait for a later course. We keep a priority waiting list for applicants and we will fit you in on a course to suit you as soon as we can. We cannot accommodate new trainees on a course once it has started.

Cost

The fee is £60 for adults and £30 for under 18's and we require you to pay by the start of the second session.

Juniors

We welcome juniors on our beginners' courses, however as a club with adults and juniors we cannot take responsibility for juniors. Therefore juniors must be accompanied by a parent/guardian (or a stand in guardian agreed by the parent/guardian) at all times when attending any Kendal Bowmen organised events. Juniors must be aged 11 or more to join the club.

Equipment

We provide all the equipment needed for the course. It is not necessary to buy any equipment yourselves to participate in the course. During the course, we can offer advice to help you purchase your own equipment should you wish.

Clothing

You should wear comfortable but close-fitting clothing. If the weather is cold, it would be better to wear several thin layers rather than one bulky one. It's important that you don't wear jumpers or jackets with baggy sleeves as bow strings tend to catch on them and spoil your shot! For the same reason, and for personal safety, you should remove any jewellery or personal body piercing that might be caught by the bowstring. Long hair should be tied back. Please also do not wear open toed shoes such as sandals as if arrows miss the target they can be on the ground you don't want an arrow between the toes!

Location

Our outdoor venues are: Kendal Cricket Club, Shap Road, Kendal, LA9 6BZ.

And: Kendal Rugby Club, Shap Road, Kendal, Cumbria, LA9 6NY

Our indoor venue is Kirkland Parish Hall, Kendal, LA9 5AF.

Contact

More information can be found on our website at www.kendalbowmen.co.uk but for any other enquiries please email: fwise@kendalbowmen.co.uk

Course request form

Participant details

Title.....

Name.....

Address.....

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Post Code.....

Telephone.....

Mobile..... Email.....

Left or Right Handed.....

Height.....

Please list any medical conditions, learning or physical disabilities, which you believe may affect your ability to take part in archery. (This information will be treated in confidence and will only be used by your coach to determine the most appropriate equipment and teaching styles to suit your personal needs).

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Emergency Contact Details

Relationship to participant.....

Title.....

Name.....

Address.....

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Post Code.....

Emergency Contact Phone Number.....

Date of Birth (if under 18)

The parents or guardians of under 18's must sign the consent section of this form.

Parental Consent: I, the undersigned, hereby consent to the above named participant joining a beginners 'course in archery with Kendal Bowmen and understand that I must arrange to be present at all session or ensure that an alternative named guardian is present. I confirm that I am the applicant's Parent / Guardian.

Signed.....Date.....

Declaration: I hereby apply to join a beginners 'course in archery with Kendal Bowmen and confirm that I have read and understood the beginners 'course terms and conditions.

Signed.....

Date.....

Please return this form via email to: fwise@kendalbowmen.co.uk

Or post to Freya Wise, 5 Birchfield, Endmoor, LA8 0JA

Terms and Conditions

- An application form must be completed and accepted before starting the course. All medical disclosures relevant to the sport of archery must be indicated at that time.
- Beginners' course fees must be paid in full by the start of the second lesson.
- Beginners' course fees are non-refundable.
- Beginners' course fees do not entitle you to membership of Kendal Bowmen.
- All shooting will be strictly in accordance with GNAS rules, regulations and practice. Any contravention of shooting or safety rules will result in immediate suspension from the session.
- Kendal Bowmen retain the right to refuse further access to the beginners' course if participants persistently disobey safety instructions or the rules of shooting.
- Attendance of the beginners' course will not automatically lead to an invitation to become a member of Kendal Bowmen.
- Kendal Bowmen cannot accept any responsibility for damage or injury sustained whilst entering or leaving the venue.