



GRAND NATIONAL ARCHERY SOCIETY NATIONAL COACHING COMMITTEE

FITA Beginner Awards

Evaluation form for **Red Feather** Candidates.

Candidate Name.....

Start date..... Finish date..... Name & signature of evaluator.....

Performance				
Shooting Distance	Required Minimum Score	Achieved*	Not Yet Achieved*	Number of Hits Achieved
6 Meters	12 Hits			

Skills	Key Elements	Achieved*	Not Yet Achieved*	Comments
Foot Position (Stance)	Feet at either side of shooting line			GNAS Beginner's Manual Page 15
	Feet at shoulder width apart			
	Line of feet square to shooting line			
	Feet parallel			
Arrow Loading (Safe and Proper Arrow Loading)	Implemented safely and without interference to other archers			GNAS Beginner's Manual Page 16
	Finger not holding arrow on to arrow rest			
	Arrow properly rotated (leading fletching away from bow window)			

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