



Founded 1949  
Affiliated to G.N.A.S, S.C.A.S & B.A.A

## Important Information Sheet

### CLOTHING

Please note that this is an outdoor sport. Therefore appropriate clothing such as a jacket may be required, as we will continue in light rain.

Please note however, that tight or close fitting tops / sleeves are preferable as baggy clothing may restrict your ability to shoot.

### FOOTWARE

In the interest of health and safety, we request that only trainers, flat boots or shoes be worn. No open toes, No sandals, and No high heels, please.

### PIERCINGS

If you have body piercings, please be aware that (dependant upon where they are), your ability to shoot safely may be impaired.

### HAIR / EARRINGS

Please tie back long hair.

Please do not wear long or dangly earrings as these may catch on the bow string.

### PHYSICAL DISABILITY / LIMITATIONS

If you have a physical disability or a limitation to your range of movement, please let us know. This is so that we can tailor the session for you if necessary.

### COACHING TECHNIQUE

Archer coaching may require some tactile assistance.

Our aim is to make the sessions as enjoyable as possible for all involved. If you have special requirements, please let us know in advance so that we can meet your needs.

Feel free to ask any questions.