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## Archery for the Physical Section of The Duke of Edinburgh's Award

This document outlines the requirements for Duke of Edinburgh Award participants to undertake the Physical section of their Bronze, Silver or Gold award at Royston Heath Archery Club.

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### Membership

Participants wishing to shoot with the club as part of the award must be members for insurance purposes. Our current fees can be found on our website.

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### Preparation

You must find a suitable Assessor and set yourself goals so that you can show how you progressed at the end. Any of the club's coaches can be your Assessor. Please discuss with each of them to find out who is able to take on this role. This must be done before you start counting sessions to towards your award. Goals we expect participants to work towards are below. These will be adjusted slightly based on your starting experience level.

Demonstrate an understanding of how to look after your equipment and make simple repairs.

Demonstrate an understanding of the types of rounds available to shoot.

Demonstrate an understanding of Classifications and Awards available for you to work towards.

Submit scores to the Records Officer after every round.

Attend an Open Competition outside of a regular club session.

Take part in our various League fixtures through out the year.

Show improvement in your technique and score over the period of your participation.

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### Training

For participants with no previous experience, initial training will be covered as part of our 4 week beginner's course. These are typically run twice a year around April and September. Further details on our next courses can be found on our website.

For experienced archers a training programme should be sought through discussions with the club's coaches. Typically this could lead to coaching sessions at monthly open club coaching days or by prearranging specific sessions with a coach.

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### Activity

The fun part is taking part in our club sessions, submitting scores and competing. We expect participants to use these session to not only have fun but to work towards the goals set at the start of the programme. A detailed record of when you have shot, what round and what score you achieved should be kept and given to your assessor as part of the assessment. Submitted scores are recorded on our online records system.

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### Assessment

To complete your DofE programme you must meet your Assessor to talk about the goals you have achieved and how you feel the programme went before your Assessor will sign it off.