



WA WHITE ARROW AWARD



NAME: _____

All objectives below must be signed off by a committee member. Once all items in the table below are completed please sign at the bottom of the form and hand into the club tournament officer to claim badge.

OBJECTIVE		SIGNATURE	DATE
PERFORMANCE			
115/150 at 10 metres with 10-zone scoring			
SKILL			
Feet position	Feet each side of the shooting line		
	Feet at shoulder width apart		
	Line of feet square to the shooting line		
	Feet parallel		
Arrow Loading	Implemented with bow vertical		
	No finger pressing the arrow on rest		
	Arrow properly rotated (cock feather away from bow window)		
Setting Body	Vertical body		
	Balance on 2 feet		
	Spine and shoulders making a cross shape.		
	Let the string hand land on face (anchoring)		
Raising	Synchronized hands		
	Raise hands while keeping the shoulders down		
	Hands at same height and at nose or eye level once raised		
	Arrow parallel to the floor once rose.		



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KNOWLEDGE

Bow Preparation	Know how to properly assemble and disassemble the limbs on/from the riser.		
	Can brace his or her bow.		
Arrow Loading	Load the arrow on the bow only when the Field of play is empty		
	Load the arrow only when both feet are set each side of the shooting line.		
Arrow Recuperation	Walk carefully to target (do not run – Watch his/her step)		
	Stand to the side of the target (not behind arrows)		
	Properly pull the arrow out of the target (or grass).		
Bow Safety	No dry fire		
	Only draw towards the a clear target butt from the shooting line (not toward anyone or the sky)		
	Place the bow behind equipment line after shooting		
Safety and etiquette	Do not disturb (touch or talk to) other shooting archers		
	How to retrieve an arrow that dropped on the floor		
Scoring	Be able identify the arrows value.		
	Can complete a scorecard for a complete round		

Archer's Signature

Record Officer's
Signature
