

Evaluation form for **White Arrow** candidates  
having earned **no Feather awards**.

Page #1 (start /front page)

Name of the beginner: \_\_\_\_\_ Form C1

Date: \_\_\_\_ / \_\_\_\_ / 20\_\_ Retake date: \_\_\_\_ / \_\_\_\_ / 20\_\_

<b>PERFORMANCE</b> Shooting distance	<b>Required minimum score</b>	<b>Achieved *</b>	<b>*Not yet achieved</b>	Total score
<b>10 meters</b>	115 points			
<b>SKILLS</b>	<b>Key elements</b> (What should be done)	<b>Achieved *</b>	<b>*Not yet achieved</b>	<b>References to the World Archery Level 1 Coaching Manual</b>
<b>Warm-up</b>	Executing the warm-up routine			#11.1
<b>Feet position</b> (Stance)	Feet either side of the shooting line			#6.1.1
	Feet at shoulder width apart			#6.1.1
	Line of feet square to the shooting line			#6.1.1
	Feet parallel			#6.1.1
<b>Safe and proper arrow loading</b>	Implemented with bow vertical			#6.2.1
	No finger pressing the arrow on rest			#6.2.1
	Arrow properly oriented (index fletching away from bow window)			#6.2.1.
<b>Body setting</b> (before drawing and at full draw)	Vertical body			#6.5.1
	Balance equal on both feet			#6.5.1.
	Spine and shoulders making a cross shape			#6.5.1.
<b>Raising</b>	Synchronized hands			#6.6.1
	Raise hands while keeping the shoulders down			#6.6.1
	Hands at same height and at nose or eye level once raised			#6.6.1.
	Arrow parallel to the floor once raised			#6.6.1
<b>Body setting</b> (end of draw)	Let the string hand land on face (chin and/or lips do not reach forward to the string)			#6.8.1.

Evaluation form for **White Arrow** candidates  
having earned no **Feather awards**.

Page #2 of form C1 (end / Back page)

KNOWLEDGE and/or KNOW-HOW	Required knowledge or know-how	Achieved *	*Not yet achieved	Comments and/or references
<b>Acoustic signals</b>	Explain the acoustic signals			Rule Book: chapter 13.5; Visual and acoustic time control
<b>Bow safety</b>	No dry firing (dry loosing)			#2.3
	Place the bow in the equipment lane after end			#2.2.2
<b>Arrow loading safety</b>	Load the arrow on the bow only when the Field of play is empty, the shooting signal has been given and			#2.2.1 & 2.2.2
	done only when both feet are set, one on each side of the shooting line			#2.2.2
<b>Safe arrow recuperation</b>	Walk carefully to the target (not running and watching his/her step)			#2.3
	Stand to the side of the target (not behind arrows)			#2.2.2
	Properly pull the arrow out of the target (or grass)			#2.4
Equipment terminology	Can name 5 parts or components of the bow			#9.3.1
<b>Bow preparation</b>	Know how to properly mount and remove the limbs on/from the riser			This evaluation can be skipped if no take down bow is available
	Can brace his or her bow			#9.3.2
<b>Shooting direction</b>	Only draw towards a clear target butt from the shooting line ( <i>not toward anyone or the sky</i> )			#2.2.2
<b>Safety and etiquette on the shooting line</b>	Not disturbing (touching or talking to) other shooting archers			2.5
	Properly retrieve an arrow that dropped on the floor			#2.2.2
<b>Scoring</b>	Identify each arrow's value			Chapter 14 Scoring
	Complete a scorecard for a complete round			Chapter 14 Scoring
<b>TOTAL</b>	<b>33 positive evaluations are required</b>			** Awarded ____ or Not awarded yet ____

\* Checkmark if the score / skill / knowledge is positively evaluated (Achieved) or not (Not yet achieved). Write in the TOTAL row of these two columns the accumulated number of checkmarks.

\*\* Just checkmark the final result of this evaluation.