



City Of Cambridge Bowmen



Evaluation form for

FITA /GNAS Award

White Arrow



Candidate Name

Name & signature of

Start Date..... Finish date..... evaluator.....

Performance				
Shooting Distance	Required Minimum score	Achieved	Not Yet Achieved	Number of points scored
10 Meters	115			

Skills	Key Elements	Achieved	Not Yet Achieved	Comments
Foot Position (Stance)	Feet at either side of shooting line			
	Feet at shoulder width apart			
	Line of feet square to shooting line			
	Feet parallel			
Arrow Loading (Safe and proper arrow loading)	Implemented safely without interference to other archers			
	Finger not holding arrow on to the arrow rest			
	Arrow properly rotated (leading fletching away from the bow window)			
Posture (Before Draw and at full draw)	Vertical body			
	Balance on two feet			
	Spine and shoulders making a cross shape			
Posture (At the end of the draw)	Let the string hand land on the face (chin and or lips)			
	Do not reach forward to the string			
Raising the bow	Synchronised hands			
	Raise hands whilst keeping the shoulders down			
	Hands at same height and at nose or eye level once raised			
	Arrow parallel to the floor once bow is raised			



City Of Cambridge Bowmen

Knowledge/ Know-how	Required Knowledge	Achieved	Not Yet Achieved	Comments
Bow Safety	No dry loosing			
	Place bow in equipment area after shooting			
Arrow Loading Safety	Load arrow on to bow only when everyone is behind the shooting line and shooting signal given			
	Load arrow in the bow only when both feet are either side of the shooting line.			
Safe Arrow Collection	Walk carefully to the target, do not run, watch his/her step			
	Stand to the side of the target nto behind the arrows			
	Pull arrows properly out of target or from the grass			
Bow Assembly	Know how to properly assemble and remove limbs from the riser			
	Can brace his/her own bow			
Shooting Direction	Only draw when on the shooting line and facing towards the targets when the range is clear			
Safety and Etiquette on the shooting line	Do not disturb (touch or talk to) other shooting Archers			
	How to retrieve and arrow that has dropped on the ground			
Scoring	Be able to identify the value of the arrows hitting the target			
	Can complete a scorecard for a complete round			

Total (30 Positive Evaluations are Required)	Awarded	Not Yet Awarded