

USING ARCHERY TO SUPPORT YOUR **DofE**

FOR THE
LOVE
OF ARCHERY

If you are new to archery, tried it on holiday or are shooting on a regular basis, you can complete the Physical section of the DofE, regardless of your prior experience of the sport.

Archery is a great activity, it requires precision, control, focus, physical ability and determination. Whether practised indoors or out, competitively or socially, archery gets you active, burning calories, improves your strength, mental focus, coordination, patience, self-confidence and puts you in a better state of mind.

WHAT DO YOU NEED TO KNOW?

Choosing archery to complete your Physical section

The DofE sets requirements for the Physical section at each level:

Level	Minimum age	Minimum length	Minimum length of time if you don't have the previous level
Bronze	14 years	3 months	n/a
Silver	15 years	3 months	6 or 12 months
Gold	16 years 6 months	6 months	12 or 18 months

You will need to dedicate an average of an hour a week, over the required period of time and show persistence, commitment and personal development in archery. You may want to complete the Archery GB progress scheme, or aim to compete at your first archery tournament.



FIND OUT MORE...



We hope you really enjoy doing archery as part of your DofE. To find out more about archery, and how you could become even more involved through coaching or judging for example, please visit archerygb.org

THE DofE

Speak to your DofE Leader or visit DofE.org

GETTING STARTED

1. Find an Archery GB affiliated club

Our club finder tool at archerygb.org is a good place to start. Just type in your postcode to find a local club and contact them to find out how you can become a member and start shooting.

2. Discuss your options

Speak to a member at the club about what opportunities exist. They will be able to guide you on what is suitable for your level and what you can achieve in the time you are at the club. If you are not already an archer, you will need to complete a beginner's course, which is usually delivered over a six-week period.

We would also encourage you to speak to your DofE leader about your plans.

3. Keep shooting

Enjoy shooting and improving your archery skills and try and get involved in all aspects of the club.



Choose archery to complete your Skills section

Speak to your club to identify opportunities available to you, but you could learn about different bow types, archery disciplines, competitive environments and how to maintain your archery equipment. You could also become an Archery GB Instructor, Coach or Judge.

Choose archery to complete your Volunteering section

Why not help your archery club and achieve the volunteer section of your DofE at the same time? You could help set up the range, organise competitions, social events and maintain club equipment. Promote archery to the local community, write articles for the newsletter and help keep the club website up to date.

