GRAND NATIONAL ARCHERY SOCIETY  
NATIONAL COACHING COMMITTEE  
FITA Beginner Awards  
Evaluation form for **Red Feather** Candidates.

**Candidate Name**………………………………………………………….  
**Start date**………………… **Finish date**………….  
**Name & signature of evaluator**…………………………………….  

<table>
<thead>
<tr>
<th><strong>Performance</strong></th>
<th><strong>Required Minimum Score</strong></th>
<th><strong>Achieved</strong>*</th>
<th><strong>Not Yet Achieved</strong>*</th>
<th><strong>Number of Hits Achieved</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Shooting Distance</strong></td>
<td><strong>6 Meters 12 Hits</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Skills</strong></th>
<th><strong>Key Elements</strong></th>
<th><strong>Achieved</strong>*</th>
<th><strong>Not Yet Achieved</strong>*</th>
<th><strong>Comments</strong></th>
</tr>
</thead>
</table>
| **Foot Position** (Stance) | Feet at either side of shooting line  
Feet at shoulder width apart  
Line of feet square to shooting line  
Feet parallel |               |                     | GNAS Beginner’s Manual  
Page 15 |
| **Arrow Loading** (Safe and Proper Arrow Loading) | Implemented safely and without interference to other archers  
Finger not holding arrow on to arrow rest  
Arrow properly rotated (leading fletching away from bow window) |               |                     | GNAS Beginner’s Manual  
Page 16 |

<table>
<thead>
<tr>
<th><strong>Knowledge / Know-how</strong></th>
<th><strong>Required Knowledge</strong></th>
<th><strong>Achieved</strong>*</th>
<th><strong>Not Yet Achieved</strong>*</th>
<th><strong>Comments</strong></th>
</tr>
</thead>
</table>
| **Bow Safety** | No dry loosing  
Return bow to equipment lane after shooting the end |               |                     | GNAS Beginner’s Manual  
Pages 10 to 14 |
| **Arrow Loading Safety** | Load arrow on to bow only when everyone is behind the shooting line  
Load arrow only when both feet are set either side of the shooting line |               |                     | GNAS Beginner’s Manual  
Pages 10 to 14 |
| **Safe Arrow Collection** | Walk carefully to the target (do not run watch carefully his/her step)  
Stand to side of target (not behind arrows)  
Pull arrows properly out of target or from the grass |               |                     | GNAS Beginner’s Manual  
Pages 10 to 14 |
| **Bow Assembly** | Know how to properly assemble and remove limbs from riser |               |                     | GNAS Beginner’s Manual  
Lesson 1 Page 5 |

**Total (16 Positive Evaluations are Required)**  
**Awarded**  
**Not Yet Awarded**

*Tick if the score / skill/ knowledge has been achieved or not achieved. Write in the total row of these two columns, the accumulated number of ticks.  
** Tick appropriate box