

# Student Participation in NASP®

Reducing barriers so more students can experience NASP®!



The National Archery in the Schools Program (NASP®) continually receives emails and phone calls from educators, coaches, and parents, inquiring about how they can enable participation in NASP® for individual students with specific physical challenges. NASP® certainly wants to see as many students as possible enjoy archery. This document was compiled from the shared experiences of others that have successfully helped a specific student experience the joy of archery. It is no way intended to be a comprehensive guide for every situation, but more of a starting point based on the previous success of others.

This document is intended to provide insights into student support examples with issues such as hearing, vision, stance, draw hand set, and bow hand set. The National Archery in the Schools Program is an in-school archery program for students in grades 4-12. Safety is the ultimate priority. Any participating student must be capable of safely operating the Genesis bow and maintaining its direction toward the intended target. Students must be capable of comprehending and following NASP® rules and safety protocols. While this may not be possible for every student, this guide was certainly intended to increase participation for many.

As each child is a unique individual with individual circumstances, anyone seeking options to enable participation by a student in NASP®, should first consult with the student's parents, teachers, and school administrators. These trusted individuals would know best as to the specifics of any existing educational support or modification plan that is in place for an individual student seeking to experience archery.



**Hearing:** If a student is unable to hear the whistle commands.

**Option:** A coach or support person may be permitted to stand directly behind the archer. Light taps on the shoulder or suitable area can replace the whistle commands. If any emergency arises the support person is there to make sure the archer is aware and responds accordingly. The support person may also accompany the archer to the target and assist with pulling of arrows and scoring, if necessary. Care must be taken to prevent impacting adjacent archers as assistance is provided. An assisting adult may also provide an option for other circumstances.



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**Vision:** If a student is unable to see the target.

**Option:** A coach or support person may be permitted to stand directly behind the archer. With the support person looking over the archer's shoulder, audible instructions may be provided to guide the archers aim to the target, and when to release. The support person may also accompany the archer to and from the target and assist with the pulling of arrows and scoring. Care must be taken to prevent impacting adjacent archers as assistance is provided. The following is a video link that may be of assistance. <https://youtu.be/5Wju5wdRUnY>



**Stance:** If a student is unable to stand at the shooting line.

**Option:** A chair or wheelchair may be placed on the shooting line, straddling the shooting line, in a manner similar to what is described in "Stance", and to what is pictured below. A support person may be allowed to assist if necessary. The archer may shoot from a seated position. Depending on available space, and situation, the archer may be moved to a different lane. However, in most cases archers can share a lane with another archer without issue. The support person may also assist with the retrieving of arrows and scoring if necessary.

In each of the above examples, all NASP® rules and protocols must be followed. Archers and all equipment must remain within their 30" space of the shooting line. Care must be taken to prevent impacting adjacent archers as assistance is provided. Although program participation is desired, everyone's safety must be maintained as the priority



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**Draw Hand Set:** If a student archer has restricted ability to hold and draw the bowstring.

**Note:** *release aids are not permitted in NASP®.*

**Option:** A mouth tab can be added to the bowstring. The archer can then hold the mouth tab in their mouth securing it with their Molars and pre-molars (side teeth). The bow arm is then pushed forward to “draw the bow”. When the desired aim is achieved, the archer relaxes their jaw muscles and lets the tab go, releasing the bowstring.

There are instructions for installing one type of mouth tab on our web site under the “General Resources” tab. Or <https://www.naspschools.org/resources/general-resources>

Below are web addresses for several reference videos:

<https://www.youtube.com/watch?v=mjgWS0MU430>

<https://www.youtube.com/watch?v=Z8HBsQipsdE>

<https://www.youtube.com/watch?v=OgtKc6yY-6w>





**Bow Hand set:** If a student archer has any condition restricting their ability to physically support the bow on their own.

**Option:** A device may be used to support the bow for the archer. The device can only take up the available 30" space of the shooting line that each archer is provided. The device must not interfere with, or pose any risk to, archers in adjacent lanes.

One such device we have seen is manufactured by Archery Shooter Systems, The Shooter Assist Stand. This is a device that has worked for many archers. The Shooter Assist Stand may be used independently or in conjunction with other methods to accommodate a wide range of challenges. Archery Shooter Systems can help with each situation and provide specific information for use. NASP® provides this option only as an example.

Archery Shooter Systems can be contacted at:

Tony and Doreen Bergh 109 N Wagner St  
Endeavor, WI 53930  
608-587-2554  
[www.bowhanger.com](http://www.bowhanger.com)



Additional video with several archers featured:

<https://www.youtube.com/watch?v=RldgwHAcYI0&feature=youtu.be>

NASP® believes that archery is a fun, safe and life-long skill that almost anyone can enjoy. It is the hope of all of us at NASP® that these few examples may provide discussion starters in communities wherever educators, coaches and parents want to work together to find mechanical solutions to a specific individual challenge faced by an interested student. The primary goal of NASP® for all participation is safety. To repeat what was stated earlier, participating students must be capable of operating the Genesis bow and maintaining it safely in the direction of their target. Students must be capable of comprehending and following NASP® rules and safety protocols.

We hope this information has been beneficial to the reader and we wish you great success in all of your archery endeavors!

The National Archery in the Schools Program

[www.naspschools.org](http://www.naspschools.org)

Another resource you may find helpful is from USA Archery in partnership with Disabled Sports USA's Adapt2Achieve program. A copy of the manual, USA Archery Adaptive Archery Instruction Manual can be downloaded at <https://www.usarchery.org/resources/adaptive-archery-manual-220319172814.pdf>

