

4-H Gun Safety/BB-Gun O-Rama Range Guide

Setup, Scoring, Range Operation, and Safety Procedures



Purpose

This guide is designed for County Agents and Program Assistants to utilize as a resource when setting up and operating the County O-Rama BB gun activity. This guide contains the District and State O-Rama formats as an example for county staff to adapt to their county BB contest. Not all counties have the proper back stops or guns but those items will be available for checkout in limited quantity on a first come basis from the state 4-H office.

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Adapted from:
Firearms Safety Booklet A-212 (Arkansas)
NRA BB Gun Rules (2015)
4-H Gun Safety PM-02 (Georgia)

4-H Basic Rules for Gun Handling Safety

Shooting organizations promote a set of safe firearms handling rules, often called “The 10 Commandments of Shooting Safety.” In their most basic form, the rules include **muzzle control**, keeping the **action open** except when prepared to fire and **trigger control**. All other rules are based on these three basic rules.

For 4-H purposes, keep in mind **M.A.T. – Muzzle, Action, Trigger**.

Muzzle: Always keep the muzzle pointed in a safe direction. Whether you’re shooting, hunting or just handling a firearm, you must always keep the muzzle under control. It should never be pointed at another human being or at anything you are not willing to shoot, destroy or kill. Your location and common sense will tell you which direction is safest under various conditions. It is usually safest to point the muzzle of an air rifle or firearm down range or straight up.

Action: Keep the rifle empty with the action open and exposed to view except when you’re preparing to shoot. Any firearm with its action closed should be considered loaded and ready to fire. The first thing you should do after picking up a firearm is open the action and verify personally that the gun is unloaded in both the chamber(s) and the magazine. Be sure beyond all shadow of doubt. In order to keep the shooting range safe, all air rifles and firearms must have their actions open and exposed to view at all times except while you’re actually firing.

There is no way to see if a BB gun is loaded unless it has a bolt. Therefore, it is more important to check to see if a BB gun is cocked. Spring-air BB guns such as the Daisy 499 are checked by trying to open the **cocking lever** to see if the spring has been cocked. If the lever is hard to open, the gun is uncocked. If it opens freely, it is cocked. For safety purposes, guns should remain in the **quarter-cocked** position with the safety on to demonstrate that they are not cocked.

Trigger: Keep your finger off the trigger until you are in the act of shooting. Although it is very tempting to place your finger on the trigger while handling a gun, this bad habit can be prevented by consciously avoiding it when you start handling firearms. The **trigger guard** is there to protect the trigger and to help prevent accidental **discharges**. Place your finger along the side of the trigger guard to reinforce this function. Placing your finger on the trigger of a rifle means the firing sequence has started. A sudden bump or startling noise could cause you to move and discharge the rifle without intending to. Be safe and stay clear of the trigger until you are ready to fire.

4-H O-Rama BB-Gun Competition Procedures for Agents and Volunteers conducting the Gun Safety/BB-Gun Activity (Used at District and State O-Ramas)

Instructions / Procedures

Check in at main O-Rama desk. You will need the materials listed here.

Materials:

- BB Guns
- Shooting mats
- Safety glasses
- Target boxes
- Masking tape
- BBs, scoring ruler & micrometer, targets, pencils
- Gun Safety Quiz
- Gun Safety Quiz Key
- Official O-Rama Activity notebook (forms, ribbons, signs, etc.)

Range Set-up:

Assemble target boxes and put them in a row with a good backstop (wall, etc.) behind them. Don't forget to put in the canvas backdrop cloths. The boxes only need to be spaced a foot apart or so, more if you have room. Place enough 2" pieces of masking tape on each target box to cover the number of shooters who will use that box (2 pieces tape per shooter, one at top and bottom of target). Run the firing line (masking tape) 5 meters (16' 4 ¾") from the front of the target boxes, parallel to the boxes. Place the mats behind the line, one lined up with each target box. Place a BB gun on each mat, pointing downrange. Each gun should be quarter-cocked and with the safety on. Place two pairs of safety glasses on each mat. Do a quick check of the bore-tube on each gun, and do three sight-in shots from each gun to make sure they shoot straight and are functioning properly.

Participant check-in:

Have participants sign in and check them off of your list. As they sign in, give each youth a target and a pencil, and have them put their name, county and JR or SR in the upper right hand corner.

Gun Safety Test:

When all participants are present or otherwise accounted for, give them the test (10 questions, 5 pts./question=50 points). Have them put their names, county and Jr/Sr on the tests. Allow 10 minutes to complete the test, more if needed. Make sure they understand how the multiple choice questions work. Have the participants hand in their tests and return to their seats.

BB-Gun Competition

All participants at District O-Rama are expected to have been previously trained at the county level in the function and safe use of the Model 499 Daisy BB-Gun, and the basics of gun safety. Participants who are inadequately trained or lack basic gun safety knowledge present a safety concern, and will not be allowed to compete at the District level.

BB-Gun: Only the Daisy Model 499 will be used in this activity. All BB-guns will be provided by the 4-H Shooting Sports Program at District and State O-Ramas.

Target: NRA 5 Meter BB-Gun Target

Distance: 5 meters (16' , 4 ¾ ")

Course of Fire: Each participant will shoot 5 BBs, each from one of four positions as follows:

Shot1: Standing

Shot 2: Kneeling

Shot 3: Sitting

Shot 4: Prone

Shot 5: Shooters Choice

Prior to the match, the Range Officer will:

- conduct a gun safety briefing, making sure the participants understand muzzle control, general gun safety, and the importance of following instructions (range commands).
- Using an unloaded BB-Gun, demonstrate two-hand gun handling, cocking, loading, muzzle control, following range commands, avoiding misfires, and use of the mechanical safety (how and when).
- Explain what a misfire looks and sounds like, and instruct them to raise their hand with the gun placed on the mat, with the safety on, pointing down range if they think they've misfired.
- Explain that any breach of conventional gun safety rules may result in disqualification.

Scoring for O-Rama matches is based on grouping, NOT the bullseye. To create the tightest possible group of shots, the shooter needs to aim at the center of the bullseye every time! That way, the BB should go to the same spot every time, whether that spot is the bullseye or not, resulting in the closest possible grouping.

JUDGING:

Each participant will be scored on the combination of the examination score and the target score..

- Total score possible is 100 (50 points examination and 50 points for shooting). The shooting emphasis is on the skill of shooting through shot group scoring rather than on the chance of picking up a gun that is sighted in just right for an individual shooter.
- In case of a tie for any of the top five places, the highest shooting score will be used to break the tie. If a tie still remains, then the wildest BB shots will be thrown out progressively until the tie is broken or, at the judge's option, the highest 3-shot score(s), using new targets and shooting from the prone positions, will break the tie.
- Note: Do not bring your own gun. All guns, BBs, pencils, and targets will be furnished.
- Scoring the shot grouping – First account for all 5 shots which are worth 10 points per shot. If any are missing deduct 10 points for each missing shot. Then measure the distance between the two farthest shots. Use mm or cm but be consistent. Subtract that number from the total shot score. For example if all five are on paper and the measurement is 5cm then subtract 5 from 50 and have a score of 45. If only three are on paper and has a 5cm difference subtract 5 from 30 for a score of 25. Then add target and exam score for total.

District O-Rama (recommended for County O-Rama)

Match Preparation:

Each shooter in the relay should already have a target. Make sure they've all recorded their names, county, and indicated Jr/Sr status in the upper right hand corner. Help them get their targets taped to the target boxes properly.

Relay Procedures:

Station one shooter at each mat, and one "handler" directly behind each shooter. The handler will be responsible for loading and cocking the gun for the shooter. Have all shooters and handlers put on their safety glasses. Nobody is exempt from using safety glasses, unless they have an optometrist's notice that their personal eyeglasses are equipped with safety glass.

1. Give each handler one BB, as the shooter gets in position, for each of the five shots.
2. Have the shooters pick up their unloaded, quarter-cocked guns in unison (two hand carry, muzzle up). Explain how the safety works and have them operate it. Then make sure the safety is returned to the ON or safe position, and have the shooters hand the guns to the handlers (both hands, muzzle straight up).
3. Have the handler cock the gun, **then** load one BB. While the handler is putting a SINGLE BB down the muzzle of the gun (keeping his finger away from the trigger area), the shooter is assuming the appropriate shooting position (standing, kneeling, sitting, prone, and shooter's choice - in that order). The Range Officer must be familiar with the loading procedure, and should practice it ahead of time: muzzle straight up, drop BB down muzzle, listen for BB to seat (click) on magnet at bottom of barrel.
4. Once the gun is loaded and the shooter is in position, the handler is to hand the gun to the shooter on command. Both handlers and shooters should make sure the muzzles are pointed up, and use both hands.
5. Instruct the shooters to come to the firing line. At this command, they will position themselves on the firing line and **slowly** lower their gun to sight in on the target (this is where most misfires originate, due to rapid lowering of the muzzle). Make sure no part of the shooter's body in contact with the floor extends beyond the firing line. Safeties must still be on.
6. Command "safeties off".
7. Command "commence fire".
8. During the shooting, listen for misfires. If you hear one or a shooter indicates he/she may have had one, wait till everyone has finished the shot, then have them put their safeties on and lay their guns on the mats pointing down-range. Check the target of the suspected misfire to see if the appropriate number of shots is on the target. If a shot is missing, give that shooter the extra shot at this time. Then continue to the next position.
9. If no misfires are suspected, when all have fired, command "muzzles up, safeties on, handlers step forward and take the gun from the shooter".
10. Repeat sequence for each of the remaining positions.
11. When a round of shooters has finished, the guns should be placed back on the mats pointing downrange, quarter-cocked, with safeties on.
12. Call the line "Cold" and allow the shooters to retrieve their targets and turn them in for scoring.
13. Swap out the shooters and handlers for the next relay, and so on.

At County O-Rama, You may want to allow each shooter practice shots from the position of their choice. This takes extra time and targets, but it gives both you and the shooters a chance to go through the competition sequence, and perhaps to do some instruction where necessary. The practice shot, if used, should be taken by relay, as the relay first comes to the line. Practice shots will not be done at District or State O-Rama.

State O-Rama:

Formal range procedures will be used at State O-Rama, as this match is Senior winners only from the District O-Ramas. Shooters will be arranged in relays and be equipped with safety glasses and their targets. Five (5) BBs will be pre-placed on each mat. Station one shooter at each mat, and one "handler" directly behind each shooter. The handler will be responsible for loading and cocking the gun for the shooter.

The following are typical of competition range commands.

- **RELAY # _____ TO THE FIRING LINE** - Shooters immediately go to the assigned firing points.
- **THE PREPARATION PERIOD STARTS NOW** - Shooters get into position and prepare to shoot. Shooters may dry fire the gun (shoot without ammunition) but no shooting of BB's permitted.
- **THE PREPARATION PERIOD HAS ENDED** - The 1-3 minute preparation is over.
- **IS THE LINE READY?** - If you are not ready, immediately raise your arm and call "Not ready on target # _____!" The range officer will state -----
- **THE LINE IS NOT READY!** - When everyone is ready, the range officer calls -----
- **THE LINE IS READY. COMMENCE FIRING** - BB's can now be loaded and fired for shots of record. No time limit on taking the shot.
- **CEASE FIRE. CLEAR ALL GUNS. ARE ALL GUNS CLEAR?** - Each shooter must stop firing immediately. The guns are grounded and the cocking lever is put at quarter cock. If you still have a BB in the barrel, it must be discharged into the backstop, at the Range Officer's command.
- **THE LINE IS SAFE. or THE LINE IS NOT SAFE.** - The line officer will look at all guns and make the line safe.
- **COLLECT YOUR TARGETS.**

Note: In the State O-Rama BB-gun match, after taking a shot, shooters will not ground their guns. Instead, they will engage the safety, raise their muzzles straight up (two-hand carry) and wait until the cease fire is called. The handlers will then be instructed to take the guns from the shooter and cock and load the gun. While the shooters assume the next shooting position. After the final shot in the course of fire, the shooters will ground their guns.

4-H Gun Safety/BB-Gun Activity Guide



4-H Rules of Gun Safety

You are expected to know, understand and use the following gun safety rules. They apply to hunters in the field as well as shooters on the range.

RULE 1 - Treat every gun as if it were loaded.

A correct gun handler always checks to see if a gun is loaded. When picking up or accepting a gun, check to see if it is loaded. Don't take anyone's word, always check it yourself. This can be done by keeping the firearm pointed in a safe direction (downrange), and checking the action and magazine.

There is no way to see if a BB gun is loaded unless it has a bolt. Therefore, it is more important to check to see if a BB gun is cocked. Spring/air BB guns, like the Daisy Model 499, are checked by trying to open the cocking lever to see if the spring has been cocked. If the lever is hard to open, the gun is uncocked. If it opens freely, it is cocked.

Caution: Keep a firm grip on the lever when cocking. The lever could slip and slam shut and possibly cause injury. If a BB has been loaded, it could also fire. Always point the muzzle away from your face and body, and away from others!

RULE 2 - Always point the barrel in a safe direction.

Whether you are shooting or simply handling your gun, never point the muzzle at yourself or anyone else. Use common sense. Generally, the safest directions are upward or downward (range) or upward or away from your hunting partner(s).

RULE 3 - Never carry a loaded or cocked gun into your car, home, camp or public place.

When you are finished hunting or shooting and want to go into a car, your house, or camp, unload your gun, and leave the action open. If possible, put your gun in a gun case. Store it in a gun cabinet. In storing your firearms and ammunition, make sure they are stored separately so that children or inexperienced persons cannot get to them. Always clean and use some rust preventative before storing your firearms.

RULE 4 - Never climb a tree or fence or jump a ditch with a loaded gun.

When climbing a steep hill, a tree, or crossing a stream or ditch, unload your gun and leave the action open. If you slip or fall, be ready to control the muzzle. Never run or jump with a loaded gun. To safely cross a fence, unload your gun, leaving the action open. Place the gun on the ground, with the muzzle pointing away from the fence. Cross the fence, then reach under the fence and retrieve the gun, buttstock first. When hunting with a friend, one of you take both guns with the muzzles pointed upward, while the other crosses the fence. Then carefully hand the guns to the other across the fence (with the muzzles up) and then the other party can cross. People break this rule more than all the others. They feel it is too much trouble to unload their gun every time they come to a ditch or a fence. Accidents often happen from falls, a dropped gun or the trigger catching on something.

RULE 5 - Never shoot at a flat or hard surface or water.

Bullets/BB's will bounce off rocks and other hard surfaces. This is called a ricochet (rick-o-shay). A ricochet can occur in any direction, even back at the shooter. Bullets can skip off of the water similar to skipping a flat rock on water. Never shoot at water.

RULE 6 - Be sure of your backstop.

A backstop is something used to stop a bullet, pellet or BB. Hills, wood, a pile of sand or a man-made bullet trap can be used to stop a bullet. Backstops should be free of any hard objects that would cause a ricochet.

RULE 7 - Be sure of your target and the background.

Be sure you can see and identify your target beyond any doubt. Be aware of the area beyond your target. Be certain that people, buildings, livestock, vehicles or equipment cannot be hit downrange.

RULE 8 - Be sure your barrel is free of obstructions.

Be sure your gun is in good working condition and properly cared for. Make sure your barrel is free of mud, snow and dirt, or other obstructions. Be especially aware of this after a fall or laying the gun on the ground. For most firearms you can either look or shine a bore-light down the bore through the action.

Never use BB's that are dirty or reuse BB's that have been shot at a hard surface. This can cause the gun to jam.

RULE 9 - Know your gun, ammunition and equipment.

You must know how a gun works before you shoot. Know the parts of your gun, and the appropriate ammo for it! Each gun, whether a shotgun, rifle or BB gun, has the size of ammunition marked on the gun. Only carry the size shell your gun uses. Never carry different sizes of ammunition. If shells, such as 20-gauge and 12-gauge shells become mixed together, the 20-gauge shells can pass through the chamber of a 12-gauge gun and into the barrel. Then, if the 12-gauge shell is chambered behind it and fired, the gun will explode and cause serious injury or death. Many older shotguns with twist or Damascus barrels are unsafe to fire with modern smokeless powder shells.

RULE 10 - Respect people's property.

Out of respect for other shooters, do not touch or handle anyone else's guns or equipment. This applies on or off the range. Remember, most of the time, you are shooting or hunting on someone else's land. Treat the property as if it were your own. Always obey game laws when hunting and be courteous to landowners, and do not abuse their property when hunting.

RULE 11 - Obey all range control and commands.

Range commands are given by the range officer to everyone on the range. Shooters must immediately obey commands when they are given. They must know and understand the commands.

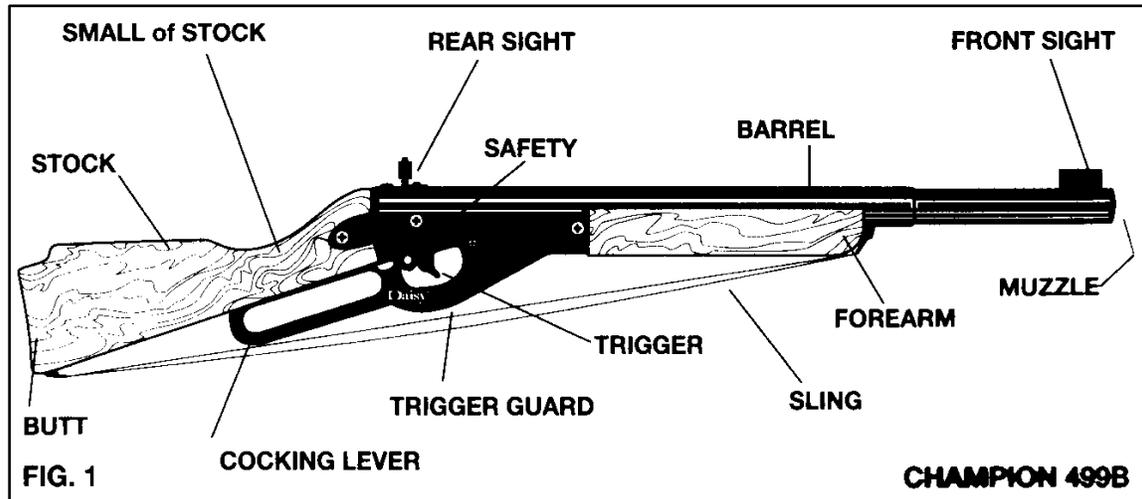
BB-Gun Reminders

- The rifle must be on safe at all times when not actually being fired.
- The rifle must **ALWAYS** be pointed up or downrange when on the firing line.
- No one may cock or load a rifle until the command has been given.
- **NEVER** go downrange when the range is not clear or "Cold".
- On hearing the command, "CEASE FIRE," all shooters will **IMMEDIATELY stop shooting**, place their rifles on safe and **PUT THEM DOWN, pointing downrange**.
- Rifles may not even be touched while someone is downrange.
- The rifle must be left in the quarter cocked position so that the range safety officer can see that the rifle is not cocked.
- Because safety is the most important thing in shooting sports, a shooter who fails to follow safety rules will be disqualified.

The Daisy / Avanti Champion 499 Gun

The Daisy 499 is the BB-Gun used in all Arkansas 4-H O-Rama activities, and the Arkansas BB-Gun Championship Program. Although it is not a firearm, it is a gun and should be treated with care and respect. Always remember that the first and most important safety component of any gun is the shooter. For your safety and the safety of others, it is important that you are familiar with how a gun operates before attempting to fire it. Guns differ in their operation and you are never ready to fire a gun until you are thoroughly familiar with it.

Parts of the Gun

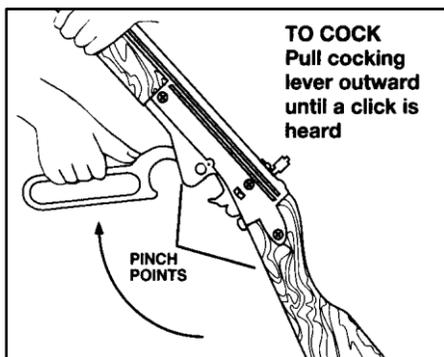
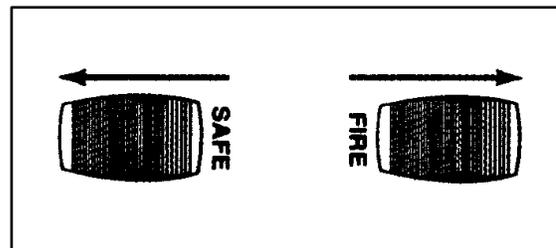


How to Operate the Daisy 499

Step 1: Put the safety on "SAFE"

Push the safety back toward the stock so the word safe "SAFE" is showing and the word "FIRE" is covered. It is a good practice to get in the habit of keeping the trigger safety "ON" until you are ready to fire the gun. Remember, all safeties are mechanical

devices and the shooter is the only part of the system that can make a gun safe or unsafe. Don't depend on a mechanical device and always think ahead to avoid situations that could lead to an accident.

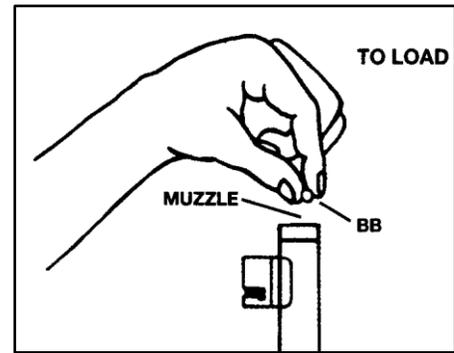


Step 2: Cock

When cocking, raise the muzzle with the **front sight** up. Firmly grasp the cocking lever and pull outward and upward until a click is heard. Close the cocking lever and the gun is ready to load. Always cock the gun prior to loading. If a BB is loaded first, the gun could accidentally discharge if your hand slips off the cocking lever. Always be careful to keep your fingers out of the cocking mechanism when you're closing the lever (see pinch points).

Step 3: Load BB

The Daisy 499 is a single shot muzzle-loading BB gun. To load the gun, point the muzzle up in a safe direction away from your face and body. Drop only one BB down the muzzle. Listen for the click of the BB seating itself as you load. If the BB does not seat, the shot will generally hit very low, or you will experience a misfire. If in doubt, simply point the barrel down and see if the BB drops out. If it doesn't, then the round has seated. Loading more than one BB can be extremely dangerous as all of the BBs will fire and fly off in various directions.



Warning: Never carry a cocked and/or loaded BB gun. Cock only when ready to fire. Even with the manual safety in the “SAFE” position, your gun is fully loaded and subject to fire.

Step 4: Aim at a Safe Target

Sight or point the gun in a safe direction with a proper **backstop**. Do not shoot at hard surfaces, tin cans or other objects, as the BBs will bounce back or ricochet.

The Daisy 499 is equipped with either an adjustable rear **peep sight** or with the model 5899 Precision Peep Sight. You should work with your coach or a parent for assistance in adjusting the sight and determining a proper sight picture. To be a consistent marksman, use the correct sight picture each time you fire the gun.

Step 5: Take off the Safety

When you are certain that the target, backstop and surrounding areas are safe, push the safety forward toward the muzzle until the word “FIRE” is showing.

Step 6: Fire

After completing steps 1 through 5, you may fire the gun by gently squeezing the trigger. A good rifleman squeezes the trigger when on target and does not jerk or pull the trigger.

What to do if the Gun Malfunctions or Misfires

If the Daisy 499 does not fire the BB after cocking, loading and squeezing the trigger, the gun is inoperable. This is a dangerous condition that requires immediate and careful attention. Malfunctions can result from reusing shot that has been damaged from hitting a hard surface, using ammunition not intended for your gun or using dirty BBs.

When a gun does not fire the BB, do not re-cock the gun. Work with your coach or another adult to correct the problem. The muzzle should be pointed downrange or in a safe direction at all times. Place the safety on “SAFE,” unscrew the barrel assembly by turning the muzzle cap counter-clockwise until it is free and remove it from the gun. The BB can then be removed by running a smooth rod through the barrel. If you are unable to clear the barrel, a new shot tube will need to be installed. Do not fire the gun without the shot tube in the gun as this may damage or dislodge the magnet.

How to determine whether the gun is loaded and how to unload it

Unlike other traditional firearms and air rifles, the Daisy 499 does not have a breech or bolt that can be opened to determine whether the gun is loaded. For the Daisy 499, it is more important to determine whether the gun is cocked. To see if the gun is cocked, lift up slightly on the cocking lever. If the cocking lever moves freely and easily, the gun is cocked and you should assume that a BB is loaded. If resistance is felt when gently lifting the cocking lever, the gun is uncocked but may still be loaded with a BB.

To ensure that the gun is not loaded, place the gun on "SAFE," cock it and, without loading a BB, point downrange toward a safe backstop. Place the gun on "FIRE" and discharge downrange to ensure the gun is unloaded. At this point, the gun is unloaded and uncocked and can be safely **grounded**.

Shooting Positions

Rifle shooting positions refer to the posture and attitude of the body and the rifle during shooting. Several characteristics are common to all sound shooting positions and form the foundation of good shooting. The body should be comfortable and relaxed. Most of the support for the rifle should come from the skeleton or bones, with minimum muscle activity and potential joint movement. The body should be aligned with the target so minimal muscular activity is needed to center the sights on the target.

The following position descriptions may need to be adjusted based on each shooter's physical characteristics. With the help of their coaches, shooters may have to modify rifle stock length and make minor adjustments to the advice given here in order to find the techniques that suit them best. The following descriptions are based on a right-handed shooter. A left-handed shooter should reverse these descriptions.

Sling Use

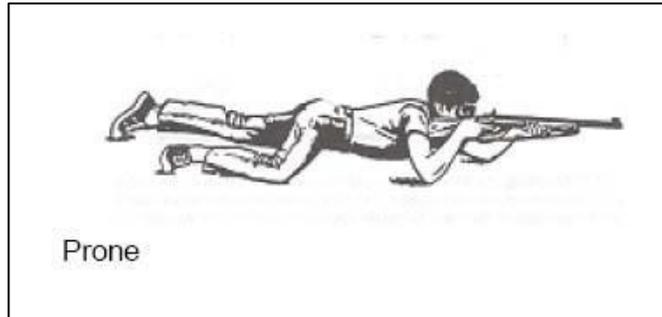
The Sling Use section is for informational/educational purposes only. Slings will not be used at District and State 4-H O-Ramas. If youth are planning on competing in the Arkansas BB-Gun Championship Program, this section will be helpful.

A **sling** can greatly improve a shooter's control and accuracy and can be used in the prone, sitting and kneeling positions. If used, the sling must be properly in place. To put the sling on, hold the rifle up and allow the sling to dangle from the rifle. Give it a half twist to the left and insert your left arm in the sling loop. Place the sling either high or low on the upper arm, but not around the middle or biceps. Placing the sling around the biceps tends to transmit the pulse to the gun. Tighten the loop around the arm as tight as possible without feeling a pulse under the sling. The length of the shooter's arm will determine where the sling is mounted on the forearm and may change from position to position so that several (up to four) mounting points may be needed. In any case, the shooter's left hand should rest against the **sling swivel** when the position is built. The supporting effect makes the rifle more stable and the sling keeps the rifle steady. The length of the sling is adjusted in such a way that the rifle is fully supported by the sling and is held securely and effortlessly. If the sling is too long, the firing position will be limp and too low. If it is too short, it will press the shoulder backward and cause cramps in the left arm and shoulder. Once the sling is in place, bring the **butt** of the rifle to the shoulder pocket (between the bone of the shoulder and the chest muscles). Don't place the butt of the rifle on the shoulder bone, and always set it in the same place.

Prone Position

The prone position is the most stable position due to the body's low center of gravity and large area of contact with the ground. For these reasons, it makes the best position to teach the fundamentals of sight alignment and trigger control.

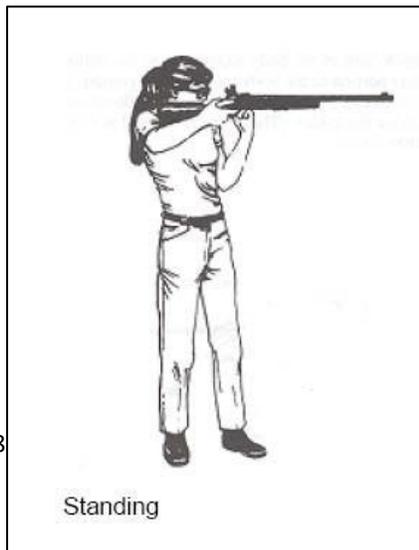
The shooter lies on the left of the line of fire with his body forming a 5- to 15-degree angle to the line of fire. The body is stretched out, relaxed and the back is straight. The left leg is parallel to the spine with toes pointed inward. The right leg, with toes pointed outward, is brought up to ease pressure on the stomach and make breathing easier. The left elbow should be just slightly to the left of the rifle.



This is very important because the further out the elbow gets, the more unstable the position becomes. The left arm should be relaxed with the sling supporting the rifle, and the left hand should be open and relaxed. If the left hand is closed or gripping the rifle, it can cause lateral movement. The right elbow is placed a comfortable distance from the body and supports very little weight. The right hand grips the stock with a comfortable pressure and the cheek lightly touches the stock. The rifle should always be brought to the cheek. Do not lay the head down on the stock. The shooter then determines the natural point of aim. During this and all positions, the rifle itself should be held as vertically as possible. Changing the angle from vertical changes the shot's point of impact. One of the keys to this and other positions is to always build the position and hold the rifle exactly the same way each time. To load the rifle, the shooter rolls over on his left side, points the rifle up and allows the coach to load.

Standing Position

The standing position is built on body stance alone. The feet should be placed about shoulder width apart with the toes lined up and parallel to the direction of firing. The legs should be straight but not locked, with weight evenly distributed on both feet. Lean back slightly from the waist to compensate for the weight of the rifle. Hold the head erect with the rifle brought up to the cheek and the body twisted toward the target. This locks the lower back muscles and brings the rifle to the line of fire. The left elbow is tucked firmly into the hip and rib cage to support the left forearm. The position of the left hand largely determines the success of this position, the steadiness of the rifle, the final height of the rifle and the final stance of the shooter. There are

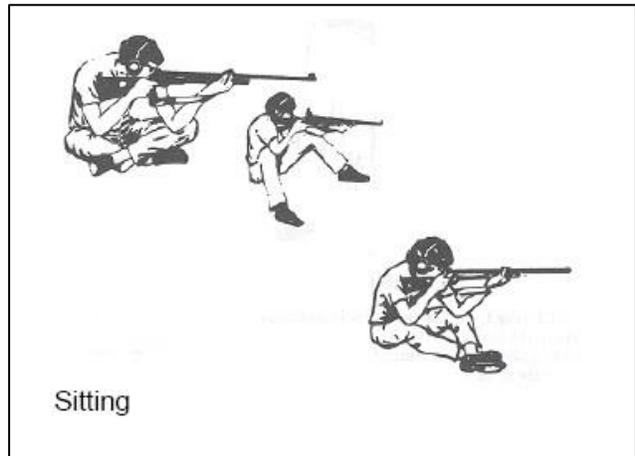


many combinations possible, but always consider the following factors: the height required, maximum stability, relaxing the arm muscles and preventing aching muscles

Whatever position the coach and shooter decide is best should always be used. The left hand must stay relaxed. The right arm should hang naturally and the right hand should grip the stock comfortably, pulling the rifle back into the pocket of the shoulder. A sling is not allowed in this position.

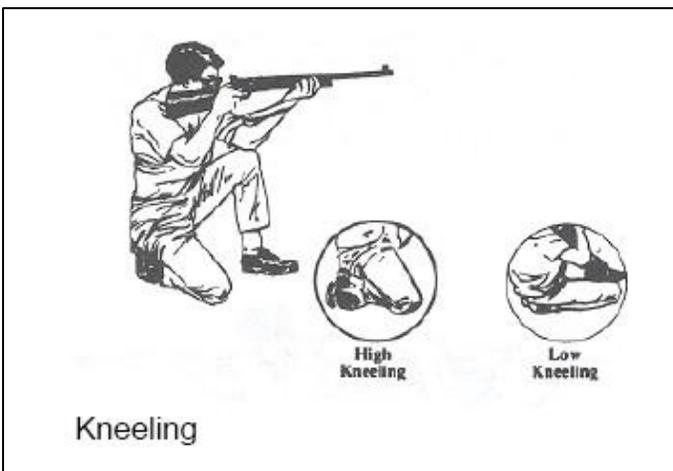
Sitting Position

In this position, the shooter sits at about a 30-degree angle to the target with legs crossed left over right. The body is bent forward with the back relaxed and all weight on the elbows. The elbows are placed in the pockets of the knees. If they are placed on the knee bone, they can slide or transmit movement or vibration to the rifle. The sling will be fairly short and usually mounted closer to the shooter. The rifle should be kept vertical and as high as possible to prevent tilting the head forward. The left hand remains open and relaxed. The right hand comfortably grips the stock as the cheek rests lightly on the comb. The shooter then checks his natural point of aim.



Kneeling Position

In a correct kneeling position, the rifle should be very stable. However, beginning shooters will find it difficult at first to maintain this position. Aching occurs in the foot and leg, resulting in reduced concentration and a less effective shooting sequence. This can be overcome with practice and training. In this position, the body should be at about a 30-degree angle to the line of fire with the chest turned to face the target. The left foot and knee should be directly under the rifle with toes pointed slightly in. The left leg should be vertical. The right leg should be pointed away from the body at 90 degrees to the rifle. The right foot should be straight and resting on the toes. The instep may be supported by the kneeling roll and the bone of the right buttocks should rest directly on the heel. Weight should be evenly distributed between the left foot, right knee and right foot. The shooter's clothing should be loose enough to comfortably



build his position. The left elbow should rest in the hollow between the kneecap and the femur (upper leg bone). Resting the elbow directly on the knee causes rolling or wobbling. The left forearm, the left knee and the right knee should form a straight line when viewed from the side. The sling should be adjusted and the left hand should stay open and relaxed. The right arm should hang naturally and the

Shooting Positions

Prone



Sitting



Kneeling



Standing

Definitions:

Ammunition - a bullet or shot with primer and powder that can be fired or otherwise discharged from guns.

Action - The mechanism where the loading and firing mechanisms come together to form a working firearm and that allows the gun to fire. Examples of action types: Semi-automatic, bolt, pump, lever

Barrel - the tube that contains and directs the bullet or shot.

Bore - the inside of a gun's barrel, through which a projectile travels when fired

Butt - shoulder end of rifle or shotgun stock.

Cocking lever - a handle used to compress the spring and cock the BB gun.

Course of fire - the number of shots at each distance and/or in each position that make up a match.

Discharge - to shoot or fire a gun

Downrange - On a range, toward the target. Away from where you are firing and in a safe direction.

Firing Point - a shooting station or location.

Fore end (fore arm) - the part of a gun stock under the barrel forward of the trigger.

Front sight - front part used to assist aiming the eye and the muzzle at a target.

Muzzle - end of the barrel opening from which the bullet or shot emerges.

Obstruction - something that blocks or fills a passage, in this case the gun's barrel.

Peep site - a rear sight that has an eyepiece with a small opening through which the front sight and the target are seen.

Quarter cock - cocking lever on a BB gun open slightly as a visual check that the rifle is not cocked.

Rear sight - rear part used to assist aiming the eye and the muzzle at a target.

Record shots - shots fired at the scoring surface of a target.

Relay - the group of shooters scheduled to shoot at the same time in a match.

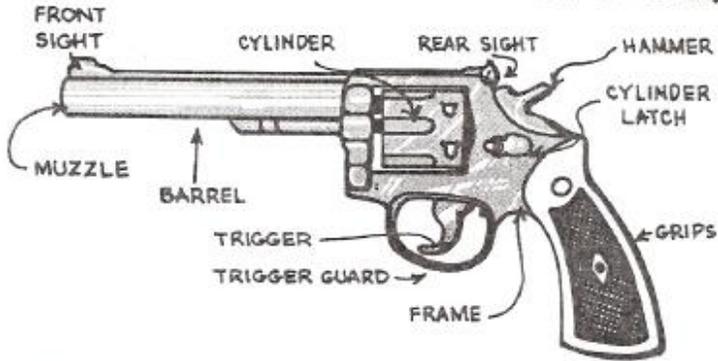
Sighting shots (sighters) - shots fired to select and adjust rear sight settings.

Trigger - a lever used to fire a gun.

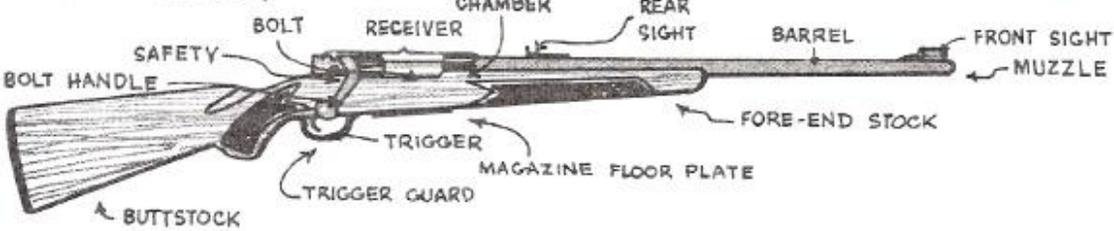
Trigger guard - a part around the trigger to protect it.

BASIC PARTS OF FIREARMS

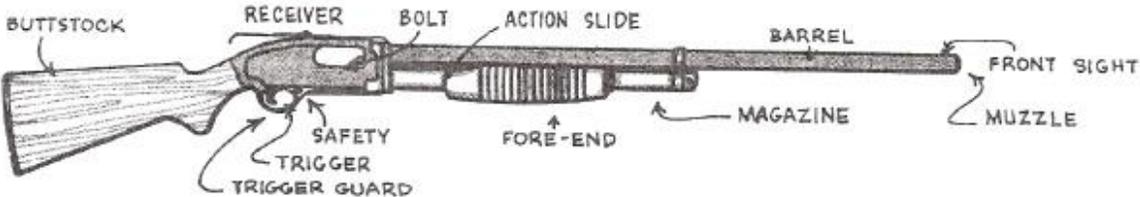
PISTOL (Double Action Revolver)



RIFLE (Bolt Action)

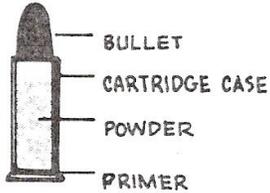


SHOTGUN (Pump Action)

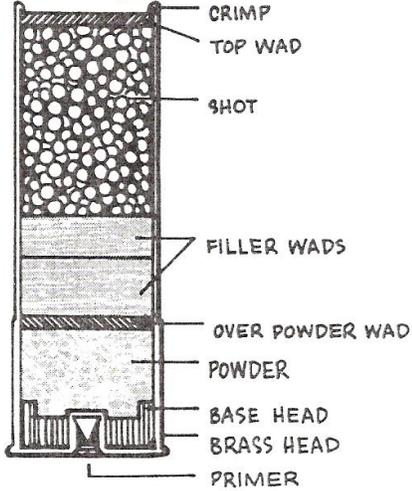


AMMUNITION IDENTIFICATION

Rimfire Cartridge



Shotgun Shell



Centerfire Rifle Cartridge

