

Lake Island Junior Rifle Club Beginner Booklet

05 April 2017

1. Safety:

Lake Island Junior Rifle Club (LIJRC) takes safety above all other activities. You never fool around or play with firearms. Firearms are dangerous when they are not handled properly and can easily injure or kill you and those around you. There are no second chances with a firearm. The rules for safe gun handling must always be followed to avoid accidents. NO EXCEPTIONS!

Remember: DO NOT BE AFRAID TO ASK QUESTIONS

If you see an unsafe condition tell a coach!

1. Always treat the gun as if it is loaded.
2. Always keep the gun pointed in a safe direction (pointed up).
3. Always keep your finger straight to the side of the stock and off the trigger until you are ready to shoot.
4. Always keep the gun unloaded until you are ready to use it.
5. Never point the gun at anyone (ever) or anything you don't intend to destroy.
6. Be sure of your target and what is beyond it.
7. Learn the mechanical and handling characteristics of the gun you are using.
8. Always use proper Ammunition. (***Use club supplied ammunition only***)
9. Be sure the barrel is clear of obstructions before loading and shooting.
10. If your gun fails to fire when the trigger is pulled, hold your shooting position for several seconds; then with the muzzle pointed down range, quietly raise your hand and get a coach to unload the rifle for you.
11. Never rely on the gun's safety to keep it from firing.
12. Be aware of your surroundings when handling guns so you don't trip or lose your balance and accidentally point and/or fire the gun at anyone or anything. No Running!
13. Use an Empty Chamber Indicator (ECI) in all rifles when not firing at the target.

Sample of an Empty Chamber Indicator (ECI), which is required for safe handling of rifles:



2. Rifle:

The following pictures show the major components of two (2) sample rifles you may see at the club.

1 Components/Terminology

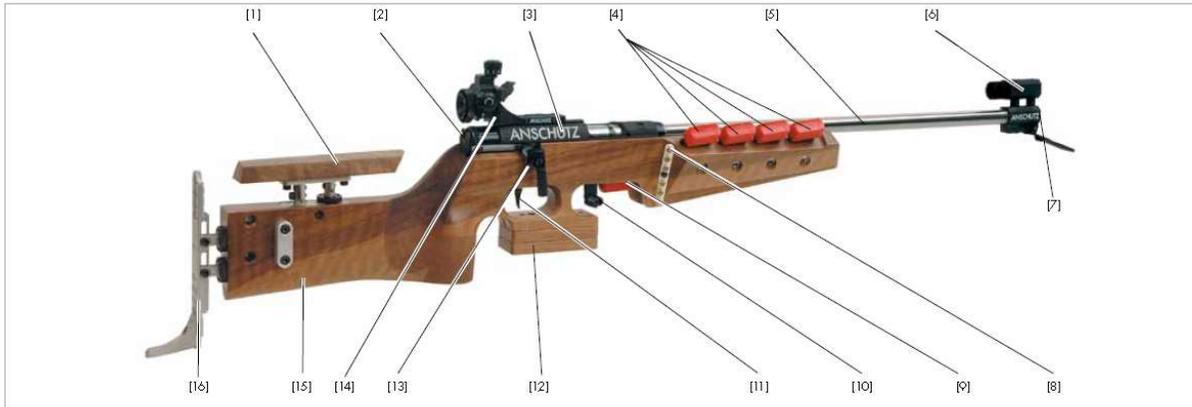


Fig.1 Overview

- | | |
|---|----------------------------------|
| [1] Cheek piece | [9] Magazine (in magazine guide) |
| [2] Bolt | [10] Magazine release lever |
| [3] Breech case | [11] Trigger |
| [4] Magazines in magazine retainer
(spare magazines) | [12] Forend raiser block |
| [5] Barrelled action | [13] Bolt handle |
| [6] Front sight with snow cover | [14] Rear sight with snow cover |
| [7] Muzzle | [15] Stock |
| [8] Cartridge holder | [16] Buttplate |



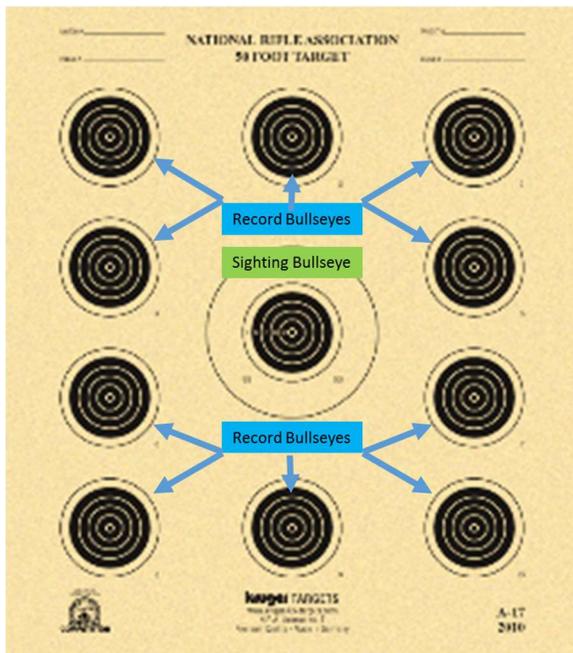
1. Stock (Fore-end)
2. Butt Plate
3. Comb (cheek rest)
4. Pistol Grip
5. Trigger guard
6. Trigger
7. Action
8. Breech
9. Bolt
10. Chamber
11. Rear Sight
12. Barrel
13. Front Sight
14. Muzzle - the crown (bullet exit point of the barrel) is located here

- **Stock:** The body of the rifle. Historically this is made from a single, solid piece of wood (walnut or ash), but modern rifles can have laminated wood or Aluminum stocks and can be made up of multiple sections. This is the part of the rifle that the shooter will have contact with whilst holding the rifle.
- **Butt:** This part of the stock sits against the shooter's shoulder when the rifle is held.
- **Cheek piece:** The cheek of the shooter will be placed on/against this whilst firing and it provides a platform to help align the eye with the sights.
- **Pistol grip:** The firing hand of the shooter lightly grips the pistol grip and provides the correct position for the trigger finger.
- **Trigger guard:** This is a protective guard that is fitted to the stock and prevents the trigger from being knocked or damaged accidentally when the rifle is being moved.

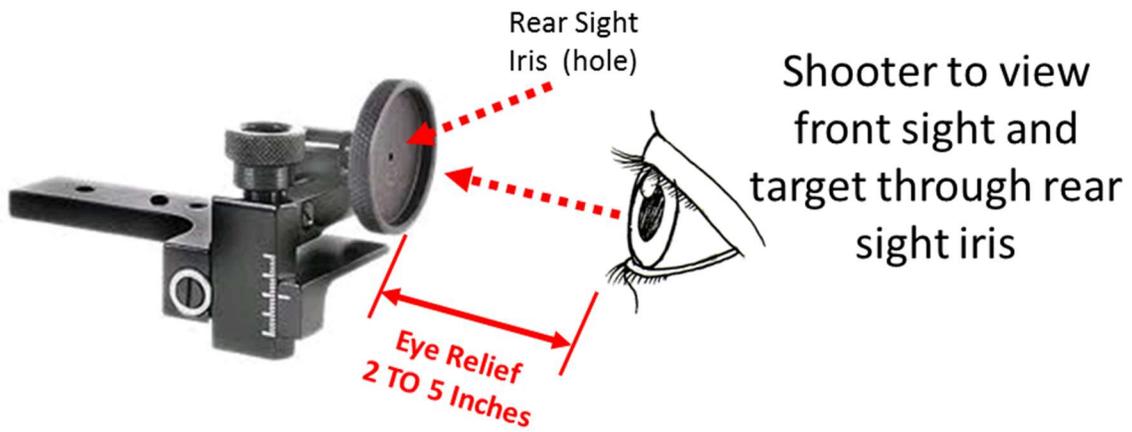
- **Trigger:** The trigger is the device that translates the motion of the finger into the firing of the rifle and is fixed to the underside of the action.
- **Action:** a metal housing that is fixed into the stock that connects the trigger, bolt and barrel together.
- **Breech:** This is an opening in the top of the action where the ammunition is loaded into the rifle and is the entry point to the chamber.
- **Bolt:** The bolt is used to push the round fully into the chamber, provides a seal around the end of the chamber during firing and it also holds the firing pin. When the round had been fired the bolt is used to extract the empty ammunition case from the chamber and eject it from the rifle.
- **Chamber:** The ammunition will be sealed into the chamber prior to firing. The chamber also contains the force of the explosion used to propel the bullet through the barrel.
- **Rear sight:** This is used in conjunction with the foresight to aim the rifle at the target and is positioned on top of the action about 3 inches in front of the eye that is used for aiming.
- **Barrel:** The metal tube that connects into the action and sits on top of the stock. The inside of the tube has a spiral twist cut into it which makes the bullet spin as it flies through the air.
- **Foresight:** The foresight is fitted to the muzzle end of the barrel and is lined up with the rear sight and the target to accurately aim the rifle.
- **Muzzle:** The end of the barrel where the bullet will emerge when the rifle is fired.

3. Shooting Basics:

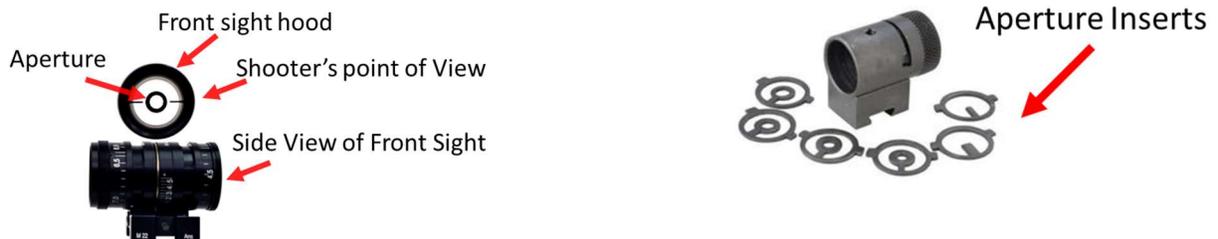
Sample Target:



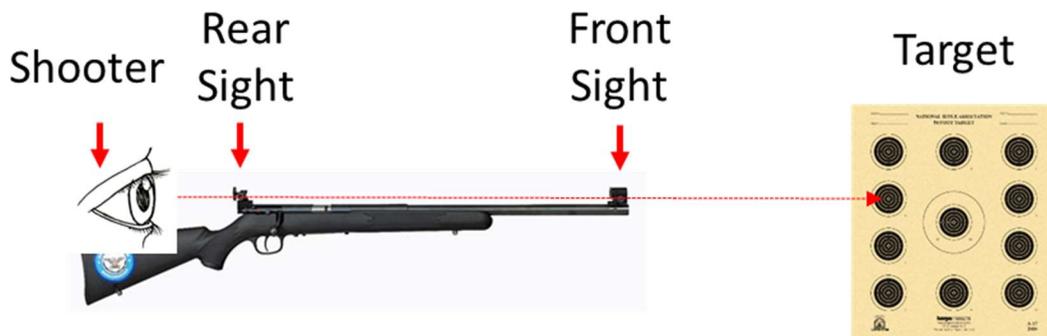
Rear sight:



Front sight:



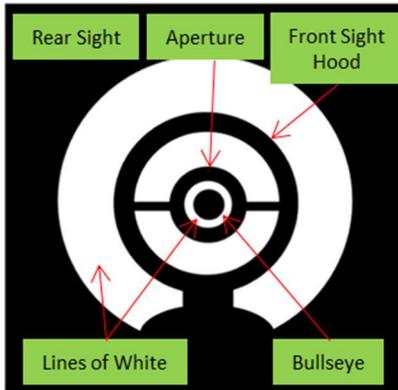
Using the rear and front sights on the rifle:



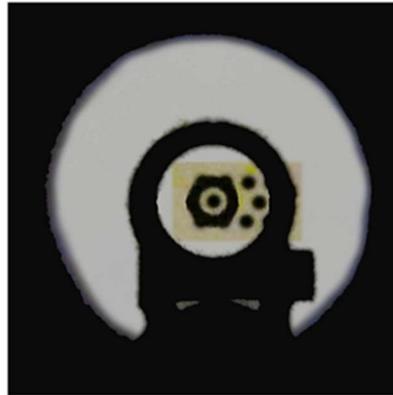
Total Perfect Sight Alignment (or sight picture):

Align rear sight around the front sight hood while centering bullseye inside the aperture.

The result should look as follows (will provide a perfect center bullseye shot):



All 3 elements of the sights are aligned and clearly defined



A real sight picture shows some of the elements are blurry

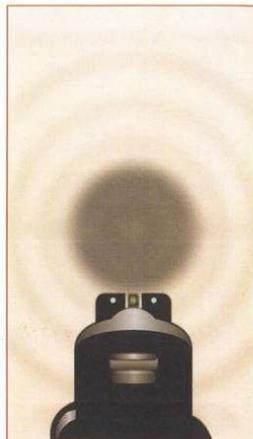
Focus in Aiming

United States Secret Service
James J. Rowley
Training Center



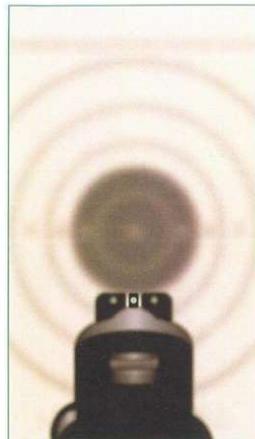
INCORRECT

Shooter Focused on Target.



INCORRECT

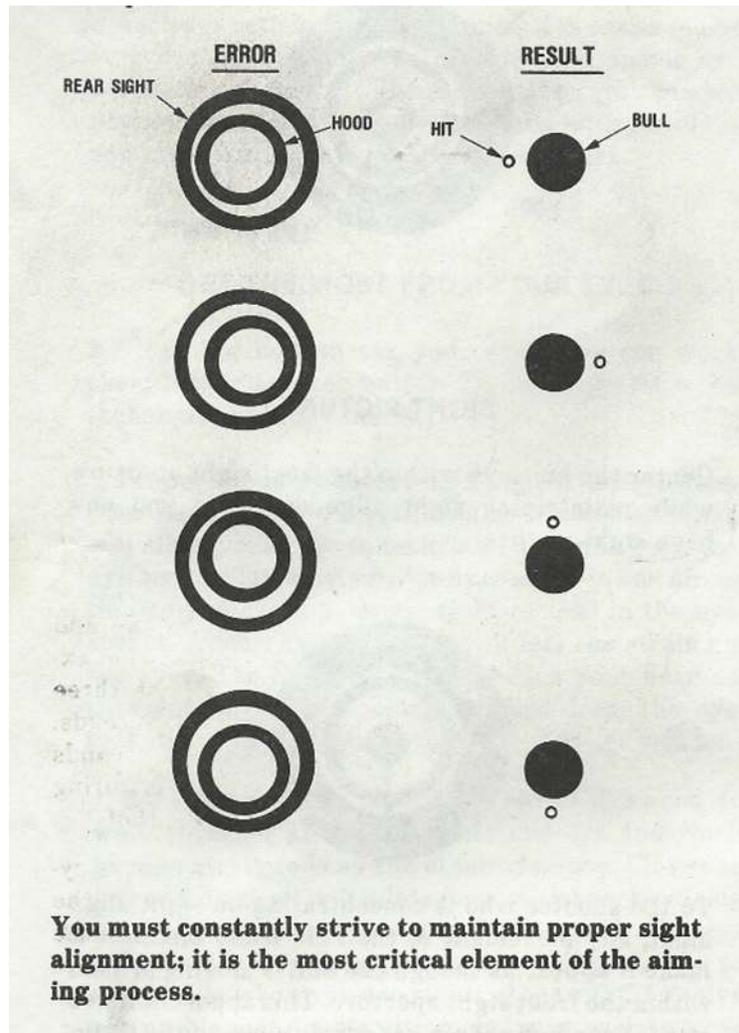
Shooter Focused on Rear Sight.



CORRECT

Shooter Focused on Front Sight.

Incorrect sight alignment and results at the bullseye (so keep it centered):

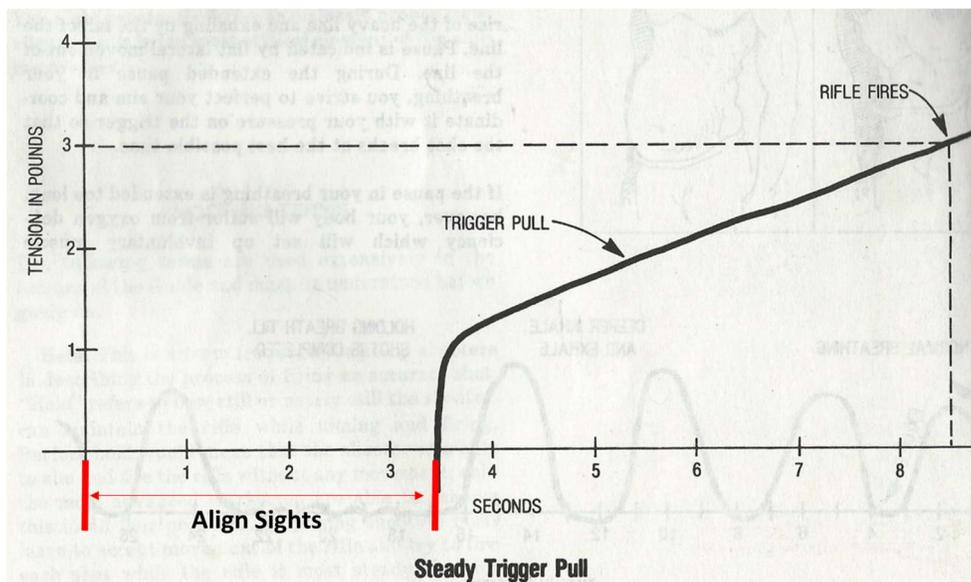


Trigger Control and Follow Through:

Once the sights are aligned, place approximately 1/3 of the trigger pressure needed to fire a shot (Note: this will be different for each rifle) (see vertical line in the figure below).

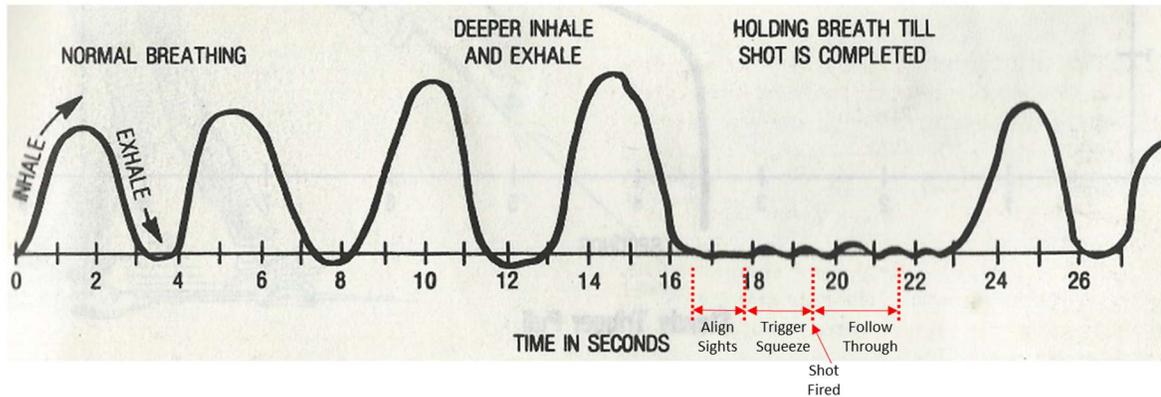
Keeping the sights aligned, continue to squeeze the trigger while keeping perfectly still until the shot is fired. The shooter does not blink or move their body (except the trigger finger) when the trigger is being pulled. When the rifle fires the shooter still does not blink or move any part of their body for 2-3 seconds. This “waiting” period is called “follow through”. This is just as important as how well the sights are aligned. The shooter needs to wait until the bullet exits the rifle before any movement can be made.

This process can be stopped at any point, for example if the “sight picture” shifts dramatically. Relax and start over.



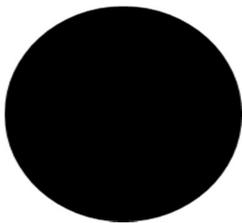
Breathe Control (Putting it all together):

Consistent and correct timing between breathing, trigger squeeze, and firing the shot is critical to your shooting success. Remember to follow through!



One more thing to remember about sight picture and sight alignment:

Steadily fixate on the black dot below for thirty seconds or more. Try not to avert your gaze. Immediately turn your gaze to the white region on the right side (or a blank white sheet of paper). You should see a temporary afterimage!



Your photo pigment is "bleached" by this constant stimulation. The desensitization is strongest for cells viewing the brightest part of the figure, but weaker for cells viewing the darkest part of the figure. Then, when the screen becomes white, the least depleted cells respond more strongly than their neighbors, producing the brightest part of the afterimage. Therefore, do not stare at the rifle bullseye for too long. Blink or look away and then look back at the sight picture before you take your shot.

4. Prone Position:

Required by Every Shooter: Two (2) sweatshirts and long pants. NO SHORTS EVER (You WILL be sent home if you show up with shorts)!!!! Everyone will use a rifle mat to stay off of the concrete floor.

Right hand shooter example:



Left hand shooter position:



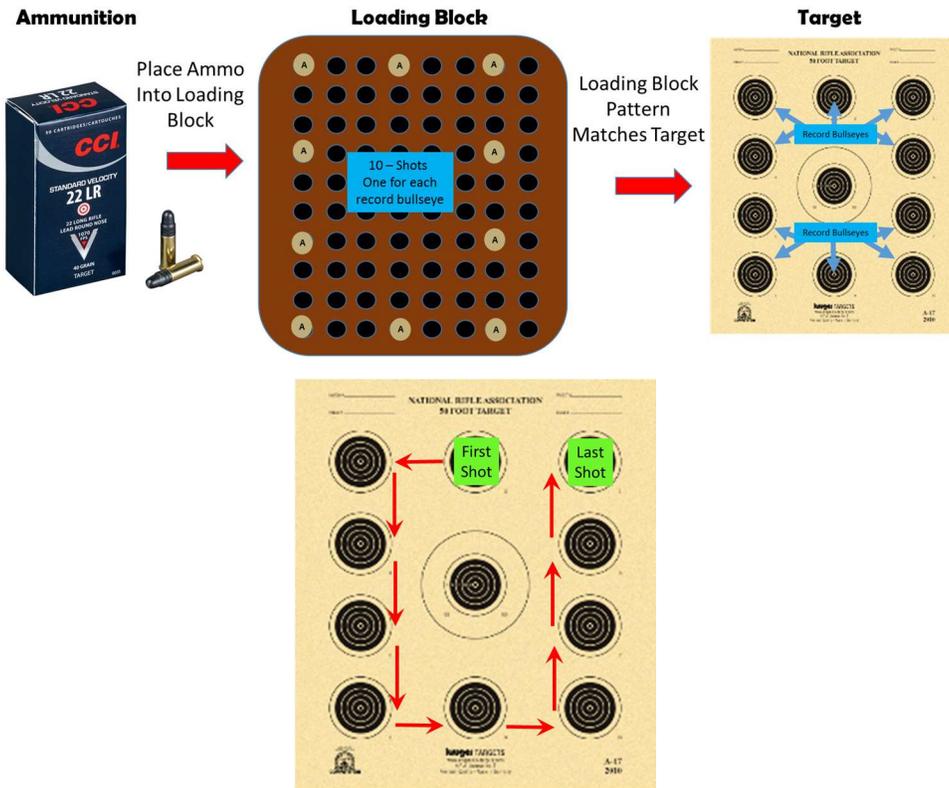
Right hand shooter position:



Ammunition Preparation:

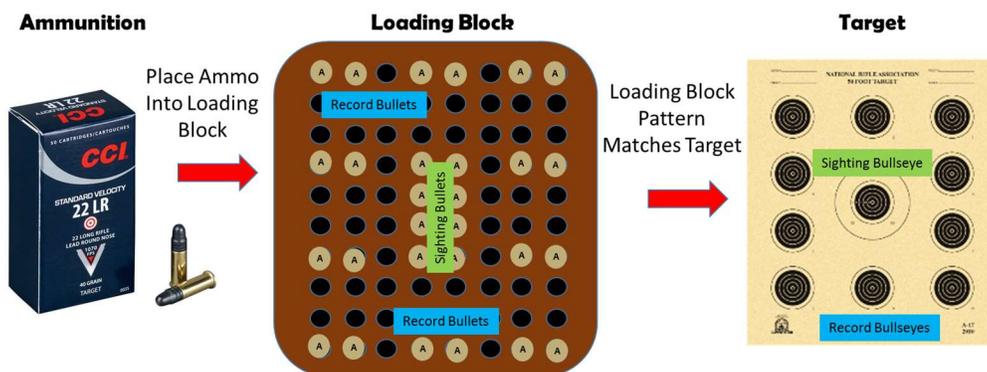
First Evening Loading Block

(Single shot per record bullseye)



Second Evening and Later Evenings Loading Block Pattern

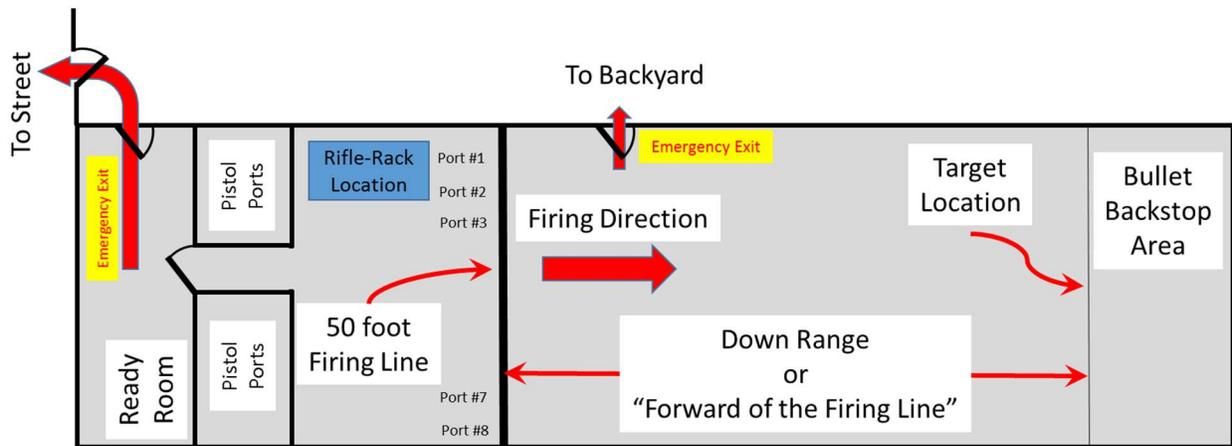
(Two shots per record bullseye)



Remember to follow the loading block. It will tell the shooter which bullseye to shoot at!!!

5. Range Operations:

RANGE SAFETY: KEEP YOUR FINGER OFF THE TRIGGER UNTIL YOU ARE ON TARGET!!!



Rifle Range Layout

Range Rules:

1. Follow all safety rules discussed in the beginning of this briefing.
2. Never step 'Forward of the Firing Line' until a coach announces "Go forward and hang targets".
3. Listen and do what the Range Officer tells you to do.
4. Make sure your rifle has an Empty Chamber Indicator (ECI) before moving the rifle.
5. When carrying the rifle to and from the safe to the rifle-rack in the range, always point rifle upward.
6. When carrying the rifle to and from the rifle-rack and the firing line, always point rifle upward.
7. Always keep the barrel pointed down range once you are on the firing line.
8. Always keep your finger off the trigger until you intend to shoot.
9. Always wear ear protection when shooting.
10. Do not leave a rifle on the firing line. Always ask a coach permission to leave the firing line by showing the Empty Chamber Indicator (ECI) is in the rifle and wait for permission.
11. Print name on relay sheet (located in the club room front desk) to select a shooting port for the next relay. This must be done for every relay. If the relay sheet is full, ask a coach to start the next relay sheet and select a port on that sheet. It is up to the shooter to sign up for as many relays as possible during the evening.

Coach Range Commands:

1. "Hang targets"

The shooter is to move forward of the firing line and hang a target on their port indicated on the relay sheet. With the exception of the rifle, the shooter should then set-up their equipment on their port behind the firing line:

- a) Shooting mat
- b) Ammo block
- c) Shooting rest

2. "Rifle and equipment to the line"

The shooter may now take the rifle from the rifle-rack to the firing line. The shooter should not shoulder or aim the rifle at this time. Place the rifle on the shooting mat on the bolt side to keep the sights from hitting the floor.

3. "Your 3-minute preparation period starts now"

The shooter may now shoulder the rifle (bolt open) and aim at the target, make aiming adjustments needed to fire at the target. ***Remember to place the stock of the rifle on the shooting rest, not the barrel.*** The shooter shall not load the rifle or even place a bullet into the rifle chamber.

4. "Your 3-minute preparation period has ended"

The shooter must ensure the bolt of the rifle is in the open position with no bullets in the loading ramp or chamber.

5. “Is the line ready”

The shooter is to make sure there is no safety issues present. If there is a safety issue, the shooter is required to bring this to the attention of the range officer and not allow the commands to continue. Otherwise the shooter shall remain silent. If the shooter is not ready for reasons other than a safety violation, such as “not having a loading block ready” or “I have to use the rest room”, the shooter cannot stop the commands. Such things are the shooter’s responsibility and cannot be used to stop commands for the other shooters who are safe and ready.

6. “Ready on the left, ready on the right, ready on the firing line”

This indicates there is no safety violations and the firing period will start.

7. “Load”

The shooter does not load at this time. Different ranges may have slightly different command structures. To ensure an early shot does not occur, resulting in a shooter disqualification, the shooter does not load at this time.

8. “Commence firing”

This is when the rifle can be loaded and the firing time period starts. The shooter now loads and starts to fire at the target. Time is limited and the shooter must make sure all record shots are fired in the time limit. Any shots not in the target by the end of the time period will be considered as a miss.

The shooter will receive 10-bullets for the first evening. A single shot will be placed in each record bullseye, as described in the loading block diagram.

Later evenings the shooter will shoot two (2) shots in each bullseye with sighter shots. This process will be explained in the “Intermediate Booklet” which is required reading for the second week.

9. “Cease fire”

The shooter must cease fire immediately. No grace period is allowed. Shooting period is ended. Any shots after cease fire will be disqualified and the shooter may also be disqualified by the range officer. Note: cease fire may also be called before the time period is over if a safety violation occurs during the shooting period. More of a reason no grace period is given. Stop and unload for safety’s sake!

10. “Open all bolts, make the line safe”

All rifles are to be removed from the firing line once permission is granted by a coach. The shooter must make sure the bolt is open and an Empty Chamber Indicators (ECI) is inserted. Once granted permission to leave the firing line, either place the rifle in the rifle-rack or place it in the club’s safe.

11. “The line is safe, move forward and change targets”

The range officer waits until all rifles are placed in the rifle-rack. Once all rifles are off the firing line the command will be given and the shooter may move forward of the firing line to retrieve the shot target and hang a new target.

Junior Shooter’s range responsibilities:

When shooting on the firing line is complete or when the command “Cease Fire” is commanded:

- a. The shooter, while in the shooting position, inserts the Empty Chamber Indicator (ECI) into the rifle. Keep the rifle pointed down range.
- b. The shooter kneels on the shooting mat, lifts the rifle pointed upward and raises a hand.
- c. The coach recognizes the shooter by their port number.
- d. The shooter asks a coach for “Permission to leave the firing line?”
- e. The coach will ask “Is the rifle safe?”
- f. The shooter responds “The rifle is safe” and turns the rifle to show the ECI to the coach.
- g. The coach will respond “Remove the rifle from the line”.
- h. The shooter then takes the rifle to the rifle-rack.

Clean-Up:

The shooter cannot leave the club until all of the following is completed.

- a) Make sure your target is collected and handed into the coach.
- b) Remove your loading block from the line and place it into the appropriate cabinet in the ready room.
- c) Take the shooting rest from the firing line (when the firing line is called safe by a coach) and remove the shooting rest nails. Place the nails into the coat cabinet in the ready room and place the shooting rest itself under the pistol ports (see range diagram above).
- d) Remove shooting mat from the line, fold in half, roll mat toward tie strings tightly, tie strings around the mat and place the rolled mat into the appropriate cabinet in the ready room.
- e) Help all other shooters collect the spent brass from the firing line and all junior club equipment is put away properly.

See You All Next Week!

THE END

