

ACTS & PROVE Principles



- A** – Assume every firearm is loaded
- C** – Control the muzzle direction at all times
- T** – Trigger finger must be off the trigger and out of the trigger guard
- S** – See that the firearm is unloaded (Prove it safe)

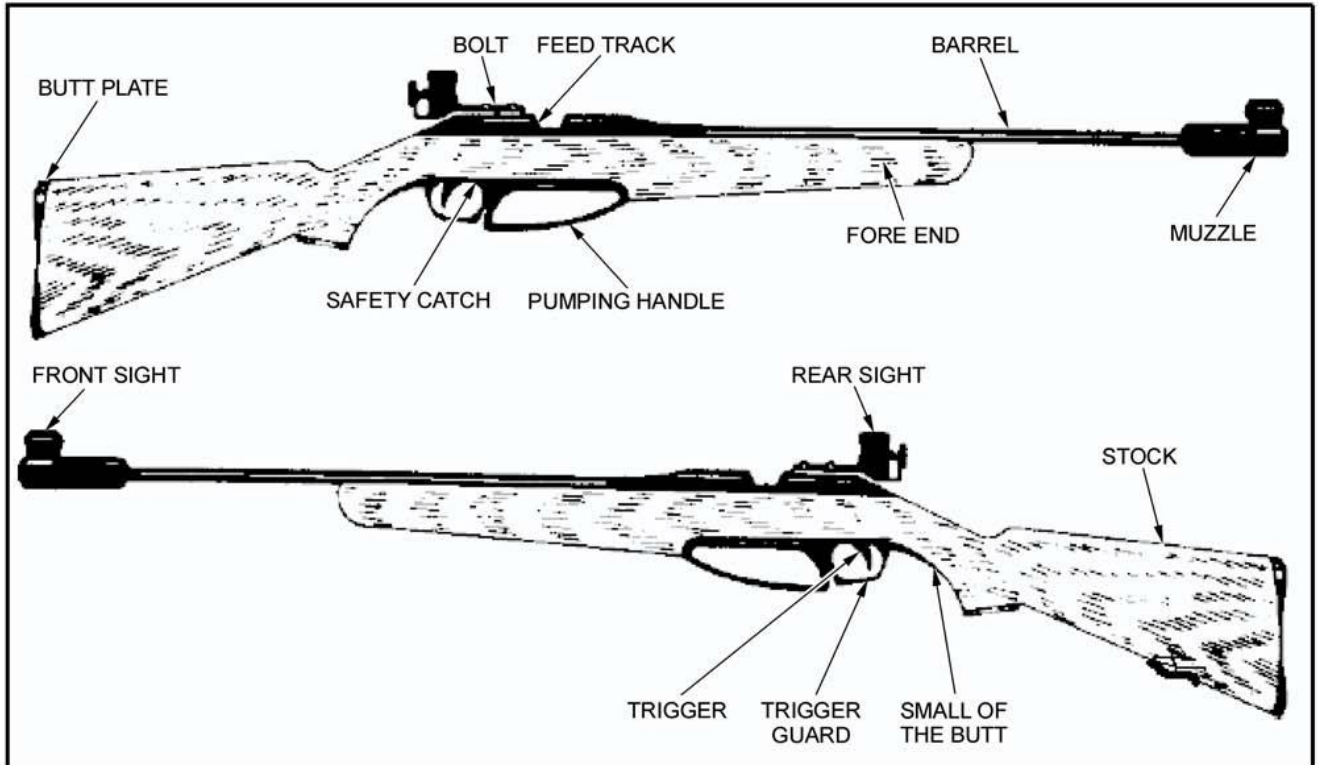
- P** – Point the firearm in a safe direction
- R** – Remove all ammunition sources
- O** – Observe the chamber
- V** – Verify the feed path
- E** – Examine the bore

13 Commandments of Shooting



1. Listen to the RSO at all times
2. Keep air rifle on safety until ready to shoot
3. Always point the air rifle in a safe direction
4. Never point an air rifle at anything you don't want to shoot
5. Always be absolutely sure of your target and that it has a back stop
6. Always be sure your air rifle barrel is clean and not plugged
7. Never shoot at a flat hard surface or the surface of water
8. Never lean on your air rifle or have any part of your body over the muzzle
9. Never leave your air rifle lying around – put it in a safe locked place
10. Air rifles not being used should always be unloaded
11. Carry your air rifle so you can control the direction of the muzzle
12. Always treat an air rifle as if it were loaded and ready to shoot.
13. Always wear your personal protective equipment on the range

Parts of the Rifle



Range Commands

COMMAND	ACTION
“Cover off your firing point”	Stand up, move behind the firing point and wait further commands
“Place your equipment down and stand back”	Lay the equipment down on the mat and stand back when finished
“Adopt the prone position”	Adopt the prone position, pick up the rifle, ready the equipment and put on hearing and eye protection.
Type of firing : “Relay # __, 10 meters, 5 rounds grouping”	Listen to the description of the event
“Relay, Load”	Pick up and hold the rifle with the left hand
	Ensure the safety catch is in the ON position
	Pump the rifle
	When the pump lever is fully extended, pause for about 3 seconds
	Load the pellet
	Close the bolt
	Ensure the safety catch is in the ON position
“Relay come up on aim”	Aim the air rifle at the target
“Commence Firing’	Off safe
	Squeeze the trigger
	Open the bolt / Break open the rifle
	Repeat the sequence for each shot
	Place the safety catch in the ON position and partially open the pump lever/barrel immediately after the firing and lay the rifle down
“Relay cease fire”	Stop firing immediately, put the safety catch on and lay the rifle down.
Following a cease fire: “Relay come up on aim”	Aim the air rifle at the target
“Commence Firing’	Off safe
	Squeeze the trigger
	Open the bolt / Break open the rifle
	Repeat the sequence for each shot
	Place the safety catch in the ON position and partially open the pump lever/barrel immediately after the firing and lay the rifle down
“Relay, unload and prepare for inspection” Note: A cleaning pad can be fired at this time preventing a dry fire and cleaning the weapon at the same time.	Pick up the rifle
	Pump the rifle
	Close the bolt / barrel
	Place the safety catch in the OFF position
	Aim the rifle at the target
	Pull the trigger
	Open the bolt / barrel
	Place the safety catch in the ON position
	Open the pump lever 5-8 cm
	Place the rifle on the shoulder, muzzle pointed down range
	Wait to be cleared by the RSO
	Lay the rifle down on the mat
Remove your hearing and eye protection	
“Relay stand up”	Stand up and leave equipment on the ground
“Relay change targets”	Move forward, walk down the lane to remove old targets, return to firing point upon completion
“Change relay”	Cadets who have just fired pick up their personal equipment and move off the firing point. New relay covers off behind the firing point.