

4-H

Shooting Sports – Rifle and Pistol Proficiency Program

A Member's Guide

OVERVIEW

The **4-H Shooting Sports – Rifle and Pistol Proficiency program** helps you learn what you need to know about your 4-H Shooting Sports project. Your project leader will assist you in seeing and achieving your goals. Throughout your project you will obtain the general knowledge of firearms as well as proper Firearm safety. You will also compete in competitions and interact with your community on firearm issues.

There are many resources to help you learn more about your project:

- ◆ The *4-H Publications Catalog* lists a variety of project materials and resources recommended for use in your project.
- ◆ The *4-H Educational Resources Lending Library* at your county 4-H office includes other books, videos and reference materials that can be checked out by members and leaders.
- ◆ Check to see if there are any Shooting Clubs in your community that conduct educational activities and shows. Local associations are excellent sources of help and information.

There are five levels in the Project Proficiency Program. You may choose how many levels you wish to complete:

- **Level I – “Explorer”**, you begin to learn about many different aspects of Shooting Sports.
- **Level II – “Producer”**, you learn more about the care and safety involved in Shooting Sports.
- **Level III – “Consumer”**, you become involved in Shooting Sport competitions and lectures.
- **Level IV – “Leader”**, allows you to show your own leadership potential.
- **Level V – “Researcher”**, you carry out a demonstration or experiment on some aspect of Shooting Sports.

As you work through the Shooting Sports – Shotgun proficiency program, have your leader initial and date each skill item when you have completed it. When you have finished all items in a proficiency level, have your leader sign the Certificate of Achievement and order a medal for you from the 4-H office.

Shooting Sports Proficiency – Rifle and Pistol Level 1- Explorer

Date _____
Completed _____

- _____ 1. Explain what MAT stands for.
 - a.
 - b.
 - c.

- _____ 2. Point to and list the 3 major parts of a firearm.
 - a.
 - b.
 - c.

- _____ 3. List 4 different firearms action types (any 4 out of the 5 is acceptable).
 - a.
 - b.
 - c.
 - d.
 - e.

- _____ 4. Explain the difference between “Sight Alignment” and “Sight Picture.”

- _____ 5. Name 2 types of ammunition and explain the difference between them.

- _____ 6. Explain the term "Dry Firing" and the 3 skills it will improve.

- _____ 7. Demonstrate how to safely hand a firearm to another person.

- _____ 8. Participate in a live fire exercise utilizing the 3 Fundamentals of Firearms Safety. (Observed by the Shooting Sports Leader and logged in the Shooting Diary.)

- _____ 9. Keep a "Shooting Diary" with notes and observations from at least 3 Shooting Sports Project meetings where firing took place. (Observed by the Shooting Sports Leader and logged in the Shooting Diary.)

- _____ 10. Describe the actions taken when you hear the range command "Cease Fire."

Member's Name: _____

Date: _____

Project Leader's Signature: _____

Date: _____

KEEP IN YOUR RECORD BOOK WITH YOUR PROJECT RECORDS

*Approved by Lake County 4-H Council, 2003
Developed by Rick Walker, Lake County 4-H Shooting Sports Leader*

Shooting Sports Proficiency – Rifle and Pistol Level II- Producer

Date _____
Completed _____

- _____1. Participate in a range clean up and set up.
- _____2. Name 4 parts of a rifle stock.
- _____3. Name 4 parts of a rifle barrel.
- _____4. Demonstrate the proper standing position and fire a 5 round group.
- _____5. Demonstrate the proper kneeling position and fire a 5 round group.
- _____6. Demonstrate the proper sitting position and fire a 5 round group.
- _____7. Demonstrate the proper prone position and fire a 5 round group.
- _____8. Make at least one piece of practical equipment that can be used on the range.
(Example: bench, bench rest, stool, target stands)
- _____9. Participate in one field visit to a Shooting Sports manufacturer or provider.
- _____10. Explain the procedure when a "Misfire" occurs.
- _____11. Keep records of your Shooting Sports activities in your Shooters Diary.
- _____12. Help someone else in your project learn Firearms Safety.
- _____13. Give a Safety Talk in front of your project group on one area of Firearms Safety.
- _____14. Participate in a competition shoot within your club.

Member's Name: _____

Date: _____

Project Leader's Signature: _____

Date: _____

KEEP IN YOUR RECORD BOOK WITH YOUR PROJECT RECORDS

*Approved by Lake County 4-H Council, 2003
Developed by Rick Walker, Lake County 4-H Shooting Sports Leader*

Shooting Sports Proficiency – Rifle and Pistol Level III- Consumer

Date _____
Completed _____

- _____ 1. Alone or in a group, plan and complete a community service activity related to our project.
- _____ 2. Invite a guest speaker to one of your meetings and introduce them to the group.
- _____ 3. Keep a personal reference library of literature that will be helpful in your project.
- _____ 4. Take part in a project related demonstration or judging contest.
- _____ 5. Report the history of one aspect (origin, equipment, material, technique, etc.) of Shooting Sports.
- _____ 6. Contact a local, state or national association related to your project. Explain to your project group what this association has to offer to its members and other interested individuals.
- _____ 7. Attend a trade show or demonstration related to Shooting Sports and report back to your group.
- _____ 8. Visit an expert in the field of an area of Shooting Sports and report what you learned at a project meeting.
- _____ 9. Describe 4 ways to save money and be economical in obtaining materials for use in your project.
- _____ 10. Design an item or piece of equipment that could be used in a Shooting sports activity. Come up with a product name and convince your project group of the usefulness of this product.
- _____ 11. Create a list of 10 or more practical rules for safety related to Shooting Sports activities and find a way to share them with others.
- _____ 12. Participate in at least three different Shooting Sports competitions with your family or project group.

Member's Name: _____ Date: _____

Project Leader's Signature: _____ Date: _____

KEEP IN YOUR RECORD BOOK WITH YOUR PROJECT RECORDS

*Approved by Lake County 4-H Council, 2003
Developed by Rick Walker, Lake County 4-H Shooting Sports Leader*

Shooting Sports Proficiency – Rifle and Pistol Level IV- Leader

Date _____
Completed _____

- ____ 1. Serve as a Junior or Teen leader in this project for one year.
- ____ 2. Assist younger members in designing and constructing needed equipment.
- ____ 3. Prepare teaching materials for use at project meetings.
- ____ 4. Develop and put on a demonstration or judging event or train a junior team for an event.
- ____ 5. Speak on a project-based subject before an organization other than your 4-H group.
- ____ 6. Assist younger members in actually learning a specific topic in the project.
- ____ 7. Develop your own special project related activity. Chart your progress, plan the activity, analyze successes and problems, and report on findings.
- ____ 8. Assist a leader/adult in a Shooting Sports activity, organizing the group so that the chores/tasks are evenly distributed among the members.
- ____ 9. Observe and evaluate another member's targets/activity and recommend actions for improvement.
- ____ 10. Alone or in a group, select a Shooting Sports topic you would like to know more about, research this topic, and share information with others in two of the following ways: bulletin board display, written pamphlet, news article, club/group discussion, judging kit, poster, radio spot.

Member's Name: _____

Date: _____

Project Leader's Signature: _____

Date: _____

KEEP IN YOUR RECORD BOOK WITH YOUR PROJECT RECORDS

*Approved by Lake County 4-H Council, 2003
Developed by Rick Walker, Lake County 4-H Shooting Sports Leader*

Shooting Sports Proficiency – Rifle and Pistol Level V- Researcher

Date _____
Completed _____

_____1. Report on the results of a demonstration comparing measurable differences in some aspect of your project (experiment).

_____2. Prepare a paper of 300 words or more on one of the following topics:

- ◆ Evolution of techniques used in a Shooting Sports area.
- ◆ History of a specific topic related to your project area.
- ◆ Markets and methods of marketing Shooting Sports products.
- ◆ Development of equipment used in the project area.
- ◆ Cultural influences in a specific topic related to your Shooting Sports activity.
- ◆ Ecology of a specific geographic area, terrain, locale, etc.
- ◆ Other

_____3. Prepare a speech or illustration talk to orally summarize your findings and present at a club project meeting or other educational event.

Member's Name: _____

Date: _____

Project Leader's Signature: _____

Date: _____

KEEP IN YOUR RECORD BOOK WITH YOUR PROJECT RECORDS

*Approved by Lake County 4-H Council, 2003
Developed by Rick Walker, Lake County 4-H Shooting Sports Leader*

Certificate of Achievement

This certifies that

has completed the _____ Proficiency

in _____ County.

Explorer

Producer

Consumer

Leader

Researcher

Date

Date

Date

Date

Date

Leader's Signature

Leader's Signature

Leader's Signature

Leader's Signature

Leader's Signature

NOTES

**Adapted from DNAR North Region
Publication No. NR-PP-001**

The University of California prohibits discrimination or harassment of any person on the basis of race, color, national origin, religion, sex, gender identity, pregnancy (including childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), ancestry, marital status, age, sexual orientation, citizenship, or status as a covered veteran (covered veterans are special disabled veterans, recently separated veterans, Vietnam era veterans, or any other veterans who served on active duty during a war or in a campaign or expedition for which a campaign badge has been authorized) in any of its programs or activities.

University policy is intended to be consistent with the provisions of applicable State and Federal laws.

Inquiries regarding the University's nondiscrimination policies may be directed to the Affirmative Action/Staff Personnel Services Director, University of California, Agriculture and Natural Resources, 300 Lakeside Drive, 6th Floor, Oakland, CA 94612-3550, (510) 987-0096.