

Rifle



Name			
	ctivities must be done under the safety requirements of the <i>Trial Life USA Health</i> ty Guide and the <i>Shooting Sports Guidebook</i> .		
Do all of	the following requirements (1-4)		
1.	Complete the Navigator or Adventurer Shooting Sports Orientation.		
2.	Participate in a Rifle orientation that covers the following:		
	 a. Four parts of a rifle stock b. Seven parts of a rifle action c. Five parts of a rifle barrel d. Six popular types of rifle actions e. Three types of sights and their uses f. A rifle's caliber and how to select the correct caliber ammunition for a particular rifle 		
3.	Participate in a rifle safety orientation that includes the Trailman doing the		
	following:		
	 a. Recite from memory the three rules of the <i>Gold Standard in Gun Safety</i> guidelines in the <u>Shooting Sports Guidebook</u> or <u>Shooting Sports Supplement</u>. b. Explain the Rules for Safe Gun Use and Storage. c. Describe or demonstrate the common Range Commands. d. List the proper safety gear for rifle shooting. e. Describe how to safely verify whether a rifle is loaded or unloaded. f. Describe how to safely pick up a rifle and carry it from one place to another. 		
	g. Describe how to detect each of the following types of cartridge malfunctions, and explain the appropriate action for each type: i. Misfire ii. Hangfire iii. Squib Load		



4.	Under qualified adult supervision, participate in a rifle shooting skill orientation that includes the Trailman doing the following:		
	a. Using a rifle, demonstrate the three rules of the Gold Standard in Gun Safety guidelines in the Shooting Sports Guidebook or Shooting Sports Supplement.		
	b. Demonstrate how to safely verify whether a rifle is loaded or unloadedc. Demonstrate how to safely pick up a rifle and carry it from one place to another.		
	d. Demonstrate the five fundamentals of shooting:		
	i. Aiming		
	ii. Breath Control		
	iii. Hold Control		
	iv. Trigger Control		
	v. Follow Through		
	e. Shoot a total of at least 100 rounds of ammunition and correctly using at least two of the five positions: Benchrest, Prone, Sitting, Kneeling, or Standing		
	Standingf. Demonstrate how to safely and properly clean a rifle after use		
	1. Demonstrate now to safety and property clean a fine after use		
Do Three	e of the following optional requirements (5-15)		
5.	Write a letter to the editor of a local publication explaining your position on gun rights.		
6.	Play one or more shooting range games that involves shooting a total of at least 100 rifle rounds for each participant. Some example games are listed in the Shooting Sports Supplement.		
7.	Participate in a Project Appleseed shooting event.		
8.	Participate in shooting sampler day and shoot at least 3 different rifle types (e.g. TLUSA Recoil Rally in Georgia).		
9.	Complete the NRA Basic Rifle course.		
10.	Earn a Pro-marksman or higher Winchester/NRA Marksmanship Qualification in any Rifle discipline.		
11.	Participate in a rifle clinic or competition sanctioned by Civilian Marksmanship Program (CMP), National Rifle Association (NRA), National Shooting Sports Foundation (NSSF), or USA Shooting.		
12.	With a .22 rimfire or .17 HMR rifle, from a position of your choice, at a distance of 50 feet, fire five 3-shot groups that can be covered with a quarter. The rifle can have either open or aperture sights. The 3-shot groups do not have to be fired on the same day.		
13.	From a bench, sight-in a scoped rifle by adjusting the scope until you can shoot a l' group of 3 shots at 100 yards (50 yards for a rimfire caliber rifle).		



Trail B	adge Mentor Signature	Date
15.	With a center-fire rifle, from a position of your choice, a greater, shoot 5 rounds at a man-size target and hit it a twice.	· ·
	greater, fire 5 one-inch groups of three-shots each.	

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