COMMON TRAINING

PROFICIENCY LEVEL ONE

INSTRUCTIONAL GUIDE

SECTION 4

EO M106.04 – FOLLOW RULES AND COMMANDS ON AN AIR RIFLE RANGE

Total Time: 30 min

PREPARATION

PRE-LESSON INSTRUCTIONS

Resources needed for the delivery of this lesson are listed in the lesson specification located in A-CR-CCP-801/PG-001, *Proficiency Level One Qualification Standard and Plan*, Chapter 4. Specific uses for said resources are identified throughout the instructional guide within the TP for which they are required.

Review the lesson content and become familiar with the material prior to delivering the lesson.

Prepare a mock air rifle range.

Photocopy one for each cadet Range Commands Cadets Must Follow located at Attachment A.

PRE-LESSON ASSIGNMENT

Nil.

APPROACH

An interactive lecture was chosen for TP 1 to orient the cadets to the rules to be followed on a range and generate interest in the subject.

A demonstration and performance was chosen for TP 2 as it allows the instructor to explain and demonstrate responding to range commands, while providing an opportunity for the cadets to practice under supervision.

INTRODUCTION

REVIEW

The review for this lesson is EO M106.03 (Apply Basic Marksmanship Techniques).

QUESTIONS:

Q1. What two things do a good prone position help to maintain?

Q2. Sight alignment consists of what three steps?

Q3. What is added to the innermost ring to obtain a proper sight picture?

Unofficial convenience copy of A-CR-CCP-801/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-801-PF-001/A-CR-CCP-801-PF-001.pdf.
Verify against the official publication.

ANTICIPATED ANSWERS:

A1. Comfort and stability.

A2. The eye, the rear sight, and the front sight.

A3. A bull’s-eye.

OBJECTIVES

By the end of this lesson the cadet shall have followed rules and commands on an air rifle range.

IMPORTANCE

Firearms safety is the number one priority on and off the range so everyone must do their part to prevent accidents. In marksmanship, the majority of incidents are caused by ignorance of proper rifle operating procedures or by mishandling.

Unofficial convenience copy of A-CR-CCP-801/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-801-PF-001/A-CR-CCP-801-PF-001.pdf.
Verify against the official publication.

Teaching point 1 **Explain rules cadets must follow on the range.**

Time: 10 min Method: Interactive Lecture

RULES CADETS MUST FOLLOW ON THE RANGE



The instructor will read Local Range Standing Orders at the beginning this period.

Range Standing Orders are locally produced for each range. They detail rules to be followed on that range. General rules observed on all ranges include:

1. Rifles will be proved safe when picked up, handed to or received from another person;
2. Rifles are never pointed at any person;
3. Safety rods shall be inserted into the barrels of rifles when not in use on the range;
4. Horseplay is forbidden on the range;
5. Rifles, whether loaded or not, will always be pointed down range;
6. Eating is not permitted on or near the range or around the pellets;
7. All personnel shall read or be briefed on the contents of the Range Standing Orders; and
8. The RSO's directions and orders are to be obeyed at all times.

CONFIRMATION OF TEACHING POINT 1

QUESTION:

Q1. When should a rifle be proved safe?

Q2. When can rifles be pointed at other people?

Q3. When should the directions and orders of the RSO be followed?

ANTICIPATED ANSWERS:

A1. When picked up, handed to or received from another person.

A2. Rifles are never pointed at any person.

A3. The RSO's directions and orders are to be obeyed at all times.

Unofficial convenience copy of A-CR-CCP-801/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-801-PF-001/A-CR-CCP-801-PF-001.pdf.
Verify against the official publication.

Teaching point 2 **Explain, demonstrate, and have the cadets practice (dry fire) responding to the following range commands.**

Time: 15 min Method: Demonstration and Performance



The instructor shall provide an EXPLANATION and DEMONSTRATION of each command and the associated action to be taken.

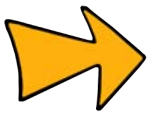
All loading/firing is to be simulated. No pellets are to be fired.

RANGE COMMANDS CADETS MUST FOLLOW:

COMMAND	ACTION
"Cover off your firing point"	Stand up, move behind the firing point and await 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 (if applicable) and eye protection.
Type of firing	This command includes information about the range and type of firing. i.e., Relay #__, ten (10) metres, five (5) rounds, Grouping, On Your Own Time...
"Relay, load, commence firing"	Pick up the rifle with the left hand; Ensure the safety catch is in the ON position; Pump the rifle, pausing for three seconds with the pump handle fully extended; Bring the pump handle back to the closed position; Load the pellet; Close the bolt; Place the safety catch in the OFF position; Aim the rifle at the target. Squeeze the trigger; Open the bolt, pump the rifle, re-load, aim, and fire; Repeat the last step until firing is complete; Upon completion, place the safety catch in the ON position, open the bolt, and partially open the pump lever; and Lay down the rifle.
MAY BE GIVEN	

Unofficial convenience copy of A-CR-CCP-801/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-801-PF-001/A-CR-CCP-801-PF-001.pdf.
Verify against the official publication.

COMMAND	ACTION
“Relay, cease fire”	Stop firing immediately, put the safety catch in the ON position and lay the rifle down.
“Relay, resume fire”	Put the safety in the OFF position and continue the practice.
“Relay, unload and prepare for inspection”	Pick up the rifle; Remove the five (5) pellet clip if used; Pump the rifle (hold for three seconds and close); Move the bolt forward; Place the safety catch in the OFF position; Aim rifle at target; Pull the trigger; Open the bolt; Place 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; and Remove your hearing (if applicable) and eye protection.
“Relay, stand up”	Stand up and leave the equipment on the ground.
“Change targets”	Move forward, walk down the lane to remove old targets and replace them with new ones. Return to the firing point.
“Change relays”	Cadets who have just fired pick up their personal equipment and move off the firing point. The new relay covers off behind the firing point.



Cadets will IMITATE the demonstration provided by the instructor for each step within the process. The instructor(s) will SUPERVISE the cadets during this imitation.



The information in this TP is amplified in Attachment A to this IG, and should be reviewed prior to any cadet participating in a marksmanship practice.

CONFIRMATION OF TEACHING POINT 2

Confirmation of this TP shall be accomplished through observation during the above imitation and supervision phases.

Unofficial convenience copy of A-CR-CCP-801/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-801-PF-001/A-CR-CCP-801-PF-001.pdf.
Verify against the official publication.

END OF LESSON CONFIRMATION

QUESTIONS:

Q1. When is horseplay allowed on the range?

Q2. The contents of the Range Standing Orders shall be read to whom?

Q3. What direction must rifles be pointed while on the range?

ANTICIPATED ANSWERS:

A1. Never, it is forbidden.

A2. Everyone.

A3. Down range at all times.

CONCLUSION

HOMEWORK/READING/PRACTICE

Review the handout Range Commands Cadets Must Follow prior to all future marksmanship activities.

METHOD OF EVALUATION

Assessment of this EO will occur during EO M106.05 (Participate in Marksmanship Familiarization Using the Cadet Air Rifle), where cadets are required to successfully complete the Cadet Air Rifle Handling Test prior to firing.

CLOSING STATEMENT

Firearms safety is the number one priority on and off the range, so everyone must do their part to prevent accidents. In marksmanship, the majority of incidents are caused by either ignorance of proper rifle operating procedures, or by mishandling.

INSTRUCTOR NOTES/REMARKS

Instructors are encouraged to familiarize themselves with the video A-CR-CCP-177/PV-002, *Air Rifle Marksmanship*.

REFERENCES

A0-027 A-CR-CCP-177/PT-001 DCdts 3. (2001). *Canadian cadet movement: Cadet marksmanship programme reference manual*. Ottawa, ON: Department of National Defence.

Unofficial convenience copy of A-CR-CCP-801/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-801-PF-001/A-CR-CCP-801-PF-001.pdf.
Verify against the official publication.

RANGE COMMANDS CADETS MUST FOLLOW:

COMMAND	ACTION
"Cover off your firing point"	Stand up, move behind the firing point and await 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 (if applicable) and eye protection.
Type of firing	This command includes information about the range and type of firing. i.e., Relay #__, ten (10) metres, five (5) rounds, Grouping, On Your Own Time...
"Relay, load, commence firing"	Pick up the rifle with the left hand; Ensure the safety catch is in the ON position; Pump the rifle, pausing for three seconds with the pump handle fully extended; Bring the pump handle back to the closed position; Load the pellet; Close the bolt; Place the safety catch in the OFF position; Aim the rifle at the target. Squeeze the trigger; Open the bolt, pump the rifle, re-load, aim, and fire; Repeat the last step until firing is complete; Upon completion, place the safety catch in the ON position, open the bolt, and partially open the pump lever; and Lay down the rifle.
MAY BE GIVEN	
"Relay, cease fire"	Stop firing immediately, put the safety catch in the ON position and lay the rifle down.
"Relay, resume fire"	Put the safety in the OFF position and continue the practice.

Unofficial convenience copy of A-CR-CCP-801/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-801-PF-001/A-CR-CCP-801-PF-001.pdf.
Verify against the official publication.

COMMAND	ACTION
"Relay, unload and prepare for inspection"	Pick up the rifle; Remove the five (5) pellet clip if used; Pump the rifle (hold for three seconds and close); Move the bolt forward; Place the safety catch in the OFF position; Aim rifle at target; Pull the trigger; Open the bolt; Place 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; and Remove your hearing (if applicable) and eye protection.
"Relay, stand up"	Stand up and leave the equipment on the ground.
"Change targets"	Move forward, walk down the lane to remove old targets and replace them with new ones. Return to the firing point.
"Change relays"	Cadets who have just fired pick up their personal equipment and move off the firing point. The new relay covers off behind the firing point.

Unofficial convenience copy of A-CR-CCP-801/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-801-PF-001/A-CR-CCP-801-PF-001.pdf.
Verify against the official publication.