COMMON TRAINING

INSTRUCTIONAL GUIDE

SECTION 3

EO C211.03 – FIRE THE CADET AIR RIFLE USING A SLING FOLLOWING PHYSICAL ACTIVITY

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-702/PG-001, 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.

Construct a range IAW A-CR-CCP-177/PT-001.

PRE-LESSON ASSIGNMENT

N/A.

APPROACH

An interactive lecture was chosen for TP1 to review holding techniques using the cadet air rifle sling.

A practical activity was chosen for TP2 to TP4 as it is an interactive way to allow the cadets to experience firing the cadet air rifle using the cadet air rifle sling following physical activity.

INTRODUCTION

REVIEW

Review EO C111.03 (Fire the Cadet Air Rifle Following Physical Activity).

OBJECTIVES

By the end of this lesson the cadet shall be expected to demonstrate summer biathlon marksmanship skills using the cadet air rifle.

IMPORTANCE

It is important for cadets to be able to adjust the sling on the cadet air rifle and aim while in the prone position because these skills will be useful during summer biathlon activities.

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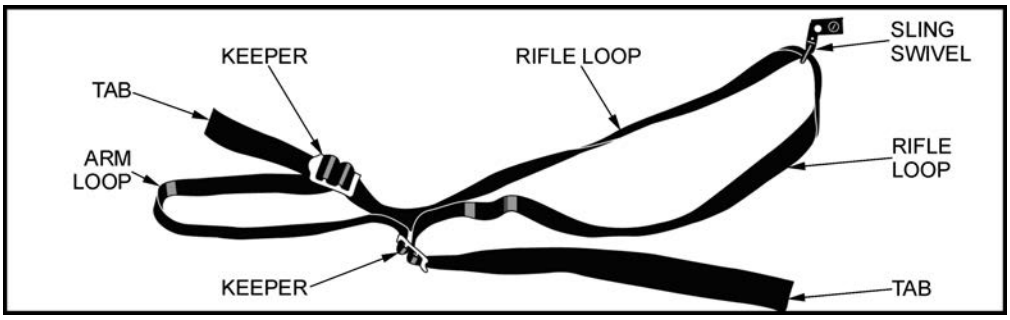
Teaching point 1 **Review Holding Techniques Using the Cadet Air Rifle Sling**

Time: 5 min Method: Interactive Lecture

The cadet air rifle sling helps the cadet maintain a comfortable and stable position, improving the ability to hold the cadet air rifle. It also allows the right hand to be free to load the air rifle while the rifle remains in position.

ASSEMBLING THE SLING



A-CR-CCP-121/PT-001 (p. 6-17)

Figure 1 Cadet Air Rifle Sling

The cadet air rifle sling is assembled in the following sequence:

1. Hold the sling parallel to the ground with the short section in the left hand, ensuring the rounded tip of the keeper is pointing to the left.

2. Take the tab of the short section, loop it through the middle slot of the keeper and then back down through the front slot nearest to the rounded tip. The short section will now form a loop.

3. Turn the sling over and slide the sling swivel onto the long section. Ensure the sling swivel hangs downwards, as it will later attach to the rifle.

4. Loop the tab of the long section up through the middle slot of the keeper and then back through the rear slot of the keeper.



An assistant instructor can be used to demonstrate as the instructor explains wearing, adjusting and attaching the cadet air rifle sling.

POSITIONING THE SLING ON THE ARM

The sling arm loop should be positioned on the upper part of the arm, above the bicep muscle near the shoulder. The sling can be held in place by the rubber pad on a shooting jacket. When a shooting jacket is not worn, the sling can be kept in place using a safety pin. This will prevent the sling from slipping down the arm while in the prone position.

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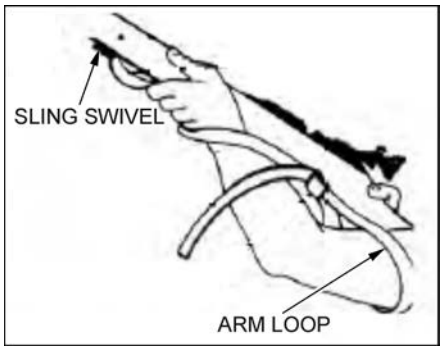
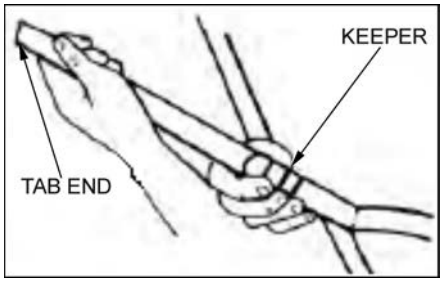


Daisy Outdoor Products, Operational Manual – AVANTI Legend EX Model 853C, Daisy Outdoor Products (p. 7)

Figure 2 Positioning Sling

ADJUSTING THE ARM LOOP

To adjust the arm loop, pull the tab away from the keeper. If the sling is too loose, it will not fully support the cadet air rifle and it will have to be kept in place using the muscles. If the sling is too tight, it will restrict blood flow to the arm and can cause discomfort, numbness, or a more pronounced feel of the body's pulse. Therefore, the sling must be comfortable without pinching the arm, while providing maximum support of the cadet air rifle.



Daisy Outdoor Products, Operational Manual – AVANTI Legend EX Model 853C, Daisy Outdoor Products (p. 8)

Figure 3 Adjusting Arm Loop

ATTACHING THE SLING TO THE CADET AIR RIFLE

To attach the sling to the cadet air rifle:

- open the keeper on the sling swivel by pressing on the screw;
- insert the swivel pin into the hole of the sling swivel on the fore end of the rifle; and
- screw the keeper over the pin to lock the swivel in place.

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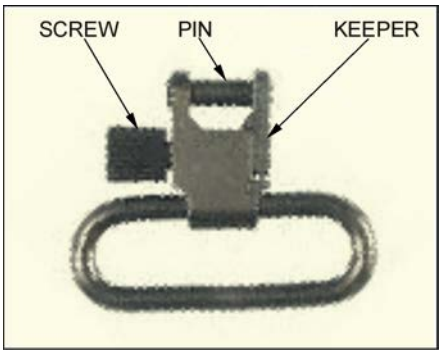
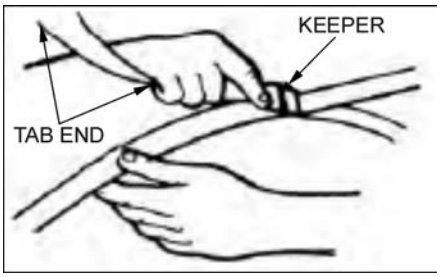


D Cdts 3, 2007, Ottawa, ON: Department of National Defence

Figure 4 Sling Swivel

ADJUSTING THE RIFLE LOOP

To adjust the rifle loop, pull the tab away from the keeper. The tension of the sling should allow the forearm to be in its proper position. If the sling is too loose, it will not provide maximum support of the cadet air rifle. If the sling is too tight, it could cause discomfort and affect the cadet's position.



Daisy Outdoor Products, Operational Manual – AVANTI Legend EX Model 853C, Daisy Outdoor Products (p. 8)

Figure 5 Adjusting Rifle Loop

CONFIRMATION OF TEACHING POINT 1

QUESTIONS

Q1. What is the purpose of the cadet air rifle sling?

Q2. Where should the cadet air rifle sling be positioned on the arm?

Q3. Why is it important to not over tighten the sling on your arm?

ANTICIPATED ANSWERS

A1. The cadet air rifle sling helps the cadet maintain a comfortable and stable position, improving the ability to hold the cadet air rifle.

A2. The sling arm loop should be positioned on the upper part of the arm, above the bicep muscle near the shoulder.

A3. If the sling is too tight, it will restrict blood flow to the arm and can cause discomfort, numbness, or a more pronounced feel of the body's pulse.

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Verify against the official publication.

Teaching point 2 **Conduct a Warm-up Session Composed of Light Cardiovascular Exercises**

Time: 5 min Method: Practical Activity



The following information will be explained to the cadets during the warm-up activity.

PURPOSE OF A WARM-UP

A warm-up is composed of stretches and light cardiovascular exercises designed to:

- stretch the muscles;
- gradually increase respiratory action and heart rate;
- expand the muscles' capillaries to accommodate the increase in blood circulation which occurs during physical activity; and
- raise the muscle temperature to facilitate reactions in muscle tissue.

GUIDELINES FOR STRETCHING

The following guidelines should be followed while stretching to prepare for physical activity and to help prevent injury:

- Stretch all major muscle groups, including the back, chest, legs, and shoulders.
- Never bounce while stretching.
- Hold each stretch for 10 to 30 seconds to let the muscles release fully.
- Repeat each stretch two to three times.
- When holding a stretch, support the limb at the joint.
- Static stretching, which is stretching a muscle and holding it in position without discomfort for 10 to 30 seconds, is considered the safest method.
- Stretching helps to relax the muscles and improve flexibility, which is the range of motion in the joints.
- As a guide, allow 10 minutes to warm-up for every hour of physical activity.



The stretches chosen should focus on the areas of the body that will be used the most during the activity.

ACTIVITY

OBJECTIVE

The objective of this warm-up activity is to stretch the muscles and perform light cardiovascular exercises to prepare the body for physical activity and to help prevent injuries.

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Verify against the official publication.

RESOURCES

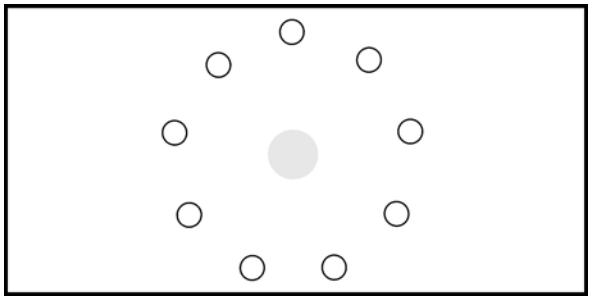
N/A.

ACTIVITY LAYOUT

N/A.

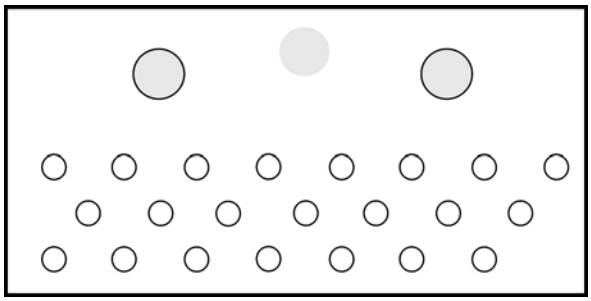
ACTIVITY INSTRUCTIONS

- Arrange the cadets in either a warm-up circle or in rows (as illustrated in Figures 6 and 7).



D Cdts 3, 2006, Ottawa, ON: Department of National Defence

Figure 6 Instructor in the Centre of a Warm-up Circle



D Cdts 3, 2006, Ottawa, ON: Department of National Defence

Figure 7 Instructor at the Front With Two Assistant Instructors

- Demonstrate before having the cadets attempt each stretch/light cardiovascular exercise.
- Assistant instructors can help demonstrate the exercises and ensure the cadets are performing them correctly.
- Have cadets perform each stretch/light cardiovascular exercise.



Light cardiovascular activities should be done to warm-up the muscles prior to stretching to avoid injury to or tearing of the muscles. For example, running on the spot for 30 seconds or performing jumping jacks should be performed prior to conducting the stretching activities located at Annex A.

SAFETY

- Ensure there are at least two arm lengths between the cadets so they can move freely.
- Ensure the cadets perform the stretches and light cardiovascular exercises in a safe manner, following the guidelines for stretching listed in this TP.

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CONFIRMATION OF TEACHING POINT 2

The cadets' participation in the warm-up will serve as the confirmation of this TP.

Teaching point 3 — **Conduct an Activity Where Cadets Will Fire the Cadet Air Rifle Using a Sling Following Physical Activity**

Time: 10 min — Method: Practical Activity

ACTIVITY

OBJECTIVE

The objective of this activity is to fire the cadet air rifle using the cadet air rifle sling following physical activity.

RESOURCES

- Cadet air rifle (one per firing lane).
- Cadet air rifle sling (one per firing lane).
- Shooting mats (two per firing lane).
- BART and target frame (one per firing lane).
- Safety glasses/goggles.



If resources are available, the number of firing lanes may be increased.

ACTIVITY LAYOUT

Construct a range IAW A-CR-CCP-177/PT-001.

ACTIVITY INSTRUCTIONS

1. The cadets' heart rate should be elevated from participating in the warm-up activity in TP2.

2. Have the cadets approach the firing point and prepare to fire using the techniques outlined in EO C111.04 (Fire the Cadet Air Rifle Following Physical Activity).

3. Have the cadets adopt the prone position, attach the cadet air rifle sling, and simulate firing at the BART.

4. Repeat steps one to three for each relay until all cadets have participated.

SAFETY

Range activities will be conducted IAW A-CR-CCP-177/PT-001.

CONFIRMATION OF TEACHING POINT 3

The cadets' participation in the activity will serve as the confirmation of this TP.

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Teaching point 4 **Conduct a Cool-down Session Composed of Light Cardiovascular Exercises**

Time: 5 min Method: Practical Activity



The following information will be explained to the cadets during the cool-down activity.

PURPOSE OF A COOL-DOWN

A cool-down is composed of stretches and light cardiovascular exercises designed to:

- allow the body time to slowly recover from physical activity and to help prevent injury;
- prepare the respiratory system to return to its normal state; and
- stretch the muscles to help relax and restore them to their resting length.



The stretches chosen should focus on the areas of the body that were used the most during the activity.

ACTIVITY

OBJECTIVE

The objective of the cool-down is to stretch the muscles and perform light cardiovascular exercises that allow the body time to recover from physical activity, and to prevent injury.

RESOURCES

N/A.

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

- Arrange the cadets in either a warm-up circle or in rows (as illustrated in Figures 6 and 7).
- Demonstrate before having the cadets attempt each stretch/light cardiovascular exercise.
- Assistant instructors can help demonstrate the movements and ensure the cadets are performing them correctly.
- Have cadets perform each stretch/light cardiovascular exercise.

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SAFETY

- Ensure there are at least two arm lengths between the cadets so they can move freely.
- Ensure the cadets perform the stretches and light cardiovascular exercises in a safe manner, following the guidelines for stretching listed in TP2.

CONFIRMATION OF TEACHING POINT 4

The cadets' participation in the cool-down will serve as the confirmation of this TP.

END OF LESSON CONFIRMATION

The cadets' participation in the activity in TP3 will serve as the confirmation of this lesson.

CONCLUSION

HOMEWORK/READING/PRACTICE

N/A.

METHOD OF EVALUATION

N/A.

CLOSING STATEMENT

Being able to fire the cadet air rifle using the cadet air rifle sling following physical activity will be useful when participating in summer biathlon activities.

INSTRUCTOR NOTES/REMARKS

N/A.

REFERENCES

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C0-057 Martha Jefferson Hospital. (2001). *Warm-ups.* Retrieved 26 October 2006, from http://www.marthajefferson.org/warmup.php.

C0-058 Webb Physiotherapists Inc. (ND). *Running Exercises.* Retrieved 26 October 2006, from http://www.physionline.co.za/conditions/article.asp?id=46.

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C0-061 City of Saskatoon, Community Services Department. (2006). *Stretch Your Limits: A Smart Guide To Stretching for Fitness.* Retrieved 26 October 2006, from http://www.in-motion.ca/walkingworkout/plan/flexibility/.

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C0-089 (ISBN 0-936070-22-6) Anderson, B. (2000). *Stretching: 20th Anniversary* (Rev. ed.). Bolinas, CA: Shelter Publications, Inc.

C0-154 Hansen, B. (1999). *Moving on the Spot: Fun and Physical Activity: A Collection of 5-Minute Stretch and Movement Sessions.* Retrieved 26 October 2006, from http://lin.ca/resource/html/dn3.htm#I1.

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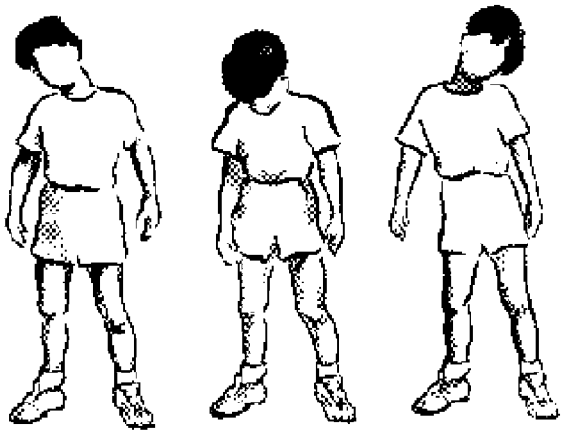
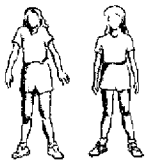
SAMPLE STRETCHES

NECK

 *Moving on the Spot: A Collection of 5-Minute Stretch and Movement Sessions, by B. Hanson, 1999, Toronto, Ontario: Toronto Public Health. Retrieved 26 October 2006, from http://www.lin.ca/resource/html/dn3.htm#l1* Figure A-1 Neck Stretch	Slowly roll your head across your chest from shoulder to shoulder. Do not roll your head backwards.

SHOULDERS

 *Moving on the Spot: A Collection of 5-Minute Stretch and Movement Sessions, by B. Hanson, 1999, Toronto, Ontario: Toronto Public Health. Retrieved 26 October 2006, from http://www.lin.ca/resource/html/dn3.htm#l1* Figure A-2 Shoulder Push	Stand and extend your arms behind you, interlocking your fingers. Push up and back with your shoulders. Hold this position for a minimum of 10 seconds.
 *Moving on the Spot: A Collection of 5-Minute Stretch and Movement Sessions, by B. Hanson, 1999, Toronto, Ontario: Toronto Public Health. Retrieved 26 October 2006, from http://www.lin.ca/resource/html/dn3.htm#l1* Figure A-3 Shoulder Shrug	Stand and raise your shoulders as high as possible and then lower your shoulders, stretching your neck up. Pull your shoulders back as far as possible and then round your shoulders forward by pushing your shoulders forward as far as possible. Hold each position for a minimum of 10 seconds.

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 *Warm Ups, by Martha Jefferson Hospital, Copyright 2001 by Martha Jefferson Hospital. Retrieved 26 October 2006, from http://www.marthajefferson.org/warmup.php* Figure A-4 Arm Circles	Hold your arms straight out, palms up. Make small circles with your arms, gradually increasing the size. Reverse the direction of your circles.
 *Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from http://www.in-motion.ca/walkingworkout/plan/flexibility/* Figure A-5 Shoulder Stretch	Either standing or sitting, take your right arm in your left hand and bring it across your chest, supporting the joint by holding it behind the elbow. Pull the elbow lightly towards your chest. You should feel the stretch in your right shoulder. Hold this position for a minimum of 10 seconds and repeat on the opposite side.

ARMS

 *Exercises. Copyright 1998 by Impacto Protective Products Inc. Retrieved 26 October 2006, from http://www.2protect.com/home.htm* Figure A-6 Wrist Rotations	Rotate your hands in circular motions at the wrist. Change direction and repeat on both sides.
 *Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from http://www.in-motion.ca/walkingworkout/plan/flexibility/* Figure A-7 Triceps Stretch	Stand and bring your right arm over your head, bent at the elbow. Use your left hand to gently pull your arm down. Hold this position for a minimum of 10 seconds and repeat on the opposite side.

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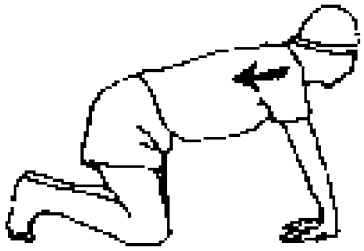
Verify against the official publication.

 *Exercise Programme for Squash, Tennis, Softball, Handball. Retrieved 26 October 2006, from http:// www.physionline.co.za/conditions/article.asp?id=49* Figure A-8 Forearm Stretch	In a kneeling position, place your hands on the floor in front of you with your fingers pointing toward your knees, and your thumbs pointing out. Keeping your hands flat on the floor, lean back. Hold this position for a minimum of 10 seconds.

CHEST AND ABDOMINALS

 *Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from http://www.in-motion.ca/walkingworkout/plan/flexibility/* Figure A-9 Chest Stretch	Stand facing a wall. With your right arm bent and your elbow at shoulder height, place your palm against the wall. Turn your body away from your right arm. You should feel the stretch on the front side of your armpit and across the front of you chest. Hold this position for a minimum of 10 seconds and repeat on the opposite side.
 *Moving on the Spot: A Collection of 5-Minute Stretch and Movement Sessions, by B. Hanson, 1999, Toronto, Ontario: Toronto Public Health. Retrieved 26 October 2006, from http://www.lin.ca/resource/html/dn3.htm#I1* Figure A-10 Side Stretch	Stand with your left arm up over your head. Bend at the waist towards the right side of your body. Hold this position for a minimum of 10 seconds and repeat on the opposite side.

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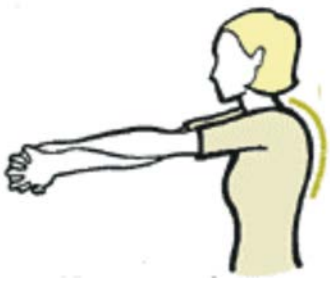
BACK

 *Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from http://www.in-motion.ca/walkingworkout/plan/flexibility/* Figure A-11 Lower Back Stretch	Lie on your back and bring your knees toward your chest. Grasp the back of your knees. Hold this position for a minimum of 10 seconds.
 *Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from http://www.in-motion.ca/walkingworkout/plan/flexibility/* Figure A-12 Upper Back Stretch	Extend your arms straight in front of you at shoulder height crossing one arm over the other. With the palms facing each other, intertwine your fingers and press out through your arms. Let your chin fall to your chest as you exhale. You should feel the stretch in the upper back. Hold this position for a minimum of 10 seconds and repeat on the opposite side.

LEGS

 *Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from http://www.in-motion.ca/walkingworkout/plan/flexibility/* Figure A-13 Hamstring Stretch	Lie flat on the floor with your knees bent and your back flat on the floor. Slowly raise and straighten one leg, grasping it behind your thigh with both hands. Hold this position for a minimum of 10 seconds.

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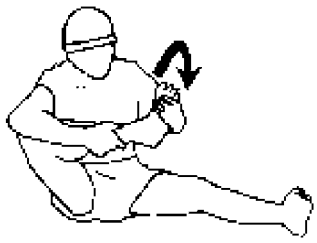
 *Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from http://www.in-motion.ca/walkingworkout/plan/flexibility/* Figure A-14 Inner Thigh Stretch	Sit on the floor with your knees bent and the soles of your feet together. Grab your toes and pull yourself forward while keeping your back and neck straight. Hold this position for a minimum of 10 seconds. Grab your ankles and push your knees down toward the floor with your elbows. Hold this position for a minimum of 10 seconds.
 *Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from http://www.in-motion.ca/walkingworkout/plan/flexibility/* Figure A-15 Hip Flexor	Kneel on your right knee. Position your left foot in front of you, bending your knee and placing your left hand on that leg for stability. Keep your back straight and abdominal muscles tight. Lean forward, shifting more body weight onto your front leg. You should feel the stretch in the front of your hip and the thigh of the leg you are kneeling on. Cushion your kneecap with a folded towel if necessary. Hold this position for a minimum of 10 seconds and repeat on the opposite side.
 *Running Exercises. Retrieved 26 October 2006, http:// www.physionline.co.za/conditions/article.asp?id=46* Figure A-16 Ankle Rotations	From a sitting position, rotate your foot in a clockwise, and then a counterclockwise, direction. Switch and repeat on the opposite side.

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 *Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from http://www.in-motion.ca/walkingworkout/plan/flexibility/* Figure A-17 Calf Stretch	Stand three steps away from and facing a wall. Step in towards the wall with your right leg, bending your right knee and keeping your left leg straight. Extending your arms with your palms forward, reach out to the wall and let your body fall toward the wall. Keep your toes forward and your heels down. Lean your body into the wall with your left leg straight behind your body. You should feel the stretch in your left calf. Hold this position for a minimum of 10 seconds and repeat on the opposite side.
 *Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from http://www.in-motion.ca/walkingworkout/plan/flexibility/* Figure A-18 Quadriceps Stretch	Stand with your hand against a wall for balance. Lift your left foot off the ground, bending your knee as if you are trying to kick your bottom with your heel. Do not lean forward at the hips. Grab and hold your ankle with your left hand. You should feel the stretch in your left thigh. Hold this position for a minimum of 10 seconds and repeat on the opposite side.

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