EO MX20.03 – FIRE THE C7 RIFLE

1. **Performance:** Fire the C7 Rifle

2. **Conditions:**

   a. Given:

      (1) C7 rifle,

      (2) 25 rounds of 5.56-mm ammunition,

      (3) Magazines,

      (4) Marksmanship target,

      (5) Target frame,

      (6) 5.56-mm dummy rounds,

      (7) Hearing protectors,

      (8) Marksmanship mat,

      (9) Cleaning kit,

      (10) Supervision, and

      (11) Assistance as required.

   b. Denied: Nil.

   c. Environmental: Small arms range, during daylight hours, in favourable weather conditions.

3. **Standard:** The cadet shall fire, at a range of 100 m, 25 rounds using the C7 rifle.

4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain safety rules and regulations pertaining to the C7 rifle, to include: a. always completing a safety check when picking up or being handed a rifle; b. always controlling the rifle when holding it; c. always treating the rifle as if it were loaded; d. always having the fire control selector to 'S' (safe) when the rifle is cocked; and e. never touching the trigger unless firing on a range.	Interactive Lecture	5 min	para 7. (pp. 28–30)
TP2	Identify the following parts of the C7 rifle: a. upper receiver group, to include: 1. upper receiver, to include: (a) carrying handle, (b) ejection port,	Interactive Lecture	10 min	para 7. (p. 19, pp. 27–28)

Unofficial convenience copy of A-CR-CCP-701/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-701-PG-001/A-CR-CCP-701-PG-001.pdf.
Verify against the official publication.

TP	Description	Method	Time	Refs
	(c) ejection port cover, (d) spent casing deflector, (e) forward assist, and (f) front and rear sights; 2. barrel, to include: (a) flash suppressor, and (b) hand guards; 3. bolt and cocking handle; and b. lower receiver group, to include: 1. lower receiver, to include: (a) trigger, (b) trigger guard, (c) pistol grip, (d) fire control selector, (e) bolt catch, (f) magazine, and (g) magazine release; and 2. butt and butt plate.			
TP3	Explain the following characteristics of the C7 rifle: a. calibre, b. weight, c. length, d. modes of fire, e. operation, f. effective range, g. sights, and h. magazine capacity.	Interactive Lecture	5 min	para 7. (p. 20, p. 27)
TP4	Explain, demonstrate and have the cadet practice completing an individual safety check by: a. adopting the standing load position; b. pulling the cocking handle to the rear; c. engaging the bolt catch; d. tilting the rifle; e. inspecting the chamber; f. ensuring the rifle is clear; g. pulling the cocking handle fully to the rear; h. allowing the action to go forward under control; i. striking the forward assist;	Demonstration and Performance	15 min	para 7. (pp. 28–29)

Unofficial convenience copy of A-CR-CCP-701/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-701-PG-001/A-CR-CCP-701-PG-001.pdf.
Verify against the official publication.

TP	Description	Method	Time	Refs
	j. firing the rifle; k. closing the ejection port cover; and l. laying down the rifle with the ejection port cover facing up.			
TP5	Have the cadet practice holding the C7 rifle in the prone position by: a. adopting the prone position; b. picking up the rifle; c. placing the butt of the rifle into the right (left) shoulder; d. placing the left (right) hand on the hand guard; e. holding the pistol grip with the right (left) hand; f. placing the right (left) cheek naturally on the butt; and g. looking through the front and rear sights with the aiming eye.	Performance	5 min	para 7. (pp. 59–60)
TP6	Explain and demonstrate aiming the C7 rifle by looking through the front and rear sights.	Demonstration	5 min	para 7. (p. 61)
TP7	Explain, demonstrate and have the cadet practice the following actions when given the command LOAD: a. Pick up a magazine. b. Check to see if the rounds are positioned correctly. c. Push the magazine firmly into the magazine housing. d. Check that the magazine is secure by pulling downwards. e. Return the hand to hold the rifle. Note: The cadets must be briefed on how to differentiate between live and dummy rounds.	Demonstration and Performance	10 min	para 7. (pp. 52–53)
TP8	Explain, demonstrate and have the cadet practice the following actions when given the command READY or RANGE: a. Check the front and rear sights to ensure they are set correctly. b. Cock the rifle. c. Strike the forward assist. d. Close the ejection port cover. e. Ensure the fire control selector is on 'S' (safe). f. Return the hand to hold the rifle.	Demonstration and Performance	5 min	para 7. (p. 53)

Unofficial convenience copy of A-CR-CCP-701/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-701-PG-001/A-CR-CCP-701-PG-001.pdf.
Verify against the official publication.

TP	Description	Method	Time	Refs
TP9	Explain, demonstrate and have the cadet practice the following actions when given the command FIRE: a. Set the fire control selector to 'R' (repetition). b. Fire all rounds in the magazine. c. Change magazines as required.	Demonstration and Performance	5 min	para 7. (p. 53)
TP10	Explain, demonstrate and have the cadet practice the following actions when given the command UNLOAD: a. Set the fire control selector to 'S' (safe). b. Remove the magazine. c. Cock the rifle twice. d. Pull the cocking handle to the rear. e. Engage the bolt catch. f. Tilt the rifle to the left. g. Wait to be cleared by the Range Safety Officer (RSO). h. Receive the command CLEAR from the RSO. i. Disengage the bolt catch. j. Strike the forward assist. k. Set the fire control selector to 'R' (repetition). l. Fire the rifle. m. Close the ejection port cover. n. Lay down the rifle.	Demonstration and Performance	10 min	para 7. (p. 53)
TP11	Explain, demonstrate and have the cadet practice the following actions when given the command CEASE FIRE: a. Set the fire control selector to 'S' (safe). b. Wait for further command.	Demonstration and Performance	5 min	para 7. (p. 70)
TP12	Explain, demonstrate and have the cadet practice the following immediate actions: a. When the bolt is at the rear: 1. check for an empty magazine and change as required; 2. disengage the bolt catch; 3. strike the forward assist; and 4. continue firing. b. When the bolt is fully forward: 1. ensure the magazine is seated properly and locked in place;	Demonstration and Performance	15 min	para 7. (pp. 88–89)

Unofficial convenience copy of A-CR-CCP-701/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-701-PG-001/A-CR-CCP-701-PG-001.pdf.
Verify against the official publication.

TP	Description	Method	Time	Refs
	2. cock the rifle while watching for a round or empty casing to eject; 3. where a round ejects: (a) strike the forward assist; and (b) continue firing; and 4. where a round does not eject: (a) attempt to continue firing; and (b) if required, request assistance. c. When the bolt is partially forward: 1. cock the rifle; 2. engage the bolt catch; 3. examine the chamber of the rifle; 4. remove the magazine if a live round or empty casing is in the chamber; 5. clear the obstruction; 6. replace the magazine; 7. disengage the bolt catch; 8. strike the forward assist; and 9. continue firing.			
TP13	Have the cadet participate in a mock range activity, to include: a. performing firing drills; and b. executing range commands. **Note:** The handling test will be started during this TP. Where extra time is required, the handling test may also be completed during TP 17.	Practical Activity	30 min	

Unofficial convenience copy of A-CR-CCP-701/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-701-PG-001/A-CR-CCP-701-PG-001.pdf.
Verify against the official publication.

TP	Description	Method	Time	Refs
TP14	Explain and demonstrate field stripping the C7 rifle by: a. carrying out an individual safety check (without operating the trigger); b. ensuring the fire control selector is set to 'S' (safe); c. unlocking the upper receiver by pushing / pulling the takedown pin; d. pulling the cocking handle partially to the rear; e. removing the bolt; f. pushing the cocking handle fully forward; g. laying down the rifle; h. removing the bolt from the bolt carrier; and i. laying down the bolt and bolt carrier. **Note:** The cadet will field strip the rifle prior to cleaning it in TP 17.	Demonstration	5 min	para 7. (p. 37)
TP15	Explain and demonstrate cleaning the C7 rifle after a range practice, to include: a. chamber, b. flash suppressor, c. barrel, d. bolt and carrier, e. upper receiver, f. lower receiver, and g. butt and hand guards. **Note:** The cadet will clean the C7 after firing in TP 17.	Demonstration	5 min	para 7. (pp. 40–43)
TP16	Explain and demonstrate assembling the C7 rifle by: a. replacing the bolt in the bolt carrier; b. pulling the cocking handle partially to the rear; c. placing the bolt in the rifle; d. pushing the cocking handle fully forward; e. ensuring the fire control selector is set to 'S' (safe); f. locking the upper receiver with the takedown pin; and g. completing the function test by: 1. cocking the rifle; 2. attempting to fire with the fire control selector at 'S' (safe);	Demonstration	5 min	para 7. (p. 38)

Unofficial convenience copy of A-CR-CCP-701/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-701-PG-001/A-CR-CCP-701-PG-001.pdf.
Verify against the official publication.

TP	Description	Method	Time	Refs
	3. setting the fire control selector to 'R' (repetition); 4. firing the action; 5. cocking the action while holding in on the trigger; 6. releasing the trigger (after hearing the hammer fall); 7. firing the action; 8. setting the fire control selector to 'AUTO' (automatic); 9. firing the action; 10. cocking the action while holding in on the trigger; 11. releasing the trigger (after hearing the hammer fall); 12. returning the fire control selector to 'R' (repetition); and 13. closing the ejection port cover. **Note:** The cadet will assemble the C7 rifle after cleaning it in TP 17.			
TP17	Have the cadet fire 25 rounds with the C7 rifle.	Practical Activity	130 min	

5. **Time**:320 min (Both mandatory sessions [6 periods] and at least three complementary sessions [9 periods] will be required to complete this training).

6. **Substantiation**:

   a. An interactive lecture was chosen for TPs 1–3 to present background information and give direction on procedures.

   b. A demonstration and performance was chosen for TPs 4 and 7–12 as it allows the instructor to explain and demonstrate how to complete a safety check and the actions in response to range commands while providing an opportunity for the cadet to practice under supervision.

   c. A performance was chosen for TP 5 as it allows the cadet to practice handling the C7 rifle in a controlled environment.

   d. A demonstration was chosen for TPs 6 and 14–16 as it allows the instructor to explain and demonstrate aiming a C7 rifle as well as the procedures required for stripping, cleaning and assembling the C7 rifle.

   e. A practical activity was chosen for TPs 13 and 17 as it is an interactive way for the cadet to practice and experience range procedures and develop marksmanship skills and knowledge in a safe and controlled environment.

Unofficial convenience copy of A-CR-CCP-701/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-701-PG-001/A-CR-CCP-701-PG-001.pdf.
Verify against the official publication.

7. **References**: B-GL-317-018/PT-001 Canadian Forces. (1987). *Weapons: The rifle 5.56 mm C7 and the carbine 5.56 mm C8* (Vol. 18). Ottawa, ON: Department of National Defence.

8. **Training Aids**:

   a. Presentation aids (eg, whiteboard / flip chart / OHP / multimedia projector) appropriate for the classroom / training area,

   b. C7 rifle,

   c. 5.56-mm ammunition,

   d. Magazines,

   e. Marksmanship target,

   f. Target frame,

   g. 5.56-mm dummy rounds,

   h. Hearing protectors,

   i. Marksmanship mats,

   j. First aid kit,

   k. Stretcher,

   l. Cell phone / radio,

   m. Folding tables,

   n. Empty sandbags,

   o. Green and red flags,

   p. Target patches,

   q. Range standing orders,

   r. Cleaning kits,

   s. C7 rifle handling test, and

   t. Pen / pencil.

9. **Learning Aids**:

   a. C7 rifle,

   b. 5.56-mm ammunition,

   c. Magazines,

   d. Marksmanship target,

   e. Target frame,

   f. 5.56-mm dummy rounds,

   g. Hearing protectors,

   h. Marksmanship mat,

Unofficial convenience copy of A-CR-CCP-701/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-701-PG-001/A-CR-CCP-701-PG-001.pdf.
Verify against the official publication.

i. Cleaning kit, and

j. C7 rifle handling test.

10. **Test Details:** Nil.

11. **Remarks:**

a. Each cadet must successfully complete a C7 Rifle Handling Test prior to firing the rifle on a small arms range.

b. The cleaning kit contains the following:

(1) a case,

(2) a four-piece rod,

(3) a swab holder,

(4) a bore brush,

(5) a chamber brush,

(6) a bolt key brush,

(7) a container of cleaner, lubricant, preservative (CLP),

(8) pipe cleaners, and

(9) swabs (38 mm by 50 mm).

c. All familiarization firing must be led by a Large Bore Range Safety Officer (RSO [LB]). Consult and adhere to the policies outlined in CATO 14-41, *Authorized Rifle Training*.

d. The firing shall be familiarization and shall include an inspection of targets at least once throughout the 25 rounds to allow the cadets to make adjustments if inclined to do so.

e. Assistant instructors are required for this lesson.

f. Where butts are being used, time shall be spent instructing the cadets on their operation and the following equipment is required:

(1) helmets,

(2) pointers, and

(3) communication devices.

g. Additional complementary training time may be allotted to this EO to allow for more time during the activity.

Unofficial convenience copy of A-CR-CCP-701/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-701-PG-001/A-CR-CCP-701-PG-001.pdf.
Verify against the official publication.

THIS PAGE INTENTIONALLY LEFT BLANK

Unofficial convenience copy of A-CR-CCP-701/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-701-PG-001/A-CR-CCP-701-PG-001.pdf.
Verify against the official publication.