COMMON TRAINING

INSTRUCTIONAL GUIDE

SECTION 1

EO M206.01 – PARTICIPATE IN A RECREATIONAL MARKSMANSHIP ACTIVITY

Total Time: 90 min

PREPARATION

PRE-LESSON INSTRUCTIONS

Resources needed for the delivery of this lesson are listed in the lesson specification located in A-CR-CCP-602/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, unit range standing orders, and become familiar with the material, prior to delivering the lesson. Photocopies of the targets found in the Annexes may be required depending on the activities chosen.

Construct a range IAW A-CR-CCP-177/PT-001, *Canadian Cadet Movement: Cadet Marksmanship Program Reference Manual*.

PRE-LESSON ASSIGNMENT

N/A.

APPROACH

An interactive lecture was chosen for TP1 to present important information about the marksmanship activity.

A practical activity was chosen for TP2 as it is an interactive way to allow cadets to experience recreational marksmanship in a safe and controlled environment. This activity contributes to the development of marksmanship skills and knowledge in a fun and challenging setting.

INTRODUCTION

REVIEW

The review for this lesson will be from EO M106.02 (Carry Out Safety Precautions on the Cadet Air Rifle).

SUGGESTED QUESTIONS

Q1. Why do we follow safety regulations?

Q2. How would you verify the safety catch is ON?

Q3. What are the four “ACTS” of firearm safety?

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ANTICIPATED ANSWERS

A1. We follow safety regulations to prevent accidents with the cadet air rifle.

A2. When the safety is ON, no red can be seen.

A3. The mnemonic “ACTS” stands for:

- Assume every firearm is loaded.
- Control the muzzle direction at all times.
- Trigger finger must be kept off the trigger and out of the trigger guard.
- See that the firearm is unloaded (prove it safe).

OBJECTIVES

By the end of this lesson, the cadets shall have participated in a recreational marksmanship activity.

IMPORTANCE

It is important for cadets to participate in a recreational marksmanship activity because it allows them to experience marksmanship in a fun, dynamic, and safe setting.

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Teaching point 1 **Conduct a Range Briefing**

Time: 10 min Method: Interactive Lecture



A range briefing is conducted to pass on vital information and answer any questions the cadets may have prior to participating in a marksmanship activity. The range briefing is required to ensure the safe execution of a marksmanship activity.

RANGE BRIEFING

- Explain pertinent sections of the local range standing orders.
- Rules to be observed on all ranges include:
  - proving that rifles are safe prior to being picked up, handed to or received from another person;
  - never pointing rifles at people;
  - inserting safety rods into the barrels of rifles when not in use on the range;
  - never horseplaying on a range;
  - always pointing rifles down range; and
  - following the Range Safety Officer's (RSO) directions and orders at all times.



Review range commands with an explanation and demonstration for each command.

All loading/firing in this TP is to be simulated.

- Review commands used on an air rifle range (as illustrated in Figure 1).

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Command	Action To Be Taken
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 and eye protection.
Type of firing (GRIT)	GRIT is the acronym for: • Group (relay); • Range (distance); • Indication (number of rounds); and • Type (grouping, scored).
Relay, load	1. Pick up and hold the rifle with the dominant hand. 2. Ensure the safety catch is in the “ON” position. 3. Pump the rifle, observing a three second pause. 4. Load a pellet (flat end forward). 5. Close the bolt.
Relay, fire	1. Place the safety catch in the “OFF” position. 2. Aim the rifle at the target. 3. Squeeze the trigger. 4. Open the bolt. 5. Repeat the following sequence for each shot: (a) Pump the rifle, observing a three second pause. (b) Load a pellet (flat end forward). (c) Close the bolt. (d) Aim the rifle at the target. (e) Squeeze the trigger. (f) Open the bolt. 6. Place the safety in the “ON” position. 7. Partially open the pump lever. 8. Lay down the rifle.

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Figure 1 Air Rifle Range Commands

- Describe the layout of the air rifle range.
- Review hand-washing procedures on completion of firing. This is important because each time a person handles pellets, a small trace of lead is left on their hands. To decrease the risk of lead poisoning, it is important that all persons wash their hands thoroughly after handling pellets.

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CONFIRMATION OF TEACHING POINT 1

QUESTIONS

Q1. What are two rules used on the range?

Q2. What is the action for the command “Cover off your firing point”?

Q3. What does the acronym GRIT stand for?

ANTICIPATED ANSWERS

A1. General rules observed on a range:

- Rifles must be proved safe prior to being picked up, handed to or received from another person.
- Never point rifles at people.
- Insert safety rods into the barrels of rifles when not in use on the range.
- Never horseplay on a range.
- Always point rifles down range.
- Obey the Range Safety Officer’s (RSO) directions and orders at all times.

A2. The action for the command “Cover off your firing point: is stand up, move behind the firing point and await further commands.

A3. GRIT stands for:

- Group (relay);
- Range (distance);
- Indication (number of rounds); and
- Type (grouping, scored).

Teaching point 2 **Supervise the Cadets’ Participation in a Recreational Marksmanship Activity**

Time: 70 min Method: Practical Activity

ACTIVITY

OBJECTIVE

The objective of this activity is to provide cadets with the opportunity to participate in a recreational marksmanship activity.

RESOURCES

- Cadet air rifle (one per firing lane).
- Cadet air rifle safety rod (one per firing lane).
- Safety glasses/goggles.

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- Approved air rifle pellets (.177).
- Target frame.
- Pen/pencil.
- Shooting mat.
- Flags (red and green).



Additional resources required for specific marksmanship activities can be found in the annexes.

ACTIVITY LAYOUT

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

ACTIVITY INSTRUCTIONS

- Divide the cadets into relays according to the number of firing lanes.
- Conduct recreational marksmanship activities, choosing from the following categories:
  - classification (see Annex A);
  - fun activities (see Annexes B to E);
  - timed activities (see Annexes F to H); or
  - competitive team/individual activities (see Annexes I and J).



All marksmanship activities in this EO will be conducted in the prone position.

SAFETY

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

CONFIRMATION OF TEACHING POINT 2

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

END OF LESSON CONFIRMATION

The cadets' participation in the activities in TP2 will serve as the confirmation of this lesson.

CONCLUSION

HOMEWORK/READING/PRACTICE

N/A.

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METHOD OF EVALUATION

N/A.

CLOSING STATEMENT

Marksmanship is a fun and exciting activity that requires personal discipline and teamwork skills. This activity has also developed into highly competitive levels at the provincial, regional, and national levels.

INSTRUCTOR NOTES/REMARKS

Hand-washing stations must be available for clean-up after the activity is completed.

REFERENCES

A0-027 A-CR-CCP-177/PT-001 D Cdts 3. (2001). *Canadian Cadet Movement: Cadet Marksmanship Program Reference Manual.* Ottawa, ON: Department of National Defence.

A0-041 CATO 14-41 D Cdts 4. (2005). *Marksmanship Classification.* Ottawa ON: Department of National Defence.

C0-103 Free Fever. (ND). *Free Space Shuttle Clip Art.* Retrieved 21 February 2007, from http://www.freefever.com/freeclipart/spaceshuttle.html.

C0-109 Eight Planets. (ND). *Moon.* Retrieved 21 February 2007, from http://luna.eightplanets.net/.

C0-110 H2O University. (ND). *Moon*. Retrieved 21 February 2007, from http://www.h2ouniversity.org/html/K2_facts_earth.html.

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CLASSIFICATION ACTIVITY

CLASSIFICATION ACTIVITY

Objective: To provide cadets the opportunity to obtain marksmanship classifications.

Scoring: There are four classification levels that must meet the following standards:

1. Marksman: Two five-round groupings within a circle of 3 cm in diameter.
2. First Class Marksman: Two five-round groupings within a circle of 2.5 cm in diameter.
3. Expert Marksman: Two five-round groupings within a circle of 2 cm in diameter.
4. Distinguished Marksman: Two five-round groupings within a circle of 1.5 cm in diameter.

Equipment Required:

Mandatory:

- CCT200GRTD Canadian Cadet Movement Air Rifle Grouping Target (one per cadet);
- Air Rifle Grouping Template from A-CR-CCP-177/PT-001 (p. B1-1); and
- A stopwatch.

Optional aids to firing are limited to the following:

- Cadet air rifle sling;
- Marksmanship jacket;
- Shooting glove; or
- Hat.

Activity Guidelines:

1. Distribute an Air Rifle Grouping Target to each cadet.
2. Have cadets write their name and rank on the target and attach it to the target frame.
3. Cadets will fire in relays following the commands given by the RSO.
4. Cadets will fire five pellets into each circle on the target.
5. Give cadets a maximum of 15 minutes to fire.
6. Have cadets retrieve their targets.
7. Score the targets using the Air Rifle Grouping Template.

The following is prohibited:

- Alterations made to the rifles.
- A pellet loading clip.
- Supports used as a rest for the rifle or the forearm.
- A spotting scope.
- Use of sights not provided with the cadet air rifle.
- Coaching.

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FUN ACTIVITY

PYRAMID
Objective: To fire pellets into each point on the pyramid.
Scoring: One point is awarded for each point on the pyramid that is hit by a pellet.
Equipment Required: Mandatory: Pyramid Target (one per cadet). Optional aids to firing are limited to the following: • Cadet air rifle sling; • Marksmanship jacket; • Shooting glove; or • Hat.
Activity Guidelines: 1. Distribute one Pyramid Target to each cadet. 2. Have cadets write their name and rank on the target and attach it to the target frame. 3. Cadets will fire in relays following the commands given by the RSO. 4. Cadets will be given three pellets to fire one pellet into each corner of the pyramid. 5. Give cadets three minutes to fire. 6. Score the targets awarding one point for each corner hit on the pyramid. 7. On completion of the activity or as time allows, place the targets out for the cadets to review. 8. Return the targets to cadets. The following is prohibited: • Alterations made to the rifles. • A pellet loading clip. • Supports used as a rest for the rifle or the forearm. • A spotting scope. • Use of sights not provided with the cadet air rifle.

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PYRAMID TARGET

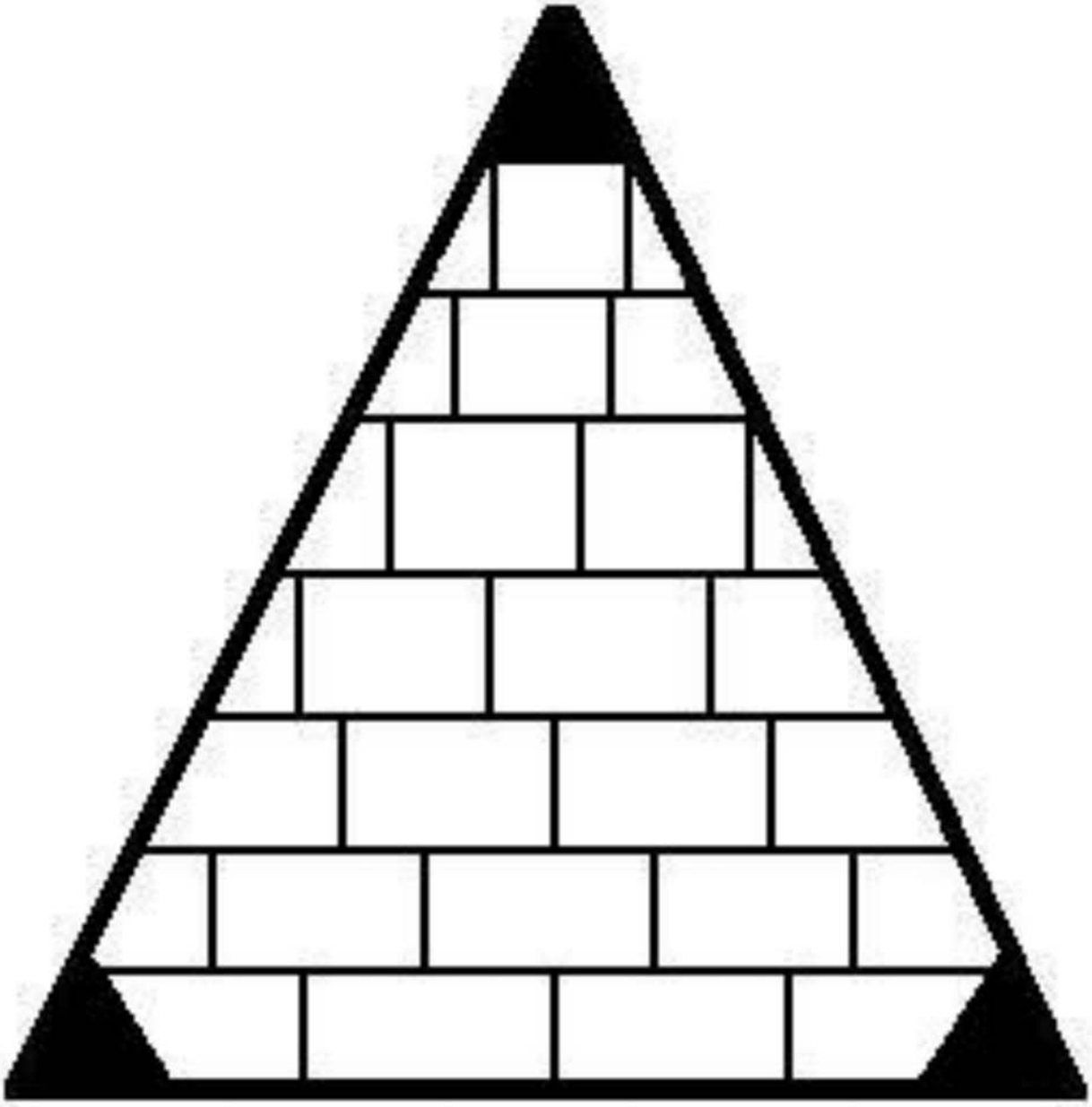

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Figure B-1 Pyramid Target

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FUN ACTIVITY

SHOOTING STAR
Objective: To fire a pellet into each point on the star.
Scoring: One point is awarded for each point on the star that is hit by a pellet.
Equipment Required: Mandatory: Star Target (one per cadet). Optional aids to firing are limited to the following: • Cadet air rifle sling; • Marksmanship jacket; • Shooting glove; or • Hat.
Activity Guidelines: 1. Distribute one Star Target to each cadet. 2. Have cadets write their name and rank on the target and attach it to the target frame. 3. Cadets will fire in relays following the commands given by the RSO. 4. Cadets will be given five pellets to fire one pellet into each point on the star. 5. Give cadets five minutes to fire. 6. Score the targets awarding one point for a pellet hit within each point on the star. 7. On completion of the activity or as time allows, place the targets out for the cadets to review. 8. Return the targets to cadets. The following is prohibited: • Alterations made to the rifles. • A pellet loading clip. • Supports used as a rest for the rifle or the forearm. • A spotting scope. • Use of sights not provided with the cadet air rifle.

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STAR TARGET

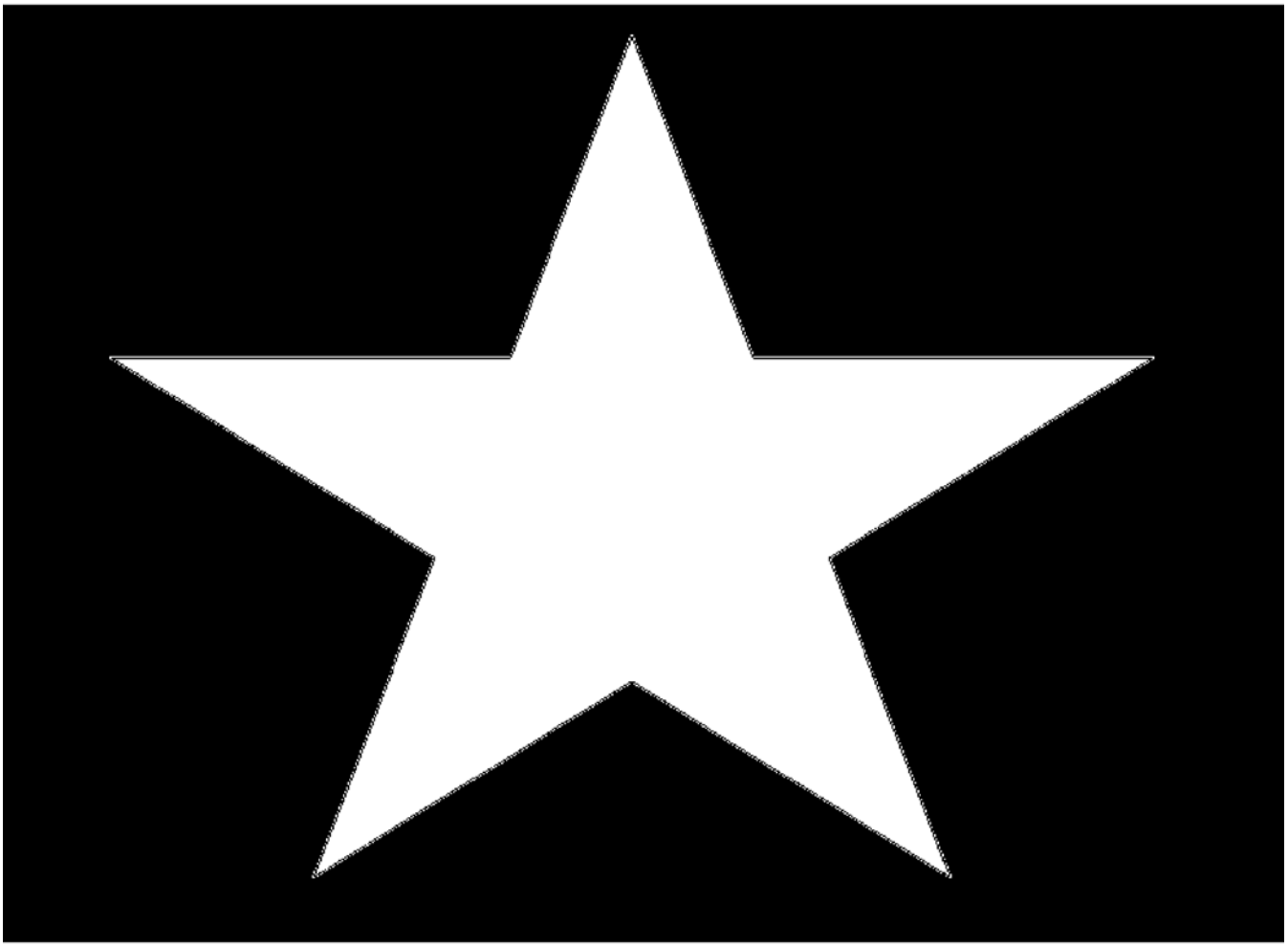

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Figure C-1 Star Target

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FUN ACTIVITY

BEACH BALL
Objective: To fire ten pellets into the black circle on the beach ball.
Scoring: One point is awarded for each successful hit in the black circle.
Equipment Required: Mandatory: Beach Ball Target (one per cadet). Optional aids to firing are limited to the following: • Cadet air rifle sling; • Marksmanship jacket; • Shooting glove; or • Hat.
Activity Guidelines: 1. Distribute one Beach Ball Target to each cadet. 2. Have cadets write their name and rank on the target and attach it to the target frame. 3. Cadets will fire in relays following the commands given by the RSO. 4. Cadets will be given ten pellets to fire into the black circle on the beach ball. 5. Give cadets ten minutes to fire. 6. Score the targets awarding one point for each pellet hit within the black circle. 7. On completion of the activity or as time allows, place the targets out for the cadets to review. 8. Return the targets to cadets. The following is prohibited: • Alterations made to the rifles. • A pellet loading clip. • Supports used as a rest for the rifle or the forearm. • A spotting scope. • Use of sights not provided with the cadet air rifle.

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BEACH BALL TARGET



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Figure D-1 Beach Ball Target

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FUN ACTIVITY

BALLOONS
Objective: To fire pellets into balloons on the target.
Scoring: One point is awarded for each balloon hit by a pellet.
Equipment Required: Mandatory: Balloon Target (one per cadet). Optional aids to firing are limited to the following: • Cadet air rifle sling; • Marksmanship jacket; • Shooting glove; or • Hat.
Activity Guidelines: 1. Distribute one Balloon Target to each cadet. 2. Have cadets write their name and rank on the target and attach it to the target frame. 3. Cadets will fire in relays following the commands given by the RSO. 4. Cadets will be given five pellets to fire one pellet into each point on the star. 5. Give cadets five minutes to fire. 6. Score the targets awarding one point for each balloon hit. 7. On completion of the activity or as time allows, place the targets out for the cadets to review. 8. Return the targets to cadets. The following is prohibited: • Alterations made to the rifles. • A pellet loading clip. • Supports used as a rest for the rifle or the forearm. • A spotting scope. • Use of sights not provided with the cadet air rifle.
Note: Actual balloons may be used in place of the paper targets.

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BALLOON TARGET

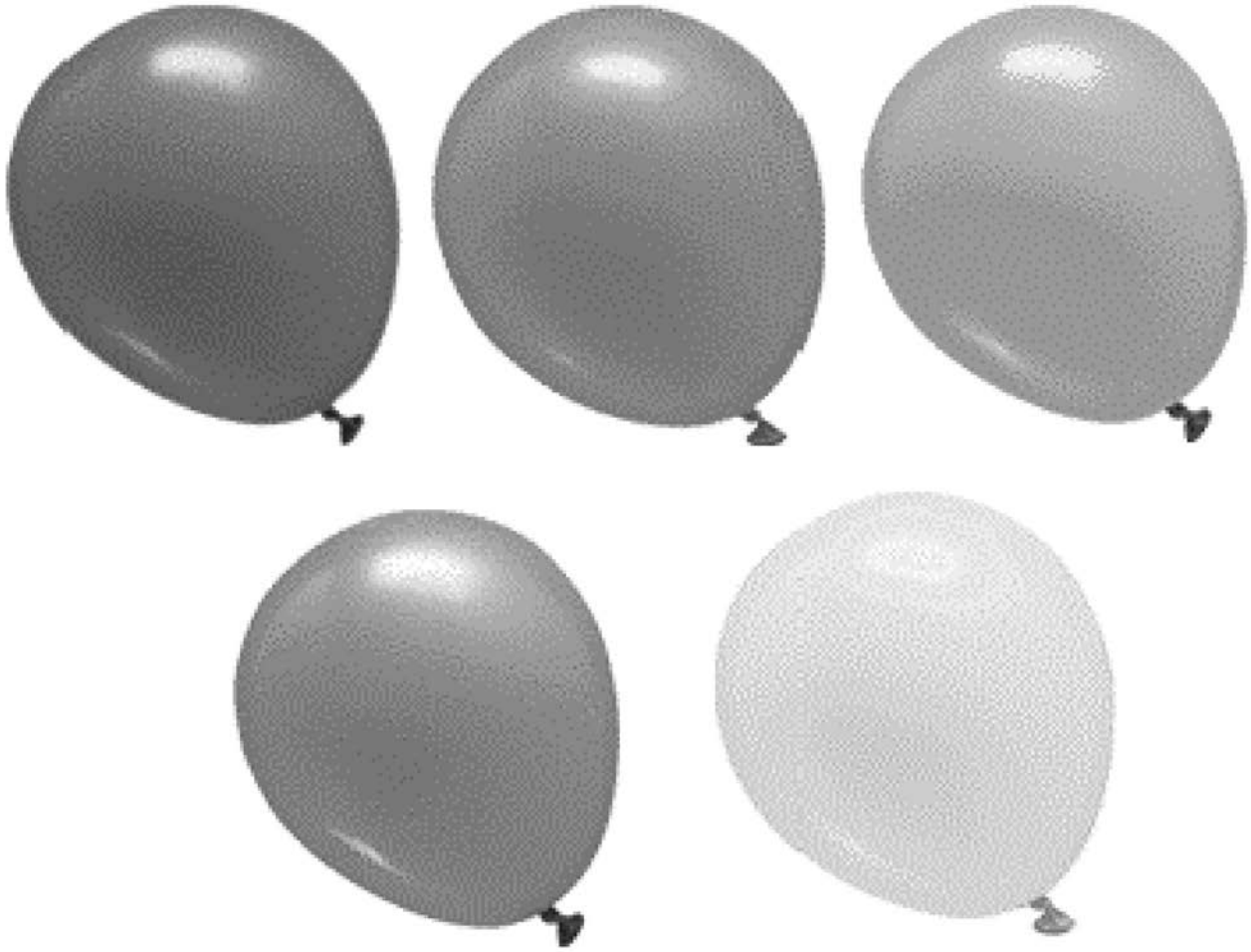

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Figure E-1 Balloon Target

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TIMED ACTIVITY

CHASE THE DOTS
Objective: To fire pellets into the dots on the target in a clockwise direction, within a time limit.
Scoring: One point is awarded for each black dot that is hit by a pellet within the time allotted.
Equipment Required: Mandatory: • Chase the Dots Target (one per cadet); and • A stopwatch. Optional aids to firing are limited to the following: • Cadet air rifle sling; • Marksmanship jacket; • Shooting glove; or • Hat.
Activity Guidelines: 1. Distribute one Chase the Dots Target to each cadet. 2. Have cadets write their name and rank on the target and attach it to the target frame. 3. Cadets will fire in relays following the commands given by the RSO. 4. Cadets will be given sixteen pellets. 5. Cadets will fire one pellet into the black circles, in a clockwise direction, on the target. 6. A suggested time limit for this activity is eight minutes. 7. Have cadets retrieve their targets. 8. Score the targets based on the method described above. 9. On completion of the activity or as time allows, place the targets out for the cadets to review. 10. Return the targets to cadets. The following is prohibited: • Alterations made to the rifles. • A pellet loading clip. • Supports used as a rest for the rifle or the forearm. • A spotting scope. • Use of sights not provided with the cadet air rifle. • Coaching.
Note: To make this activity more difficult, shorten the time allowance.

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CHASE THE DOTS TARGET

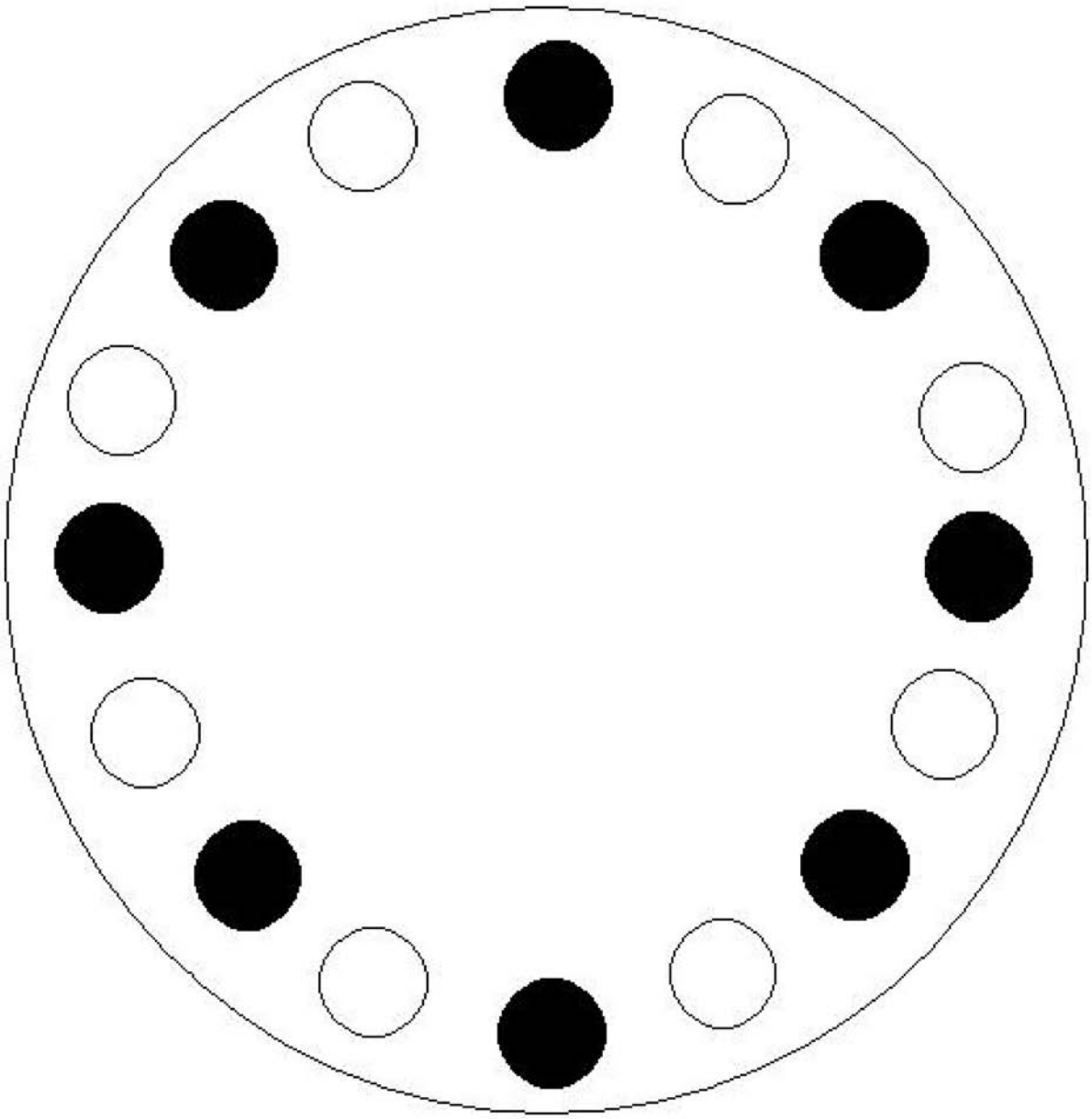

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Figure F-1 Chase the Dots Target

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TIMED ACTIVITY

SPEED GRID
Objective: To fire pellets into the circles on the target, within a time limit.
Scoring: One point is awarded for each circle that is hit by a pellet within the time allotted.
Equipment Required: Mandatory: • Cadet air rifle five pellet clip (three per firing lane); • Speed Grid Target (one per cadet); and • A stopwatch. Optional aids to firing are limited to the following: • Cadet air rifle sling; • Marksmanship jacket; • Shooting glove; or • Hat.
Activity Guidelines: 1. Distribute one Speed Grid Target to each cadet. 2. Have cadets write their name and rank on the target and attach it to the target frame. 3. Cadets will fire in relays following the commands given by the RSO. 4. Five pellets will be pre-loaded into the cadet air rifle five pellet clip. Three clips will be used per cadet. 5. Cadets will fire one pellet into each circle on the target. 6. A suggested time limit for this activity is 15 minutes. 7. Have cadets retrieve their targets. 8. Score the targets based on the method described above. 9. On completion of the activity or as time allows, place the targets out for the cadets to review. 10. Return the targets to cadets. The following is prohibited: • Alterations made to the rifles. • Supports used as a rest for the rifle or the forearm. • A spotting scope. • Use of sights not provided with the cadet air rifle. • Coaching.
Note: To make this activity more difficult, shorten the time allowance.

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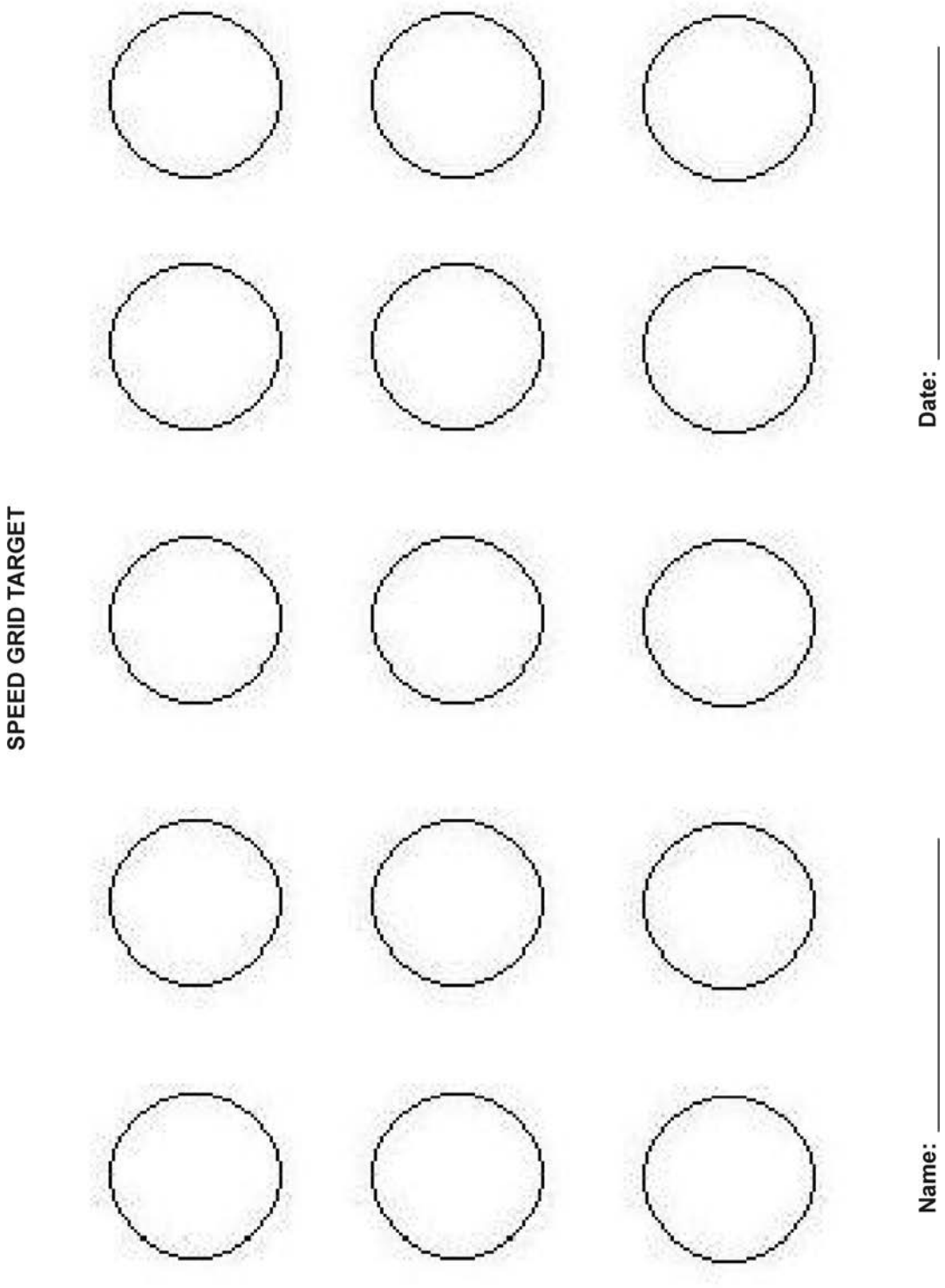

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Figure G-1 Speed Grid Target

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TIMED ACTIVITY

BEAT THE CLOCK
Objective: To fire pellets into the designated hours (numbers) within a time limit.
Scoring: One point is awarded for each correct hour (number) hit by a pellet within the time allotted.
Equipment Required: Mandatory: • Beat the Clock Target (one per cadet); and • A stopwatch. Optional aids to firing are limited to the following: • Cadet air rifle sling; • Marksmanship jacket; • Shooting glove; or • Hat.
Activity Guidelines: 1. Distribute one Beat the Clock Target to each cadet. 2. Have cadets write their name and rank on the target and attach it to the target frame. 3. Cadets will fire in relays following the commands given by the RSO. 4. Cadets will be given six pellets. 5. The RSO will call out six hours (numbers) in five second increments using the 24-hour clock. 6. Cadets will fire one pellet at each hour (number) as it is called by the RSO (e.g. if 1300 hrs was called the cadet will fire at the 1 on the clock face). 7. Have cadets retrieve their targets. 8. Score the targets awarding one point for each correct number hit on the target. 9. On completion of the activity or as time allows, place the targets out for the cadets to review. 10. Return the targets to cadets. The following is prohibited: • Alterations made to the rifles. • Supports used as a rest for the rifle or the forearm. • A spotting scope. • Use of sights not provided with the cadet air rifle. • Coaching.
Note: To make this activity more difficult, shorten the time allowance.

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BEAT THE CLOCK TARGET

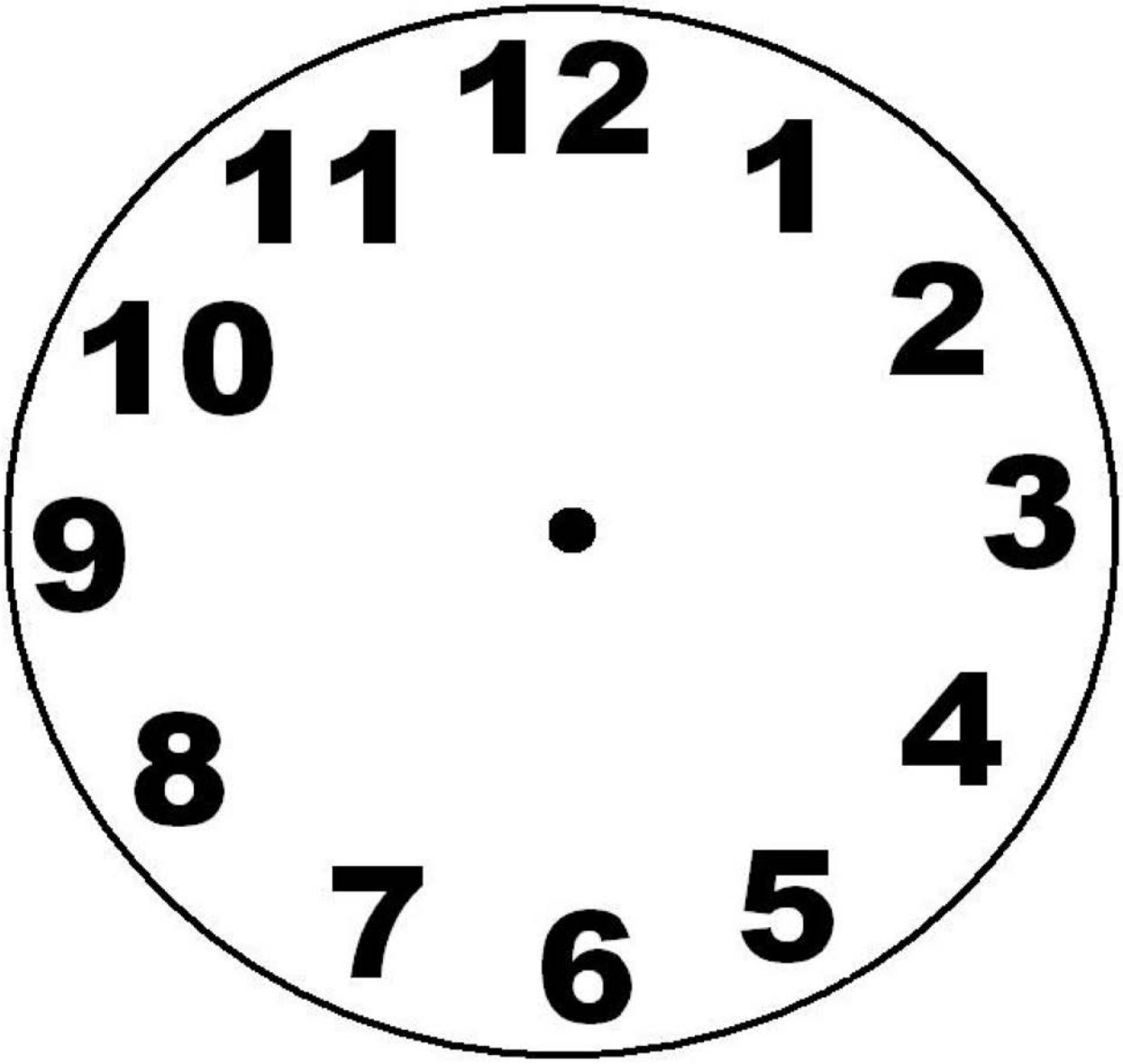

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Figure H-1 Beat the Clock Target

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COMPETITIVE ACTIVITY

CORPS/SQUADRON MARKSMANSHIP COMPETITION

Objective: To provide cadets the opportunity to compete within the corps/squadron.

Scoring: Targets will be scored IAW A-CR-CCP-177/PT-001, to include:

- Each target has a highest possible score of 100 points (10 diagrams worth 10 points each).
- All shot holes are scored using the highest value of the scoring ring that it is touching.
- Shots outside the scoring rings are given a value of zero.
- If more than the prescribed number of shots are fired at a target, the shots with the highest value will be discarded until the correct number of shots remain on the target. A two-point penalty will be deducted for each excess shot.
- If more than one shot is fired at a scoring diagram, only the prescribed number of shots may be fired at the remaining diagrams [e.g., if two shots were fired at the first diagram, one diagram on the target would remain blank (free of shots)]. If this occurs more than twice, a two-point penalty will be deducted for each excess shot.

Equipment Required:

Mandatory: CCT2001AR853 Canadian Cadet Movement Competition Targets (two per cadet).

Optional aids to firing are limited to the following:

- Cadet air rifle sling;
- Marksmanship jacket;
- Shooting glove; or
- Hat.

Activity Guidelines:

1. This activity may be conducted as individuals or teams of four.
2. Distribute two CCT2001AR853 Canadian Cadet Movement Competition Targets to each cadet.
3. Have cadets write their name and rank on the target and attach it to the target frame.
4. Cadets will be given 30 minutes to fire 20 pellets (one pellet at each diagram [zeroing pellets are permitted]).
5. On completion of the activity or as time allows, place the targets out for the cadets to review.
6. After viewing, all targets will be collected by the RSO to record results.
7. Return the targets to cadets.

The following is prohibited:

- Cross-firing.
- Alterations made to the rifles.
- Supports used as a rest for the rifle or the forearm.
- A spotting scope.
- Use of sights not provided with the cadet air rifle.

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COMPETITIVE ACTIVITY

LUNAR LAUNCH
Objective: To provide cadets the opportunity to compete within the corps/squadron.
Scoring: The average distance from the earth to the moon is 384 400 km. All targets from marksmanship activities conducted during the training year will be added together to achieve a distance from earth and position on the space shuttle crew. The four scoring levels/positions must meet the following standards: 1. Mission Commander: A score of 100 or more: 384 400 km from earth, lunar landing! 2. Mission Specialist: A minimum score of 75: 288 300 km from earth. 3. Chief Engineer: A minimum score of 50: 192 200 km from earth. 4. Science Officer: A minimum score of 25: 96 100 km from earth, lunar launch!
Equipment Required: Mandatory: Any targets used in marksmanship activities during the training year.
Activity Guidelines: 1. Add the scores from the targets used by each cadet during the training year. 2. Use the scoring method described above to assign the cadets levels/positions on the space shuttle crew.
Notes 1. If this activity is conducted, a record must be kept of the cadets' scores from marksmanship activities. 2. This activity may be conducted over multiple training years. 3. The certificate found at Annex J may be awarded to cadets who achieve levels/positions in this activity.

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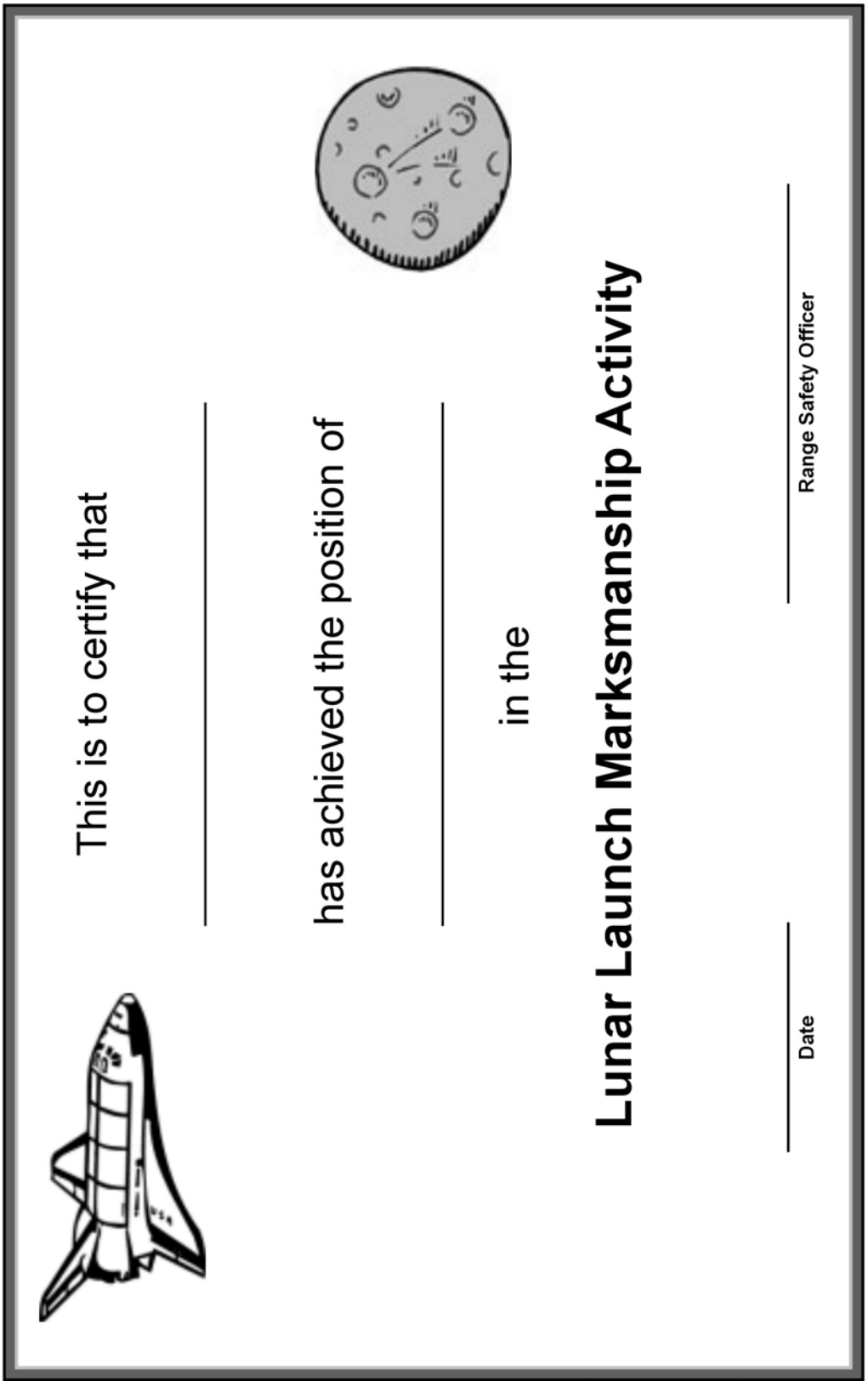

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