

COMMON TRAINING

ALL TRAINING LEVELS

INSTRUCTIONAL GUIDE
CANADIAN ARMED FORCES
(CAF) FAMILIARIZATION

SECTION 3

EO MX20.01C – FIRE THE C7 RIFLE

Total Time:	320 min

PREPARATION

PRE-LESSON INSTRUCTIONS

Resources needed for the delivery of this lesson are listed in the lesson specification located in A-CR-CCP-601/PG-001, *Royal Canadian Sea Cadets Phase 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.

Photocopy the C7 Rifle Handing Test located at Attachment A for each cadet.

Assistant instructors are required for this lesson.

PRE-LESSON ASSIGNMENT

Nil.

APPROACH

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

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.

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

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.

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.

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INTRODUCTION

REVIEW

Nil.

OBJECTIVES

By the end of this lesson the cadet shall have fired the C7 rifle.

IMPORTANCE

It is important for cadets to complete a variety of training on the C7 rifle before firing it. Safety precautions are essential to ensure all participants are safe when on a range. Being safe is the highest priority when firing the C7 rifle. Learning and practicing range commands will increase the level of safety on the range and will help ensure that all the cadets have a positive firing experience. Each cadet who fires the C7 rifle must understand the steps for every range command, as well as what to do on the firing point if the rifle does not fire. Knowing how to clean the C7 rifle will ensure that the rifle will continue to operate effectively. Before cleaning the rifle, it must be stripped to provide access to all the parts. After cleaning the rifle, it must be put back together and then tested to ensure it functions properly. This knowledge will ensure the familiarization fire is conducted safely and efficiently.

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Strict emphasis must be placed on safety throughout all C7 rifle training. Any cadet who does not adhere to the rules and regulations shall not fire the C7 rifle.

Teaching point 1 **Explain safety rules and regulations pertaining to the C7 rifle.**

Time: 5 min Method: Interactive Lecture

The following are safety rules and regulations pertaining to the C7 rifle:

- Always complete a safety check when picking up or being handed a rifle.
- Always control the rifle when holding it.
- Always treat the rifle as if it were loaded.
- Always have the fire control selector set to 'S' (safe) when the rifle is cocked.
- Never touch the trigger unless firing on a range.

CONFIRMATION OF TEACHING POINT 1

QUESTIONS:

Q1. When are safety checks completed?

Q2. Where is the fire control selector set when the rifle is cocked?

Q3. When will the trigger be touched?

ANTICIPATED ANSWERS:

A1. When picking up or being handed a rifle.

A2. 'S' (safe).

A3. Only when firing on a range.

Teaching point 2 **Identify the parts of the C7 rifle.**

Time: 10 min Method: Interactive Lecture



When identifying the parts of the C7 rifle, keep the cadets involved by pointing at each part as it is discussed.



The upper and lower receiver groups can be separated by removing the takedown pin.

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PARTS OF THE C7 RIFLE

The C7 rifle can be separated into two parts. There are two pins that hold the rifle together—the takedown pin and the receiver pivot pin. Both pins separate the upper receiver group from the lower receiver group. When stripping the rifle, the takedown pin will be used. Cadets will rarely be required to use the receiver pivot pin.

Upper Receiver Group

The upper receiver group is comprised of the following:

- **Upper Receiver**
  - **Carrying handle.** A carrying handle which incorporates the rear sight and is attached to the top of the upper receiver.
  - **Ejection port.** Rounds are expelled from the rifle through the ejection port on the right side of the upper receiver.
  - **Ejection port cover.** The ejection port is protected by a dust cover which is opened by the forward / rearward movement of the bolt.
  - **Spent casing deflector.** To the rear of the ejection port cover is a spent casing deflector for those who are left-handed firers.
  - **Forward assist.** A manually-operated forward assist fitted on the right rear of the upper receiver is always used to push the bolt fully forward.
  - **Front and rear sights.** The sights, when used together, assist the firer when aiming the rifle.
- **Barrel**
  - **Flash suppressor.** The rifle is fitted with a flash suppressor that directs hot gas from the barrel end. It also reduces the visibility of the muzzle flash when firing.
  - **Hand guards.** Surrounded by two interchangeable aluminum-lined, glass fibre filled nylon hand guards are notched to allow air to circulate.
- **Bolt and cocking handle.** The bolt is operated by the cocking handle located at the top rear of the upper receiver group. The bolt has a rotating head which locks into the barrel when the rifle is to be fired.

Lower Receiver Group

The lower receiver group is comprised of the following:

- **Lower Receiver**
  - **Trigger.** Also referred to as the action, the trigger is used to fire the rifle. The finger shall never be placed on the trigger unless firing.
  - **Trigger guard.** A safety measure to prevent accidental firing that makes access to the trigger more difficult.
  - **Pistol grip.** The firing hand will hold the pistol grip. The pistol grip provides stability when using the rifle.
  - **Fire control selector.** A three-position fire control selector lever is located on the left side. The three positions are 'S' (safe), 'R' (repetition) and 'AUTO' (automatic). The selector lever cannot be placed on 'S' until the rifle is cocked.
  - **Bolt catch.** A bolt catch, located on the left side, enables the bolt to be held open or released from the open position.
  - **Magazine.** The magazine holds rounds to be fired. When the magazine is not fitted on the rifle, the area is referred to as the magazine housing or magazine opening.

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- **Magazine release.** A magazine release button allows for the magazine to be removed from the rifle when activated. It is located on the right side.

- **Butt and butt plate.** The butt is made of glass fibre reinforced nylon and incorporates a storage compartment for a cleaning kit. Access to this compartment is gained through the butt plate. The butt is available in two lengths—normal and short.

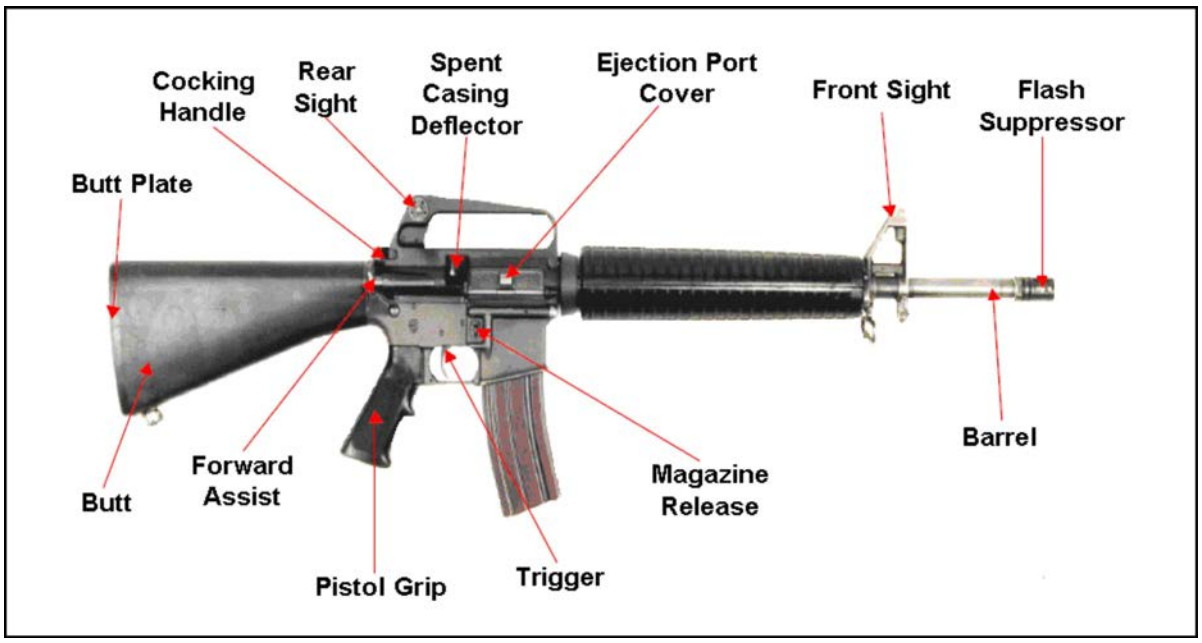

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Figure 1 Right Side of the C7 Rifle

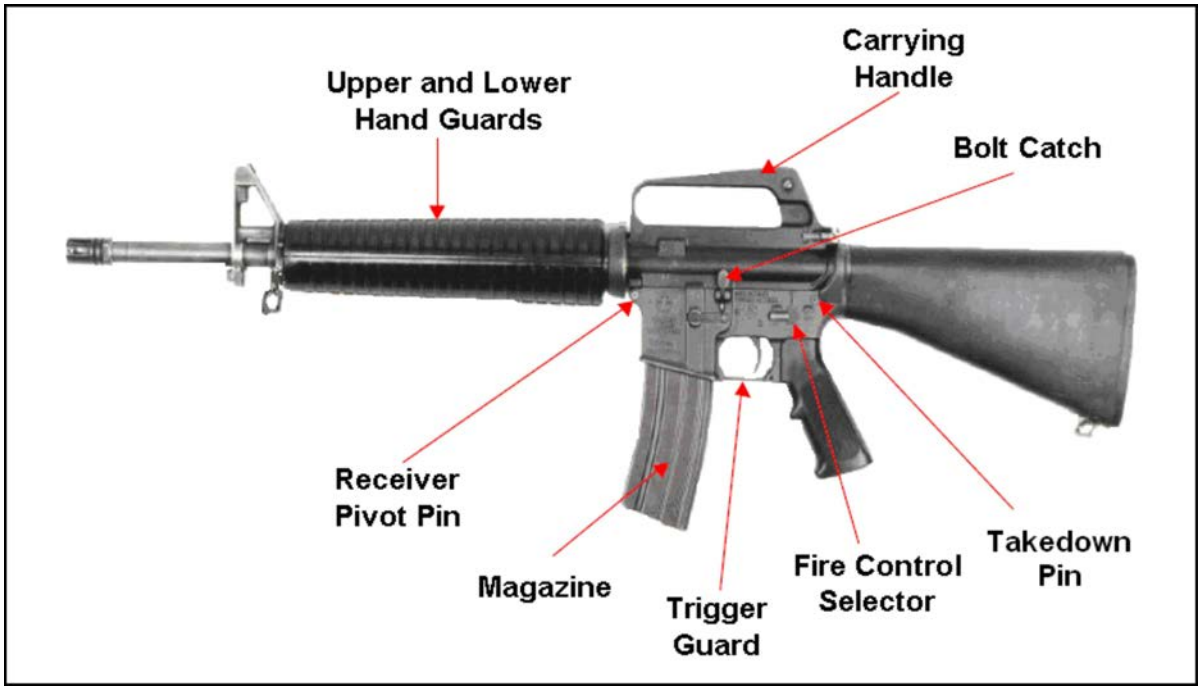

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Figure 2 Left Side of the C7 Rifle

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CONFIRMATION OF TEACHING POINT 2

QUESTIONS:

Q1. What are the two receiver groups on the C7 rifle?

Q2. What parts are located in the upper receiver?

Q3. What parts are located in the lower receiver?

ANTICIPATED ANSWERS:

A1. Upper and lower receiver groups.

A2. Carrying handle, rear sight, ejection port, ejection port cover, spent casing deflector, forward assist and front and rear sights.

A3. Trigger, pistol grip, magazine opening, fire control selector, bolt catch and magazine release.

Teaching point 3 **Explain the characteristics of the C7 rifle.**

Time: 5 min Method: Interactive Lecture

CHARACTERISTICS OF THE C7 RIFLE

Calibre. 5.56 mm.

Weight. The rifle weighs 3.34 kg (7.36 pounds). When fully loaded it weighs 3.89 kg (8.58 pounds).

Length. The complete rifle is 1 m in length.

Modes of fire. It can be fired in repetition or automatic.

Operation. It is gas operated, air cooled and magazine fed.

Effective range. It is effective up to 400 m.

Sights. There are front and rear sights. The rear sight has small and large apertures. The large aperture is used for firing at distances less than 300 m. The small aperture is used for distances greater than 300 m.

Magazine capacity. One magazine can hold up to 30 rounds.

CONFIRMATION OF TEACHING POINT 3

QUESTIONS:

Q1. What is the calibre of the C7 rifle?

Q2. How long is the C7 rifle?

Q3. How many rounds can one magazine hold?

ANTICIPATED ANSWERS:

A1. 5.56 mm.

A2. 1 m.

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A3. 30 rounds.

Teaching point 4 — **Explain, demonstrate and have the cadet practice completing an individual safety check.**

Time: 15 min — Method: Demonstration and Performance



For this skill TP it is recommended that instruction take the following format:

(1) Explain and demonstrate the actions to take to complete a safety check.

(2) Explain and demonstrate each step required to complete the skill. Monitor the cadets as they imitate each step.

(3) Monitor the cadets' performance as they practice the complete skill.

Note: Assistant instructors may be used to monitor the cadets' performance.



Stress the importance of regularly completing safety checks on the C7 rifle.

Each cadet must complete a safety check during this TP.

INDIVIDUAL SAFETY CHECK

Safety checks shall be completed in the following circumstances:

- when picking up or being handed a rifle;
- before and after instruction;
- before stripping a rifle;
- during issue and return to stores;
- before and after range practices; and
- where there is doubt about the safety status of the rifle.

To complete an individual safety check:



When completing a safety check on the rifle with a magazine fitted, remove the magazine before adopting the standing load position.



If completing a safety check in the prone position, skip Step 1.

1. Adopt the standing load position (as illustrated in Figure 3) by:

   a. holding the rifle on the right (left) side of the body by the pistol grip with the forefinger of the right (left) hand outside the trigger guard;

   b. grasping the bottom of the hand guard with the left (right) hand;

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c. placing the left (right) foot one pace in front of the other foot; and

d. pointing the rifle up approximately 55 degrees.

2. Pull the cocking handle to the rear.
3. Engage the bolt catch.
4. Tilt the rifle.
5. Inspect the chamber.
6. Ensure the rifle is clear.
7. Pull the cocking handle fully to the rear.
8. Allow the action to go forward under control.
9. Strike the forward assist.
10. Fire the rifle.
11. Close the ejection port cover.
12. Lay down the rifle with the ejection port cover facing up.



Note. Created by Director Cadets 3, 2008, Ottawa, ON: Department of National Defence.

Figure 3 Standing Load Position–Example 1

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Note. Created by Director Cadets 3, 2008, Ottawa, ON: Department of National Defence.

Figure 4 Standing Load Position–Example 2

CONFIRMATION OF TEACHING POINT 4

QUESTIONS:

Q1. When must safety checks be completed?

Q2. After inspecting the chamber and allowing the action to go forward, what is the next step?

Q3. When laying down the rifle, which side will face up?

ANTICIPATED ANSWERS:

A1. Safety checks shall be completed in the following circumstances:

- when picking up or being handed a rifle;
- before and after instruction;
- before stripping a rifle;
- during issue and return to stores;
- before and after range practices; and
- when the safety status of the rifle is in doubt.

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A2. Strike the forward assist.

A3. The side with the ejection port cover.

Teaching point 5 **Have the cadet practice holding the C7 rifle in the prone position.**

Time: 5 min Method: Performance



The cadets have already been instructed on how to adopt the prone position. Emphasis should be placed on holding the C7 rifle.

Information on the prone position is located in A-CR-CCP-701/PG-001, *Green Star Qualification Standard and* Plan, EO M106.03 (Apply Basic Marksmanship Techniques).

HOLDING THE C7 RIFLE IN THE PRONE POSITION



Have each cadet hold the C7 rifle in the prone position.

To hold the C7 rifle in the prone position:

1. Adopt the prone position.
2. Pick up the rifle.
3. Place the butt of the rifle into the right (left) shoulder.
4. Place the left (right) hand on the hand guard.
5. Hold the pistol grip with the right (left) hand.
6. Place the right (left) cheek naturally on the butt.
7. Look through the front and rear sights with the aiming eye.



When holding the rifle in the prone position, the finger shall always be placed outside the trigger guard, unless firing.

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Note. Created by Director Cadets 3, 2008, Ottawa, ON: Department of National Defence.

Figure 5 Holding the C7 Rifle in the Prone Position (Right-Side View)



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Figure 6 Holding the C7 Rifle in the Prone Position (Left-Side View)

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Figure 7 Holding the C7 Rifle in the Prone Position

CONFIRMATION OF TEACHING POINT 5

The cadets' participation in holding the C7 rifle in the prone position will serve as the confirmation of this TP.

Teaching point 6 **Explain and demonstrate aiming the C7 rifle by looking through the front and rear sights.**

Time: 5 min Method: Demonstration



During TP 8 the cadets will look through the sights and ensure that they are set properly.

AIMING THE C7 RIFLE

There are two sights on the C7 rifle (front and rear). The rear sight has two apertures (small and large) which simply flip from one to the other.



When firing the C7 rifle, the target will be at a distance of 100 m. Therefore, the large aperture should be used.

When lining up the sights, it is important that both the front and rear sights can be seen down range.

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Note. From Weapons: The Rifle 5.56 mm and the Carbine 5.56 mm C8 (Vol. 18) (p. 57), by Canadian Forces, 1987, Ottawa, ON: Department of National Defence. Copyright 1994 by Department of National Defence.

Figure 8 Correct Aim Picture

CONFIRMATION OF TEACHING POINT 6

QUESTIONS:

Q1. How many sights does the C7 rifle have?

Q2. How many apertures does the rear sight have?

Q3. Which aperture should be used when firing at a distance of 100 m?

ANTICIPATED ANSWERS:

A1. Two—front and rear.

A2. Two—large and small.

A3. The large aperture.

Teaching point 7 **Explain, demonstrate and have the cadet practice the actions when given the command LOAD.**

Time: 10 min Method: Demonstration and Performance



For this skill TP it is recommended that instruction take the following format:

(1) Explain and demonstrate the actions to take when given the command LOAD.

(2) Explain and demonstrate each step required to complete the skill. Monitor the cadets as they imitate each step.

(3) Monitor the cadets' performance as they practice the complete skill.

Note: Assistant instructors may be used to monitor the cadets' performance.

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Ensure the cadets are aware of the differences between live and dummy rounds. Dummy rounds will be used throughout C7 rifle training.

LOAD

On the command LOAD, the cadet shall do the following:

1. Pick up a magazine.
2. Check to see that the rounds are positioned correctly.



When looking to see if rounds are positioned correctly, simply ensure that they are straight and that the back of each round that is visible is straight against the back of the magazine. When rounds are not positioned correctly, they cause frequent stoppages.

3. Push the magazine firmly into the magazine housing.
4. Check that the magazine is secure by pulling downwards.
5. Return the hand to hold the rifle.

CONFIRMATION OF TEACHING POINT 7

The cadets' participation in practicing actions when given the command LOAD will serve as the confirmation of this TP.

Teaching point 8 **Explain, demonstrate and have the cadet practice the actions when given the command READY or RANGE.**

Time: 5 min Method: Demonstration and Performance



For this skill TP it is recommended that instruction take the following format:

(1) Explain and demonstrate the actions to take when given the command READY or RANGE.

(2) Explain and demonstrate each step required to complete the skill. Monitor the cadets as they imitate each step.

(3) Monitor the cadets' performance as they practice the complete skill.

Note: Assistant instructors may be used to monitor the cadets' performance.

READY OR RANGE

On the command READY or RANGE, the cadet shall do the following:

1. Check the front and rear sights to ensure they are set correctly.
2. Cock the rifle.

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When cocking the rifle, ensure the cadets pull the cocking handle all the way back and then let it go. Not doing so is referred to as "riding the cocking handle" since it is rode back into its position. Riding the cocking handle may cause stoppages.

3. Strike the forward assist.
4. Close the ejection port cover.
5. Ensure the fire control selector is on 'S' (safe).
6. Return the hand to hold the rifle.

CONFIRMATION OF TEACHING POINT 8

The cadets' participation in practicing actions when given the command READY or RANGE will serve as the confirmation of this TP.

Teaching point 9 — **Explain, demonstrate and have the cadet practice the actions when given the command FIRE.**

Time: 5 min — Method: Demonstration and Performance



For this skill TP it is recommended that instruction take the following format:

(1) Explain and demonstrate the actions to take when given the command FIRE.

(2) Explain and demonstrate each step required to complete the skill. Monitor the cadets as they imitate each step.

(3) Monitor the cadets' performance as they practice the complete skill.

Note: Assistant instructors may be used to monitor the cadets' performance.

FIRE

On the command FIRE, the cadet shall do the following:

1. Set the fire control selector to 'R' (repetition).



IAW CATO 14-41, *Use of C7/8 Within the* CCO, Annex A, Appendix 3, cadets are NOT to fire on automatic.

2. Fire all rounds in the magazine.
3. Change magazines as required.

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When all rounds have been fired, the bolt will remain at the rear of the rifle. To change a magazine:

(1) Remove the old magazine using the magazine release.

(2) Pick up a new magazine.

(3) Check to see that the rounds are positioned correctly.

(4) Push the magazine firmly into the magazine housing.

(5) Check that the magazine is secure by pulling downwards.

(6) Disengage the bolt catch.

(7) Strike the forward assist.

(8) Continue firing.



Ensure the cadets are aware that when on the range they may rest the rifle after they have finished firing and then wait for further commands.

CONFIRMATION OF TEACHING POINT 9

The cadets' participation in practicing actions when given the command FIRE will serve as the confirmation of this TP.

Teaching point 10 **Explain, demonstrate and have the cadet practice the actions when given the command UNLOAD.**

Time: 10 min Method: Demonstration and Performance



For this skill TP it is recommended that instruction take the following format:

(1) Explain and demonstrate the actions to take when given the command UNLOAD.

(2) Explain and demonstrate each step required to complete the skill. Monitor the cadets as they imitate each step.

(3) Monitor the cadets' performance as they practice the complete skill.

Note: Assistant instructors may be used to monitor the cadets' performance.

UNLOAD

On the command UNLOAD, the cadet shall do the following:

1. Set the fire control selector to 'S' (safe).
2. Remove the magazine.

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3. Cock the rifle twice.
4. Pull the cocking handle to the rear.
5. Engage the bolt catch.
6. Tilt the rifle to the left.
7. Wait to be cleared by the Range Safety Officer (RSO).
8. Receive the command CLEAR from the RSO.
9. Disengage the bolt catch.
10. Strike the forward assist.
11. Set the fire control selector to 'R' (repetition).
12. Fire the rifle.
13. Close the ejection port cover.
14. Lay down the rifle.



Some RSOs may use PREPARE FOR INSPECTION as a separate command after UNLOAD.

CONFIRMATION OF TEACHING POINT 10

The cadets' participation in practicing actions when given the command UNLOAD will serve as the confirmation of this TP.

Teaching point 11 **Explain, demonstrate and have the cadet practice the actions when given the command CEASE FIRE.**

Time: 5 min Method: Demonstration and Performance



For this skill TP it is recommended that instruction take the following format:

(1) Explain and demonstrate the actions to take when given the command CEASE FIRE. .

(2) Explain and demonstrate each step required to complete the skill. Monitor the cadets as they imitate each step.

(3) Monitor the cadets' performance as they practice the complete skill.

Note: Assistant instructors may be used to monitor the cadets' performance.

CEASE FIRE

On the command CEASE FIRE, the cadet shall do the following:

1. Set the fire control selector to 'S' (safe).
2. Wait for a further command.

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CONFIRMATION OF TEACHING POINT 11

The cadets' participation in practicing actions when given the command CEASE FIRE will serve as the confirmation of this TP.

Teaching point 12 **Explain, demonstrate and have the cadet practice immediate actions.**

Time: 15 min Method: Demonstration and Performance



For this skill TP it is recommended that instruction take the following format:

(1) Explain and demonstrate the first immediate action.

(2) Explain and demonstrate each step required to complete the skill. Monitor the cadets as they imitate each step.

(3) Monitor the cadets' performance as they practice the complete skill.

(4) Repeat Steps 1–3 for the next two immediate actions.

Note: Assistant instructors may be used to monitor the cadets' performance.

IMMEDIATE ACTIONS

Immediate actions are stoppages that occur when the rifle suddenly does not fire anymore. The actions to take are completely dependent on the position of the bolt. The first step to take when the rifle stops firing is to cant the rifle and look through the ejection port. The bolt will either be:

- at the rear,
- fully forward, or
- partially forward.



When the rifle stops firing the first step is to cant the rifle and examine the bolt position.

Bolt is at the Rear

When the rifle stops firing and the bolt is positioned at the rear, most likely the magazine is empty.

When the bolt is at the rear, the cadet shall do the following:

1. Check for an empty magazine and change, as required.
2. Disengage the bolt catch.
3. Strike the forward assist.
4. Continue firing.

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Bolt is Fully Forward

When the rifle stops firing and the bolt is positioned fully forward, most likely the bolt did not pick up a round. This could be caused by an improperly seated magazine.

When the bolt is fully forward, the cadet shall do the following:

1. Ensure the magazine is seated properly and locked in place.
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.
4. Where a round does not eject:
   a. attempt to continue firing; and
   b. if required, request assistance.

Bolt is Partially Forward

When the rifle stops firing and the bolt is positioned partially forward, most likely there is an obstruction.

When the bolt is partially forward, the cadet shall do the following:

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.
9. Continue firing.



When in doubt, raise your hand and ask for assistance.

CONFIRMATION OF TEACHING POINT 12

The cadets' participation in practicing immediate actions will serve as the confirmation of this TP.

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Teaching point 13 **Have the cadet participate in a mock range activity.**

Time: 30 min Method: Practical Activity



Begin the handling test located at Attachment A during this TP. Where extra time is needed, conduct it at the beginning of TP 17.

Each cadet must successfully complete the handling test in order to fire the C7 rifle.

ACTIVITY

OBJECTIVE

The objective of this activity is to have the cadets practice performing firing drills and executing range commands.

RESOURCES

- C7 rifles (one per firing point),
- Magazines (minimum two per firing point),
- 5.56-mm dummy rounds (10 per cadet),
- Hearing protectors (one per firing point),
- Shooting mats (one per firing point), and
- C7 handling test located at Attachment A (one per cadet).

ACTIVITY LAYOUT

1. Find a safe area in which eight cadets with rifles can be pointed "down range."
2. Place eight shooting mats on the mock firing point.
3. Lay one rifle on each shooting mat.
4. Lay one pair of hearing protectors and one magazine with five dummy rounds on each shooting mat.

ACTIVITY INSTRUCTIONS

1. Divide the cadets into relays of a maximum of eight.
2. Lead the first relay of cadets through a mock range activity using the following range commands:
   a. COVER OFF BEHIND THE FIRING POINT.
   b. ADOPT THE PRONE POSITION.
   c. PLACE HEARING PROTECTORS ON.
   d. PICK UP THE RIFLE.
   e. LOAD.
   f. RANGE OR READY.

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g. FIRE.



Though there are no range commands for immediate actions, have the cadets complete the actions for them.

One way to do this is:

- Give the command CEASE FIRE.
- Ask the cadets to engage the bolt catch.
- Tell the cadets that they were firing down range and suddenly the rifle stopped.
- Have the cadets complete the immediate action.

h. Unload.

i. Prepare for inspection.

j. Lay down the rifle.

k. Take off hearing protectors.

l. Stand up.

m. Retire from the firing point.

3. Repeat Step 2 until there are no more relays.

4. Complete the handling test, located at Attachment A, as the cadets complete the activity.

SAFETY

- Rifles shall always be pointed "down range".
- The cadets are to follow range rules and regulations throughout the activity.

CONFIRMATION OF TEACHING POINT 13

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

Teaching point 14 **Explain and demonstrate field stripping the C7 rifle.**

Time: 5 min Method: Demonstration



There are two degrees to which the C7 rifle can be stripped—detailed and field. During this training, the cadets will only be required to field strip the rifle.

Explain and demonstrate the process for field stripping a C7 rifle. Ensure all cadets can see the demonstration.

FIELD STRIPPING THE C7 RIFLE

In order to clean the rifle, it must be field stripped. To field strip the C7 rifle:

1. Carry out an individual safety check (without operating the trigger).

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2. Ensure the fire control selector is set to 'S' (safe).
3. Unlock the upper receiver by pushing / pulling the takedown pin.
4. Pull the cocking handle partially to the rear.
5. Remove the bolt.
6. Push the cocking handle fully forward.
7. Lay down the rifle.
8. Remove the bolt from the bolt carrier.
9. Lay down the bolt and bolt carrier.

CONFIRMATION OF TEACHING POINT 14

The cadets' participation in field stripping the C7 rifle will serve as the confirmation of this TP.

Teaching point 15 **Explain and demonstrate cleaning the C7 rifle after a range practice.**

Time: 5 min Method: Demonstration



The cleaning kit should contain the following items:

- a case,
- a four-piece rod,
- a swab holder,
- a bore brush,
- a chamber brush,
- a bolt key brush,
- a container of cleaner, lubricant, preservative (CLP),
- pipe cleaners, and
- swabs (38 mm by 50 mm).



There are three types of cleaning—regular, before firing and after firing. The cadets will be required to clean the rifle after firing on the range.

Explain and demonstrate the process for cleaning a C7 rifle. Ensure all cadets can see the demonstration.

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CLEANING THE C7 RIFLE

In order for the rifle to remain functional, regular maintenance of the rifle must be carried out regularly.

CHAMBER

Clean with the chamber brush fitted to the cleaning rod.

Flash Suppressor

Clean using the bore cleaning brush.

BARREL

1. Insert the four-piece rod (about two turns short of being tight) with a swab moistened in CLP into the barrel (a portion should stick out through the muzzle).
2. Replace the swab holder with the bore brush and insert it into the barrel.
3. Repeat several times (rods may have to be loosened).
4. Pull a dry swab through and then pull a swab lightly lubricated with CLP through.

Bolt and Carrier

1. Clean the interior of the bolt key with the bolt key brush then dry using a pipe cleaner.
2. Using a CLP lubricated swab, clean all the parts of the bolt.
3. Lubricate the bolt and bolt carrier.
4. Dry the bolt key and place one drop of CLP inside the tube.

Upper Receiver

1. Clean the external surface with a lubricated CLP swab and a cleaning brush and wipe dry.
2. Clean the exterior of the gas tube that protrudes into the upper receiver using two rod pieces and a bore brush.
3. Use a pipe cleaner to clean as far into the gas tube as possible.
4. Clean the inner surfaces.
5. Lightly lubricate the inside of the upper receiver, outer surface of the barrel, front sight and the surface under the hand guard.
6. Push and pull the front sight and place two or three drops of CLP around the area, working it in.

Lower Receiver

1. Clean the external surface with a lubricated CLP swab and a cleaning brush and wipe dry.
2. Clean the interior, paying special attention to the magazine housing and trigger group.
3. Apply CLP generously to the trigger group, takedown pin and pivot pin.

Butt and Hand Guards

1. Wipe clean the external surfaces.
2. Do not oil the nylon surfaces.

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When cleaning before firing, inspect the rifle to determine if it requires cleaning. In most cases, wiping exposed surfaces will be sufficient. If it is necessary to clean the rifle, it should be done the same as regular cleaning except that the bore, face of the bolt and the chamber must be free of lubricant.

CONFIRMATION OF TEACHING POINT 15

The cadets' participation in cleaning the C7 rifle will serve as the confirmation of this TP.

Teaching point 16 **Explain and demonstrate assembling the C7 rifle.**

Time: 5 min Method: Demonstration



Explain and demonstrate the process for assembling a C7 rifle. Ensure all cadets can see the demonstration.

ASSEMBLING THE C7 RIFLE

To assemble the C7 rifle:

1. Replace the bolt in the bolt carrier.
2. Pull the cocking handle partially to the rear.
3. Place the bolt in the rifle.
4. Push the cocking handle fully forward.
5. Ensure the fire control selector is set to 'S' (safe).
6. Lock the upper receiver with the takedown pin.
7. Complete the function test by:
    a. cocking the rifle;
    b. attempting to fire with the fire control selector at 'S' (safe);
    c. setting the fire control selector to 'R' (repetition);
    d. firing the action;
    e. cocking the action while holding in on the trigger;
    f. releasing the trigger (after hearing the hammer fall);
    g. firing the action;
    h. setting the fire control selector to 'AUTO' (automatic);
    i. firing the action;
    j. cocking the action while holding in on the trigger;

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k. releasing the trigger (after hearing the hammer fall);

l. returning the fire control selector to 'R' (repetition); and

m. closing the ejection port cover.

CONFIRMATION OF TEACHING POINT 16

The cadets' participation in assembling the C7 rifle will serve as the confirmation of this TP.

Teaching point 17 **Have the cadet fire 25 rounds with the C7 rifle.**

Time: 170 min Method: Practical Activity



All familiarization firing must be lead by a Large Bore RSO (RSO [LB]). Consult and adhere to the policies outlined in CATO 14-41, *Use of C7/8 Within the CCO*, Appendix 3, Annex A.

All range activities shall be conducted IAW the Range Standing Orders specific to the area being used.

ACTIVITY

OBJECTIVE

The objective of this activity is to have the cadets fire 25 rounds using the C7 rifle.

RESOURCES

- C7 rifle (one per firing point),
- 5.56-mm ammunition (25 rounds per cadet),
- Magazines (minimum of three per cadet),
- Marksmanship target (one per firing point),
- Target frame (one per firing point),
- Hearing protectors (one per firing point),
- Shooting mats (one per firing point),
- First aid kit (one),
- Stretcher (one),
- Cell phone / radio (one),
- Folding tables (three),
- Empty sandbags (five),
- Green and red flags (two sets),
- Target patches (5 rolls),
- Where butts are being used:
  - helmets (one per person),

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- pointers (one per person),
- communication device (two—one for the RSO and one for the butt party);

- Range standing orders (one),
- Cleaning kits (one per four cadets),
- C7 handling test located at Attachment A, if required (one per cadet), and
- Pen / pencil (five).

ACTIVITY LAYOUT

Set up the firing points, targets and butts (if applicable).

ACTIVITY INSTRUCTIONS

1. Brief the cadets on the range activity.



If the cadets are expected to signal in the butts, a briefing shall take place before beginning the activity.

2. Have each cadet complete the C7 rifle handling test, where required.
3. Divide the cadets into relays.
4. Lead the first relay of cadets through the range activity using range commands.



Ensure the cadets are given the opportunity to view their targets at least once throughout the familiarization fire. They may then make adjustments, if desired, to try to improve.

5. Repeat Step 4 until there are no more relays.
6. Have the cadets field strip, clean and assemble the C7 rifle, in groups of four.

SAFETY

- Rifles shall always be pointed down range.
- The cadets are to follow all range rules and regulations throughout the activity.

CONFIRMATION OF TEACHING POINT 17

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

END OF LESSON CONFIRMATION

The cadets' participation in firing the C7 rifle will serve as the confirmation of this lesson.

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CONCLUSION

HOMEWORK / READING / PRACTICE

Nil.

METHOD OF EVALUATION

Nil.

CLOSING STATEMENT

It is important for cadets to participate in Canadian Forces (CF) familiarization activities. Firing the C7 rifle is one of the many CF familiarization activities in which cadets can develop a connection to and knowledge about the CF.

INSTRUCTOR NOTES / REMARKS

Each cadet must successfully complete the C7 Rifle Handling Test (located at Attachment A) prior to firing the rifle.

The cleaning kit contains the following:

- a case,
- a four-piece rod,
- a swab holder,
- a bore brush,
- a chamber brush,
- a bolt key brush,
- a container of cleaner, lubricant, preservative (CLP),
- pipe cleaners, and
- swabs (38-mm by 50-mm).

All familiarization firing must be led by a Range Safety Officer (Large Bore - C7). Consult and adhere to the policies outlined in CATO 14-41 *Use of C7/8 Within the CCO*, Appendix 3, Annex A.

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.

Where butts are being used, time shall be spent instructing the cadets on their operation.

Assistant instructors are required for this lesson.

REFERENCES

A2-062 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.

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C7 RIFLE HANDLING TEST

Cadet Name: _____

Division: _____

SAFETY PRECAUTIONS

	ACTION TO BE CARRIED OUT BY THE CADET	ACTION COMPLETED	
1.	Adopt the standing load position (if required).	**Yes**	**No**
2.	Pull the cocking handle to the rear and engage the bolt catch.	**Yes**	**No**
3.	Tilt the rifle and inspect the chamber.	**Yes**	**No**
4.	Ensure the rifle is clear.	**Yes**	**No**
5.	Pull the cocking handle fully to the rear.	**Yes**	**No**
6.	Allow the action to go forward under control and strike the forward assist.	**Yes**	**No**
7.	Fire the rifle.	**Yes**	**No**
8.	Close the ejection port cover.	**Yes**	**No**
9.	Lay down the rifle with the ejection port cover facing up.	**Yes**	**No**

LOAD

	ACTION TO BE CARRIED OUT BY THE CADET	ACTION COMPLETED	
1.	Pick up a magazine.	**Yes**	**No**
2.	Check to see if the rounds are positioned correctly.	**Yes**	**No**
3.	Push the magazine firmly into the magazine housing.	**Yes**	**No**
4.	Check that the magazine is secure by pulling downwards.	**Yes**	**No**
5.	Return the hand to hold the rifle.	**Yes**	**No**

READY OR RANGE

	ACTION TO BE CARRIED OUT BY THE CADET	ACTION COMPLETED	
1.	Check the front and rear sights to ensure they are set correctly.	**Yes**	**No**
2.	Cock the rifle.	**Yes**	**No**
3.	Strike the forward assist.	**Yes**	**No**
4.	Close the ejection port cover.	**Yes**	**No**
5.	Ensure the fire control selector is set to 'S' (safe).	**Yes**	**No**
6.	Return the hand to hold the rifle.	**Yes**	**No**

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IMMEDIATE ACTION–BOLT AT REAR

"The rifle is firing alright and then suddenly stops."

The cadet shall cant the rifle and examine the bolt position.

"The bolt is fully to the rear."

	ACTION TO BE CARRIED OUT BY THE CADET	ACTION COMPLETED	
1.	Check for an empty magazine and change.	**Yes**	**No**
2.	Disengage the bolt catch.	**Yes**	**No**
3.	Strike the forward assist and continue firing.	**Yes**	**No**

IMMEDIATE ACTION–BOLT FULLY FORWARD

"The rifle is firing alright and then suddenly stops."

The cadet shall cant the rifle and examine the bolt position.

"The bolt is fully forward."

	ACTION TO BE CARRIED OUT BY THE CADET	ACTION COMPLETED	
1.	Ensure the magazine is seated properly and locked in place.	**Yes**	**No**
2.	Cock the rifle and watch for a round or empty casing to eject.	**Yes**	**No**
3.	Strike the forward assist and continue firing.	**Yes**	**No**

IMMEDIATE ACTION–BOLT PARTIALLY FORWARD

"The rifle is firing alright and then suddenly stops."

The cadet shall cant the rifle and examine the bolt position.

"The bolt is partially forward and there is an obstruction."

	ACTION TO BE CARRIED OUT BY THE CADET	ACTION COMPLETED	
1.	Cock the rifle and engage the bolt catch.	**Yes**	**No**
2.	Examine the chamber.	**Yes**	**No**
3.	Remove the magazine if a live round or empty casing is in the chamber.	**Yes**	**No**
4.	Clear the obstruction.	**Yes**	**No**
5.	Replace the magazine.	**Yes**	**No**
6.	Disengage the bolt catch.	**Yes**	**No**
7.	Strike the forward assist and continue firing.	**Yes**	**No**

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UNLOAD

	ACTION TO BE CARRIED OUT BY THE CADET	ACTION COMPLETED	
1.	Set the fire control selector to 'S' (safe).	**Yes**	**No**
2.	Remove the magazine.	**Yes**	**No**
3.	Cock the rifle twice.	**Yes**	**No**
4.	Pull the cocking handle to the rear and engage the bolt catch.	**Yes**	**No**
5.	Tilt the rifle to the left and wait to be cleared by the RSO.	**Yes**	**No**
6.	Disengage the bolt catch.	**Yes**	**No**
7.	Strike the forward assist.	**Yes**	**No**
8.	Set the fire control selector to 'R' (repetition).	**Yes**	**No**
9.	Fire the rifle.	**Yes**	**No**
10.	Close the ejection port cover.	**Yes**	**No**
11.	Lay down the rifle.	**Yes**	**No**

Comments:

RSO (LB) Signature: _____

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