



Bedford Rifle Club

Members Handbook

Name:

Membership Number:

Clubhouse Tel.: 01234 358341

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Foreword

Bedford Rifle Club's *Members Handbook* was first published in 1996. Its purpose was to inform, guide and serve as a record, for those who were new to the sport of target shooting, also as a reference for the more experienced member. The original text has been taken as the basis of this revamped edition and can be said to be 'work in perpetual progress', due to the changing fashions, influences and regulations that are imposed upon the target shooting world, from within the target shooting world and diktat from the United Kingdom Government of the day. The content of this *Members Handbook* is a guide to the workings of Bedford Rifle Club and (hopefully), a simple guide for the newcomer to 'our' sport of target shooting.

It does not purport to be a definitive guide to any particular target shooting discipline or legal document.

Comment regarding the content of this Handbook would be welcome.

Acknowledgement

A special thank you to Pearl and John Marchant for reproducing the original text.

Copyright

The copyright of this handbook remains the property of Bedford Rifle Club *in perpetuity*.

1. INTRODUCTION

This handbook is a guide for all current and future members of Bedford Rifle Club. The information therein is written as a guide to the activities of the Club, to ensure that all members are aware of their roles and responsibilities when engaged in Club activities.

We hope that you will enjoy the benefit of all the facilities provided under your membership of Bedford Rifle Club.

Target shooting in all its disciplines is a fair *sport for all*. It is suitable for both sexes, of all age groups, both able- and disabled-bodied people, all of whom can participate on an equal basis. The Club encourages all members (of all disciplines), to participate in organised competitions. Postal competitions are organised by various target shooting bodies and can be on a domestic, county, regional or national basis, and are for those members who are interested. Such competitions are organised on a league basis, enabling like standard competitors to compete against each other.

1.1 A brief history of Bedford Rifle Club

Bedford Rifle Club was founded in March 1929, growing from then to what it is today. It is one of the 'premier' small-bore target rifle clubs in the United Kingdom.

From using mostly military ranges in the early days, the Club acquired its current home on Clapham Road in 1967, which was used only for outdoor shooting until the mid-1970's, when Bedford Rifle Club joined forces with Bedfordshire County Rifle and Pistol Association (BCRPA), to build an indoor range and clubhouse. The indoor facilities are equally shared between Bedford Rifle Club and BCRPA. Of the outside ranges, the Club has sole use of the 'hundred-yard range'.

In 1988, Bedford Rifle Club and BCRPA entered into further joint ventures, building an indoor air rifle/air pistol range and a 50 metre outdoor range for .22" rimfire rifle/pistol. (Subsequent to the 1997 Firearms Amendment Act(s), cartridge pistol target shooting ceased.)



Bedford Rifle Club's small-bore target rifle shooters have won almost every major individual and national team competition at least once. A large proportion of the membership have and continue to represent



their home counties, i.e. Bedfordshire and beyond. Some 25 plus club members have represented their UK home countries. Members have also represented Great Britain at international level.

1.2 Bedford Rifle Club organisation

Bedford Rifle Club is managed by an elected Management Committee. The day to day running of the Club is organised by the Committee, plus a number of other helpers who undertake specific tasks. It should be noted that the management and upkeep of the shared facilities, i.e. clubroom and indoor ranges, is the responsibility of the 'Joint Range Committee', consisting of four representatives each from Bedford Rifle Club and BCRPA.

The Club has a licensed bar area within the clubroom. Normal licensing laws are in force relating to the buying, consumption of alcohol and the presence of those persons under the age of 18 years. The club occasionally organises social events, not always involving target shooting, and has in the past, included presentation or celebration dinners, raffles, etc.

1.3 Bedford Rifle Club facilities

The Club's premier facilities are some of the best in the country and consist of:

- Indoors - 25 yards range with 10 firing points.
- Indoors - 10 metres air rifle and air pistol range (with automatic target changers), with 6 firing points.
- Outdoors (Range 1) – 24 firing points at 50 metres/100 yards (including 3 firing points at 25 yards and 6 firing points at 50 yards).
- Outdoors (Range 2) – 10 firing points at 50 metres (enclosed outdoor range, constructed to international standards). Ideal for those competitors who compete in the PSK discipline of target rifle shooting and pistol shooters who possess an NSRA Longarm for the 50 metres Olympic free pistol event.
- Large licensed clubroom with excellent welfare facilities.

Indoor/Outdoor Range Availability							
Range	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Indoor 25 yard*		Y		Y		Y	Y†
100 yard‡	Y	Y	Y	Y	Y	Y	Y
50 metre‡		Y		Y		Y	
Indoor 10 metre*		Y		Y		Y	Y†

* Opening times, including clubroom: 19:00-22:30.

† Evening only, by special arrangement.

‡ Dawn to dusk.

Due to the Club's excellent facilities, Bedford Rifle Club/BCRPA sometimes host various Great Britain National shooting squad's training weekends and can also provide facilities for other organisations to use from time to time.

1.4 Newcomers (prospective new members) and training

Newcomers (prospective new members), are welcome to attend Club sessions. It should be noted that all newcomers have to be supervised until the Club's instructors are satisfied that they are considered safe and competent within their chosen discipline.

Newcomers joining the Club are required to pay their subscription (appropriate to their chosen discipline), before becoming probationary members. It is implicit upon the newcomer to confirm that they meet current Home Office Regulations, confirming that they are not barred from participating in the shooting sports. Probationary membership is a minimum of three months duration but can be adjusted/waived by the Club Management Committee, depending upon individual circumstances.

Newcomers joining the Club and are new to target shooting, are required to go through a training scheme relevant to the discipline of their choice. This can be in air rifle, air pistol or small-bore rimfire rifle. Training is phased, to get the new member participating quickly, while maintaining the level of safety required by the sport of target shooting. There is no training charge.

New members will be allocated a coach/instructor who will give one to one tuition. The coach/instructor is the point of contact/reference regarding any problems experienced during the training period.

The coach/instructor will agree the intervals, times of all training sessions and discussions. If the coach/instructor is not present at a particular time, new members should feel free to ask other members of the Club for advice.

New members of the Club, who are experienced target shooters and can prove that they are competent and safe, can have their probationary membership period shortened/waived, subject to a review by the Club Management Committee.

Important notes:

- 1. Infrequent attendance – probationary members may have their probationary membership period reviewed/extended.**
- 2. Bedford Rifle Club reserves the right to carry out background checks on any individual seeking membership.**
- 3. Bedford Rifle Club maintains the ongoing right, to refuse membership to any individual.**

Probationary membership 'may limit' use of Club facilities to the chosen discipline of your training.

Full membership does not automatically give the individual right of use of all the Club's facilities.

For example: a full member of one discipline would still be required to go through the relevant training for another discipline before being allowed to shoot that discipline unsupervised.

1.5 Annual membership fees

The Club membership year runs from 01 April to 31 March. Any member failing to renew their membership by the end of June will no longer be considered a member. If the member is a firearms certificate holder, the failure to renew their membership will be reported to their local police firearms licensing department. Information of current annual subscriptions are available from the duty officer.

Members of Bedford Rifle Club, wishing to compete in any competition recognized by the National Small-bore Rifle Association (UK governing body), are expected to join that organisation. The NSRA has a number of membership categories. Details of NSRA membership schemes are available from the duty officer.

1.6 The law – regulation and legislation

The United Kingdom Home Office rules state, *‘that newcomers who apply for membership, must be sponsored by a full member of the Club’*. However, this statement does not apply to new members who are experienced target shooters and who possess their own valid Firearms Certificate.

New members who do not possess a valid Firearms Certificate, must sign a declaration stating *‘that they have no criminal record and that there is no reason why they should not be allowed to handle firearms’*.

The United Kingdom Home Office state: *‘that you cannot become a full member of a club until you have served a probationary period of at least three months’*. This condition may be waived by the Club’s Management Committee in the case of an existing target shooter who holds a valid Firearms Certificate.

United Kingdom firearms law states that you need a valid Firearms Certificate (FAC) to own or possess firearms and ammunition of any sort. It is generally accepted that the police will not grant you a Firearms Certificate unless you are a full member of a Home Office approved club. If/when you apply for your own Firearm Certificate and need help in completing the required application form, do not hesitate to contact a ‘Firearms Certificate holding’ Management Committee member for assistance.

Note: Anyone under the age of 14 years may not own their own air rifle or air pistol but may borrow and use them under the supervision of a person over the age of 21.

Note: Anyone over 14 years and under 18 years may not buy an air rifle or air pistol. It is an offence to make a gift of an air rifle or air pistol to anyone under the age of 18 years.

Note: Anyone aged 18 years and over with a valid Firearms Certificate may buy a .22” rimfire rifle and ammunition, subject to the conditions detailed on the Firearms Certificate.

Note: Members who do not hold their own Firearms Certificate may purchase ammunition from the Club for use on the Club's ranges. The Club provides safe and secure storage facilities for any unused ammunition (rimfire cartridges/pellets) remaining at the end of shooting sessions.

VERY IMPORTANT NOTES

- **It is against the law (ILLEGAL), to remove unused ammunition from the Club's premises unless you have a valid Firearms Certificate.**
- **Air rifle/pistol pellets may not be legally taken from the range by anyone under the age of 18 years.**

2. BEDFORD RIFLE CLUB CONSTITUTION

1. The Club shall be called the BEDFORD RIFLE CLUB.
2. The Club shall be affiliated to the National Small-Bore Rifle Association and to any other organisation as may be determined by the committee.
3. The object of the Club shall be to promote, encourage and facilitate the development of and participation in the sport of target shooting. The membership shall be open to all members of the community without discrimination.
4. The Officers of the Club shall be; President, Vice Presidents, Chairman, Vice-Chairman, Hon. Secretary, Hon. Treasurer and Captain.
5. The Committee shall consist of six members together with the Chairman, Vice Chairman, Hon. Secretary, Hon. Treasurer and Captain.
6. The Committee may appoint assistants to officers as required and may appoint club members to carry out any other duties as may be deemed necessary.
7. The quorum of the Committee shall be five.
8. The Committee may appoint sub-committees; such sub-committees must include at least one Committee member.
9. (9.1) The Trustees of the Club shall consist of persons nominated and they shall respectively hold office until death or resignation unless removed from office by a resolution of the Committee. The Trustees shall be ex-officio members of the Committee. The number of Trustees shall not be more than four, nor less than three, and the property and assets of the Club (other than cash which shall be under the control of the Treasurer) shall be vested in them. For so long as the Trustees hold leasehold land in trust for the Club, then the Trustees only liability under any appropriate covenants or other liabilities pursuant to the terms of any said lease, will only be to the extent of the assets and property vested in them or any other person or persons in trust and for the benefit of the Club and not further or otherwise. They shall deal with the Committee (of which an entry in the Minute Book shall be

conclusive evidence) and they shall be further indemnified against any other risk and expense properly incurred out of the assets of the Club.

9. (9.2) If at any time the Club in a general meeting shall pass a resolution authorising the Committee to borrow money, the Committee shall thereupon be empowered to borrow for the purpose of the Club such amount of money either at one time or from time to time and at such rate of interest and such form and manner and upon such security as shall be specified in such resolution. Thereupon the Trustees shall at the direction of the Committee make all such disposition of the Club property or any part thereof and enter into such agreements in relation thereto as the Committee may deem proper for giving security for such loans and interest. All members of the Club, whether voting on such resolution or not and all persons becoming members of the Club after the passing of such resolution, shall be deemed to have assented to the same as if they had voted in favour of such resolution.
10. The Committee may co-opt members as required.
11. Members shall be given 28 days' notice of the Annual General Meeting or an Extraordinary Meeting by posting a notice on the Club Notice Board. The quorum of a General Meeting shall be 15 members or 25% of paid up membership whichever is the lower.
12. The Annual General Meeting of the Club shall be held not later than the 1st March each year.
13. The following business shall be transacted at the Annual General Meeting:
 - (a) Appointment of Auditors;
 - (b) Presentation of audited accounts;
 - (c) Election of Officers and Committee for the ensuing year;
 - (d) Any other business to be raised shall be notified in writing to the Hon. Secretary not less than 7 days before the date of the General Meeting. The Chairman may allow other business to be discussed at his discretion.
14. An Extraordinary General Meeting of the Club may be called by a resolution of the Committee, or the receipt by the Hon.

Secretary of a requisition in writing duly setting out the purpose, signed by twelve members. Upon receipt of such notice the Committee shall within 14 days convene a meeting, which shall be held within 28 days of the receipt of such notice.

15. The constitution may only be changed at a General Meeting by the passing of a motion of which 28 days' notice has been given to all members by posting such notice on the Club notice board.
16. Application for membership shall be made to the Hon. Secretary. All applicants shall serve a period of probationary membership. The election of full members shall be via a majority voting of the committee with a quorum after serving a satisfactory probationary period, taking into account the current firearms legislation.
17. The annual subscription shall be fixed by the Annual General Meeting and will be payable on the 1st April of each year. Any member whose subscription is not paid by the 30th April of each year may be debarred from the privileges of membership. Any member whose annual subscription is not fully paid by 30th June in the year that it becomes due, automatically ceases to be a member of the Club.
18. (18.1) In the event that the Club's committee is required to deal with any disciplinary matter they will do so in accordance with terms of the appropriate section, headed 'disciplinary matters' set out in the current edition of the NSRA handbook.
(18.2) The Committee may remove from the Roll of Members any member whose conduct is unseemly, objectionable or calculated to bring the Club into disrepute, but such member shall have no claim on the Club for any subscription or entrance fee paid. Should such member appeal to the Committee within 14 days in writing, they shall be required to call an Extraordinary General Meeting to consider his appeal.
19. The Auditor or Auditors shall examine the accounts at least once annually with the invoices and vouchers prior to the Annual General Meeting, and if satisfied shall append thereto a certificate to the effect that such are correct and fairly represent the expenditure and receipts of the Club, and its Assets and Liabilities and they may at any time inspect any book, document or property of the Club, in the possession of

any officers or members, and make a report thereon in writing to the Committee.

20. The Club shall be a non-profit making organisation and the surplus gain and income shall be re-invested into the Club. The Club does not permit any distribution of Club assets, cash or kind to Club members or third parties. This does not prevent donations by the Club to other clubs that are registered as community amateur sports clubs.
21. The Committee may pay accounts and incur any normal liabilities on behalf of the Club. The Committee and Officers are hereby indemnified by the Club against any claim or demand in respect of any liability properly and bona-fide incurred on behalf of the Club.
22. The Committee shall have the power to legislate upon any point not provided for in these rules.
23. All members, except probationary members, shall be entitled to vote at a General Meeting. Elected and ex-officio and co-opted committee members are entitled to vote at a committee meeting. The Chairman of the Club and Committee shall have a casting vote in the case of a tie provided he has voted on the first occasion.
24. Any person who has rendered exceptional services to the Club may be elected to Honorary Membership by a two third majority vote of members present and voting at a General Meeting.
25. In the event of the Club being wound up the property of the Club shall not be distributed among the members of the Club, but any assets remaining after the satisfaction of any proper debts and liabilities shall be given or transferred to such other registered charity, or registered community amateur sports clubs, having objectives similar to the objectives of the Club as the members or Trustees of the Club may determine.

3. SAFETY

Within all environments and whatever activity is being undertaken, there will always be areas of potential risk of injury to the person and damage to associated equipment. For this reason all sports have mandatory regulations, rules, procedures and guidelines that need to be followed, ensuring that any risk(s) is/are either minimised or eliminated completely. **Target shooting has an exemplary safety record which must be maintained.**

Target shooting is a very safe sport because of mandatory regulation, rules and procedures that those participating in the sport have to follow. This ensures that all participants can enjoy the sport safely.

The rules that apply to target shooting may vary depending upon the discipline undertaken. Be aware, that when visiting other clubs/venues, additional rules may be in place to suit those particular facilities.

The rules for Bedford Rifle Club are quite straightforward. If you are in any **doubt** about their interpretation, or have any questions, then please seek clarification before you commence any Club activity.

3.1 General rules and procedures

Hygiene Note: All individuals are advised to wash their hands after touching/coming into contact with any lead based item, i.e. ammunition.

The following rules are MANDATORY and apply irrespective of the target shooting discipline:

- **Never point a rifle or pistol at anyone.**
- **Never** hand a loaded rifle or pistol to anyone.
- **Never** hand a rifle or pistol with the action closed to anyone.
- **Never** accept a loaded rifle or pistol from anyone.
- **Never** accept any rifle or pistol with its action closed from anyone.
- **Never** load a rifle or pistol until you are on the firing point and are ready to shoot. Always ensure that the rifle or pistol is pointing down the range and that you have been given the command to load.
- **Never** carry around a rifle or pistol that is loaded **or** has the action closed.
- All cartridge rifles and pistols **must** have an open-breech indicator in-situ at all times when not in use, i.e. on the firing

point, between details and when being transported in open public areas. Air rifles and air pistols **must** be uncocked and have their loading ports visibly open when in public areas away from the firing point

- Practise dry firing in the clubroom **is prohibited**.
- When commanded, always stop shooting and unload the rifle or pistol **immediately**.
- If you get a misfire and have not been told what to do in such circumstances, carefully place the weapon down with the barrel pointing down the range and inform the range officer or coach.
- Have consideration for others when you are getting ready to shoot or have finished shooting. Keep noise, movement and disruption to a minimum.
- Pick up all your empty cases and leave the firing point tidy when you have finished shooting.
- Ensure that when your rifle/pistol is stowed, that the breech is clear, except for a breech flag or plug. It is good practice to remove the action/bolt and store separately.

3.1.1 Indoor rifle range rules and procedures

- If you are the first (or one of the first) to go in to the range, set up the target frames and lighting.
- Do **not** pick up your rifle/pistol until the red warning light is on and you are told to do so.
- **Never** go forward of the firing point until the red warning light is off and you are told you may do so.
- If you are the last (or one of the last) to use the range:
 - tidy the range, ensuring all empty cartridge cases are picked up,
 - all the target frames and lighting are safely stowed away,
 - all firing point shutters are closed.

3.1.1.1 Indoor firing point booking

Indoor firing points (25 yards) need to be booked for use. There is a wall mounted booking board for this purpose, located behind the duty officer's desk, to the left of the entrance door to the air rifle/air pistol range.

Firing Point

1 2 3 4 5 6 7 8 9 10

	1																			
Light	2																			
	3																			
	4																			
	5																			
	6																			
	7																			
	8																			
	9																			
Detail number	10																			
	11																			
	12																			
	13																			
	14																			
	15																			
	16																			
	17																			
	18																			
	19																			
	20																			

When you are ready to shoot, please write your name or initials in the boxes associated with the firing point/detail you require. Although there are no strict rules governing detail lengths, details should normally be approximately 10 minutes long. Therefore, if shooting starts at 7:30 pm, then detail 4 should start at about 8:00 pm. The light to the left of the board indicates detail progress. A steady light indicates that the detail is in progress and a flashing light indicates that it is time for shooters booked on that detail to put their targets up, and if they have not already done so, to set up their equipment on the firing point.

As a rule, a maximum of four details can be booked at any one time for practice and six details when shooting competition cards.

3.1.2 Outdoor range rules and procedures

- When shooting on the outside ranges, it is **mandatory** to ensure that the main **red flag** above the stop butt and two **red flags** are flying relevant to the range in use.
- **Only** members or guests approved to do so by the Club Captain may shoot on either of the outdoor ranges.
- **Only** single shot small-bore rifles may be used on the outside ranges.
- **Never** go forward of the firing point until it is safe, or you are told you may do so.
- **Never** commence shooting until you are told you may do so.
- Ensure that you have signed your completed competition targets and that they are witnessed according to the competition rules by an approved witness.
- Place your completed competition cards tidily on the correct shelf in the target rack.
- When all shooting is finished:
 - Ensure that the two relevant red range flags are taken down.
 - The range is left tidy.
 - The target frame hut, stats hut and the toilet are locked.

3.1.2.1 Outdoor firing point booking

There is no firing point booking procedure, just choose a vacant firing point and set-up your kit, remembering the following:

- **Shooting outside of the target aiming area, causing damage to the target frame, etc., is forbidden.**
- Barrel warming shots should be fired into the bank, avoiding all target equipment.
- Firing points one to six are usable for 50 yards shooting. Therefore, shooting at this distance will have priority on these six firing points. Only three firing points (10, 11, 12), are usable for 25 yards shooting.
- Shoot from the centre of your individual firing point (each bay consists of three firing points), taking care to avoid cross-shooting.

3.1.3 Air rifle/air pistol range

- If you are the first (or one of the first) to go in to the range, turn on all the lights.

- When loading/shooting, the air rifle or air pistol must be kept pointing forward, down the range.
- When all shooting is finished and you are the last (or one of the last) to use the range, tidy the range, ensuring any rubbish is picked up and all the lighting is turned off before leaving.

3.1.3.1 Firing point booking

The firing points need to be booked for use. There is a booking board for this purpose located behind the duty officer’s desk next to the right-hand side of the entrance door to the air rifle/air pistol range.

		Firing Point					
		1	2	3	4	5	6
Detail time	7.00						
	7.10						
	7.20						
	7.30						
	7.40						
	7.50						
	8.00						
	8.10						
	8.20						
	8.30						
	8.40						
	8.50						
	9.00						
	9.10						
	9.20						
	9.30						
	9.40						
	9.50						
	10.00						
	10.10						

Write your name (initials) in the boxes associated with the firing point and detail times you require.

As a rule, a maximum of four details can be booked at any one time when shooting practice, if you are shooting competition match cards, then a maximum of six details are allowed. If range space is available, further details may be booked if you have completed your previously booked details.

The Club has a pre-booking system (a maximum of one week before your attendance), that can be used to book a firing point and your required number of details. This facility is only available to those shooting competition cards.

4. SHOOTING DISCIPLINES

4.1 Air rifle

4.1.1 Equipment

Generally speaking, the air rifle target shooter will collect, with experience, various items that will contribute to their performance. The following are the main items of equipment required.

4.1.1.1 *The Air rifle*

Air rifles suitable for target shooting differ in type and construction, but generally, may be divided into three groups: spring, pre-compressed and pre-charged. The last type may use either carbon dioxide (CO₂) or stored compressed air as the pellet propellant. This is stored in a pre-charged cylinder attached to the gun.

Spring – Air which forces the pellet down the barrel is created by a ram piston on a strong spring. Air is drawn into the piston chamber in front of the ram when the rifle is cocked. When the trigger is released, the spring driven ram forces air out through a valve behind the pellet, propelling the pellet forwards.

Pre-Compressed – Air within a chamber is compressed when the rifle is loaded by a piston on a plunger. The compressed air is released when the trigger is released.

CO₂/PCP – Carbon dioxide (CO₂), or compressed air (PCP), is held within a cylinder attached to the gun. A specific metered volume of propellant gas is discharged when the trigger is released.

4.1.1.2 *Sighting system*

The sighting system comprises a rearsight and a foresight. The rearsight is adjustable for elevation (up/down) and windage (left/



right), allowing the shooter to obtain an accurate point of aim in relation to the target. The foresight is normally of a ring configuration, which can be altered to accommodate the shooters focal characteristics and local range conditions.

4.1.1.3 Shooting jacket, trousers and boots

To aid stability in the standing position, a shooting jacket and trousers coupled with good fitting shooting boots provide additional support for the body, enabling the shooter to hold, consistently, the standing shooting position.

4.1.1.4 Pellets

Pellets are obtainable in various grades and can be presented individually packed, or in tins containing 500. Pellet calibre used for all 10 metre ISSF disciplines is .177" (4.49 mm).

4.1.2 Air rifle shooting

Air rifle shooting is performed standing, with no artificial support apart from that provided by the shooting jacket, trousers and shooting boots.

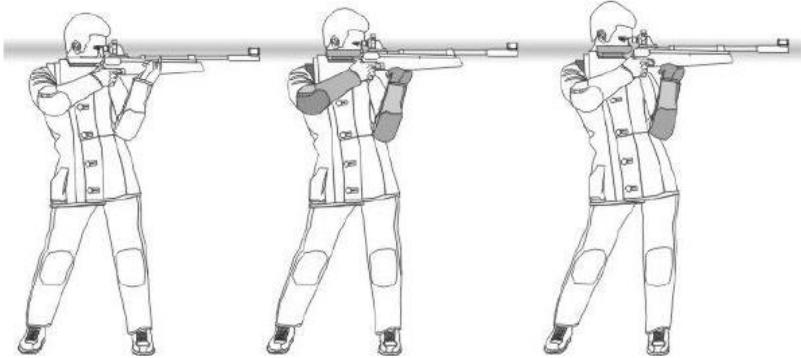
4.1.2.1 The shooting position

The diagrams below show the shooting positions.

The left-hand diagram illustrates the low location of the rifle. Prerequisites of this position are the very tilted head and the support hand position, where the rifle sits between thumb and forefinger.

The centre diagram illustrates the fist as a support. The rifle sits higher and the head position is noticeably more comfortable. To get the right height, the hips are pushed forwards and the butt plate of the rifle is dropped. This position is recommended.

The right hand diagram illustrates a position for the lighter and more flexible shooter, able to lean back further to support the rifle effortlessly. The position puts stress on the head position, the neck must now be twisted further. Better contact for the elbow is a major advantage of this position.



4.1.2.2 Firing the shot

When the rifle is in the shooting position, the eye has to look through the centre of the rearsight aperture at the foresight, positioning the rifle such, that the aiming mark on the target appears in the centre of the foresight ring while maintaining the image of the foresight in the centre of the rearsight.



When the sight picture appears 'right', as above, the finger pressure on the trigger should be gently increased until the shot is released. Do not snatch the trigger. It is important to stay in position for a short while, after the shot has gone, this is known as 'follow through', i.e. do not put the rifle down straight away. Snatching the trigger or not performing the 'follow through' will have adverse effects on where the shot hits the target.

4.1.3 Air rifle shooting goals

Phase 1 Range safety procedures and discipline

The object of this phase is to get the newcomer in to the range, shooting safely under supervision. At the end of this phase, the newcomer should be able to book their own firing point, set their equipment and themselves up on the firing point and shoot details without constant supervision.

Phase 2 Shooting groups

Having reached the end of Phase 1, the object of phase 2, is to start to get consistent groups. At the end of this phase the newcomer should be able to fire five shots at a target with all shots grouping within a one-inch diameter circle anywhere on the target.

Phase 3 Centering the group

After completing phase 2, the object of phase 3, is to improve on the previous phase, getting consistent groups in the centre of the target. At the end of the phase the newcomer should be able to fire five shots at a single aiming mark scoring 25 points consistently. This may involve adjusting the sights to achieve this phase.

Phase 4 Moving round the target

Having reached the end of Phase 3 the object of phase 4, is to achieve consistent 5-shot groups in the centre of the diagram, but moving round a five-diagram target. At the end of the phase, the newcomer should now be able to fire three shots at each of the five aiming marks on a five-diagram target, with all shots within the '6' ring.

Phase 5 Shooting for real

The object of phase 5 is for the newcomer to shoot a series of scoring shots at 'five diagram targets', being able to fire two shots at each of the five diagrams on three separate five-diagram targets (30 shots in all). It would be expected that each shot would score at least 6 points.

4.2 Air pistol

4.2.1 Equipment

Air pistols come in all shapes, sizes and configurations. However, to participate in air pistol target shooting, the newcomer should be prepared to invest in a 'quality' air pistol designed for 10 metre air pistol target shooting.

4.2.1.1 Air pistol

Air pistols suitable for target shooting differ in type and construction, but generally, may be divided into three groups: spring, pre-compressed and pre-charged. The last type may use either carbon dioxide (CO₂) or stored compressed air as the pellet propellant. This is stored in a pre-charged cylinder attached to the gun.

Spring – Air which forces the pellet down the barrel, is created by a ram piston on a strong spring. Air is drawn into the piston chamber in front of the ram when the rifle is cocked. When the trigger is released, the spring driven ram forces air out through a valve behind the pellet, propelling the pellet forwards.

Pre-Compressed – Air within a chamber is compressed when the rifle is loaded by a piston on a plunger. The compressed air is released when the trigger is released.

CO₂/PCP – Carbon dioxide (CO₂), or compressed air (PCP), is held within a cylinder attached to the gun. A specific metered volume of propellant gas is discharged when the trigger is released.

4.2.1.2 Sights

The sighting system comprises a rearsight and a foresight. The rearsight is adjustable for elevation (up/down) and windage (left/right), allowing the shooter to obtain an accurate point of aim in relation to the target. The foresight is normally of a post configuration, which can be altered to accommodate the shooters focal characteristics and local range conditions.

4.2.1.3 Pellets

Pellets are obtainable in various grades and can be presented individually packed, or in tins containing 500. Pellet calibre used for 10 metre ISSF disciplines is .177" (4.49 mm).

4.2.2 Air pistol shooting

Air pistol shooting is performed standing with no artificial support.

The basics of air pistol shooting are fairly simple. The newcomer first adopts their stance in relation to the target, aligns the sights with the target and then gently squeezes the trigger to release the shot. With training, the pellet should strike the target somewhere near the centre of the target.

Successful air pistol shooting relies not on physical strength, but on the combination of hand and eye co-ordination. The pistol needs to be held steady within an 'area of aim', with the eye ensuring that the sights remain in alignment beneath the aiming mark. The one basic physical function that is most essential to master, is the correct body stance and alignment with the target.

4.2.3 The stance

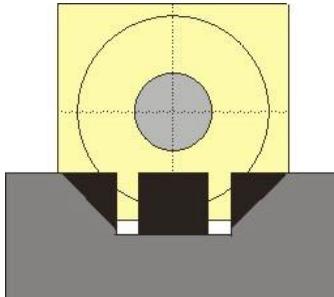
The stance is very important, aligning the body with the target and holding the air pistol. The air pistol is gripped in one hand, with the arm outstretched, the feet are placed shoulder width apart. The newcomer now needs to find a comfortable position facing the target. Alignment with the target is achieved by rotating the stance left or right, so that the aiming eye and sights are lined up with the target. The illustrations below show the stances of some world class performers, showing their 'ideal' body positions.





4.2.3.1 Firing the shot

The sights on an air pistol consist of a post foresight at the front end of the pistol and a notch rearsight, located at the back of the pistol. The illustration below shows the ideal relationship between the sights and target. This view should be seen by the air pistol shooter. The gap between the target aiming mark and the sights is a personal choice but should not be too small.



When the sight picture appears to be correct and relatively steady, the finger pressure on the trigger should be increased until the shot is released. Do not snatch the trigger. It is important to stay in position for a short while after the shot has gone, this is known as 'follow through', i.e. do not put the pistol down straight away. Snatching the trigger or not performing the 'follow through' will have adverse effects on where the shot hits the target.

4.2.4 Air pistol shooting goals

Phase 1 *Learning range safety procedures and discipline*

The object of phase 1, is to get the newcomer into the range, shooting safely under supervision. At the end of the phase the newcomer will be able to book a firing point, and set themselves and equipment up on the firing point and shoot details without supervision.

Phase 2 *Shooting groups*

Having completed Phase 1, the object of phase 2 is to start to produce consistent groups, culminating in ten single shots at a ten metre target with all shots registering within the scoring rings on the target.

Phase 3 *Shooting tighter/smaller groups*

The object of phase 3, building on the previous phase, is to continue to achieve smaller, consistent groups. Completion of this phase is the ability of the shooter to achieve all shots within the higher (5+) scoring rings.

Phase 4 *Centering the group*

The object of phase 4, is to continue to maintain consistent groups. At the end of this phase you should now be able to fire ten shots at a ten metre target with all shots registering in at least the 6 ring consistently. Upon completion of Phase 4, the newcomer should be able to continue their probationary membership period without supervision.

4.3 Small-bore target rifle

Small-bore target rifle shooting is carried out using a .22” calibre rimfire target rifle. In order to possess such a firearm, it is a requirement in law, to have been granted a Firearms Certificate by your local Police Force.

4.3.1 Equipment

Generally speaking, the small-bore rifle target shooter will collect, with experience, various items that will contribute to their performance. The following are the main items of equipment required.

4.3.1.1 Rifle

Single shot small-bore target rifles differ in design, construction and functionality. Generally, they may be divided into two groups, Martini or bolt action.

Martini action rifles have an underlever, which when pushed forwards, opens the breech by lowering the falling block. Loading is by placing the round on top of the falling block and sliding it forwards into the barrel chamber. To complete the loading cycle, the the lever is closed by pulling the lever backwards. After firing, the lever is pushed forwards, ejecting the spent case. In turn, this starts the 'shooting' cycle over again.

Bolt action rifles utilise a 'bolt' which operates within the action of the rifle. It travels back and forth, allowing the round to be placed in the barrel chamber. The bolt is pushed forwards and locked into position by way of the bolt handle. Lifting the handle and pulling it rearwards, 'as if you were opening a bolt on a gate', opens the action and ejects any spent case. Pushing the bolt handle forward and down 'as if you were locking a bolt on a gate', closes the action and cocks the firing pin making the rifle ready to fire.

4.3.1.2 Sighting system

The sighting system comprises a rearsight and a foresight. The rearsight is adjustable for elevation (up/down) and windage (left/right), allowing the shooter to obtain an accurate point of aim in relation to the target. The foresight is normally of a ring configuration, which can be altered to accommodate the shooters focal characteristics and local range conditions.

4.3.1.3 The sling

The sling is fundamental in supporting the rifle. It is looped around the upper left arm for the right handed and vice versa for the left handed. The opposite end of the sling attaches to the rifle by way of a mechanical fixing, normally at the handstop.



4.3.1.4 Jacket

The shooting jacket when used properly in the prone position, provides support across the shoulders enabling you to hold a given shooting position without causing strain on the body. It is important to understand that a good fitting jacket is fundamental to a good shooting position, enabling a near motionless prone position.

4.3.1.5 Shooting mat

The shooting mat is important, giving the shooter added extra comfort when in the prone shooting position. It is normal for the front section of the mat, where the shooter's elbows are placed, to have a non-slip surface.

4.3.1.6 Spotting telescope

The spotting telescope is essential in the process of sighting in and confirming where shots have gone during shooting.

4.3.1.7 Small-bore ammunition (calibre: .22")

Small-bore ammunition (.22") is obtainable in various grades. It is normally accepted that the higher the quality, the price normally follows.

4.3.2 Prone rifle shooting

Prone rifle shooting is the most popular small-bore discipline undertaken in the UK. The illustration below shows the prone position as adopted by the Olympic champion of the 2008 Olympic Games.

4.3.2.1 The prone position

The following illustrations show the prone shooting position.



Side view of the perfect prone position. Illustration, courtesy of *The Ways of The Rifle*.

4.3.2.2 Firing the shot

When in position (rifle and shooter together), the eye should be looking through the small hole in the centre of the rearsight. The 'sight picture' should be similar to the diagram below. It is important to concentrate one's vision on the foresight ring, whilst centering the aiming mark. Note that the aiming mark will appear greyed out.

When the sight picture appears 'perfect', the finger pressure on the trigger should be gently increased until the shot is released. Do not snatch the trigger. It is important to stay in position for a short while after the shot has gone, this is known as 'follow through', i.e. do not be in a hurry to look through the spotting telescope to confirm where the shot has gone. Snatching the trigger or not performing the 'follow through' will have adverse effects on where the shot hits the target.

4.3.3 Prone rifle shooting goals

Phase 1 *Learning range safety procedures and discipline*

The object of this phase is to get the newcomer in to the range shooting safely under full supervision. At the end of this phase the newcomer should be able to book their firing point, set themselves and equipment up on the firing point and shoot details without supervision.

Phase 2 *Shooting groups*

On completion of Phase 1, the object of phase 2 is to get consistent groups. At the end of the phase the newcomer should be able to fire five shots at each of two targets with all shots on each diagram within a 2.54 mm diameter. It does not matter whether the shots are in the centre of the target.

Phase 3 *Centering the group*

On completion of phase 2, the object of phase 3 is to get consistent groups in the centre of the target. At the end of the phase the newcomer should be able to fire five shots at each of two aiming marks with the total of all the shots scoring 80+ consistently.

Phase 4 *Moving around the target*

On completion of phase 3, the object of phase 4 is to continue to get consistent groups in the centre of the target and to move around a five 'aiming mark' target. At the end of the phase the newcomer should be able to fire two shots at each of the five aiming marks with the total of all the shots scoring 83+ consistently.

Phase 5 *Shooting for real*

On completion of phase 4, the object of phase 5 is to complete a ten 'aiming mark' target. At the end of this phase the newcomer should be able to fire a single shot at each of the ten aiming marks with the total of the shots scoring 80+ consistently. Upon completion of Phase 5, the newcomer should be able to continue their probationary membership period without constant supervision.

4.3.4 Three-positional small-bore rifle shooting

Three-positional target rifle shooting consists of shooting a course of fire requiring the shooter to shoot in the prone, standing and kneeling positions, also known as PSK or 3P. The Prone position is identical to prone small-bore rifle shooting; the standing position mirrors air rifle shooting but using a small-bore rifle and the kneeling position is as indicated in the illustration below.



Photo courtesy of 'The Ways of The Rifle'.

Three positional shooting is not a 'beginners' discipline and therefore not further described in this handbook. For those members who have a desire to take up this demanding discipline, an approach to one of the Club's instructors is recommended.

5. FACTS AND FIGURES

The following table shows the number of scoring shots that make up the various courses of fire recognized within small-bore target rifle shooting. Before scoring shots are fired for record, it is normal for the shooter to have an unlimited number of sighting shots on a sighting target.

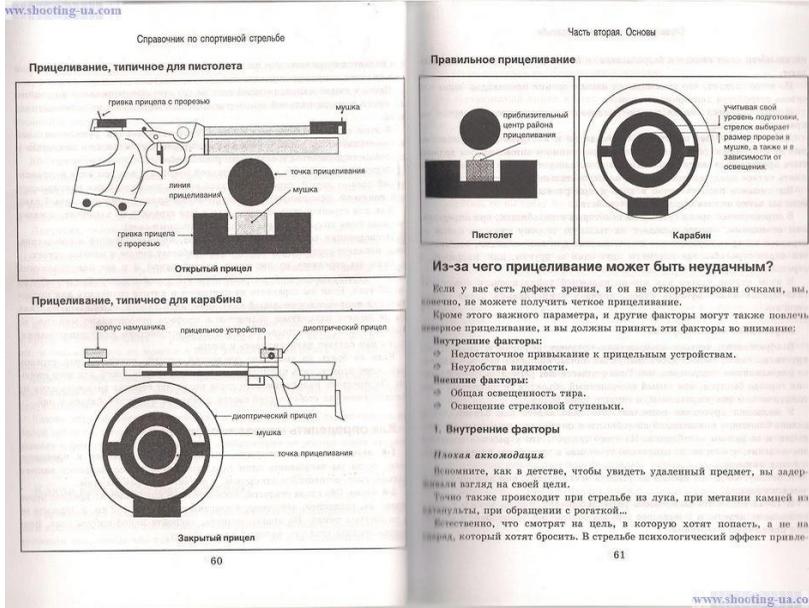
It should be noted that not all competitions require the maximum number of shots but may be a sub-division of a full course. This is common where postal leagues are contested, with a pre-set number of scoring shots required per round.

	Men	Women	Max. Score
Air Rifle	60 (10 metres)	40 (10 metres)	600 / 400
Air Pistol	60 (10 metres)	40 (10 metres)	600 / 400
English Match (Small-bore)	60 (50 metres)	60 (50 metres)	600
Dewar (Small-bore)	20 (50 metres) + 20 (100 yds)	20 (50 metres) + 20 (100 yds)	400
Double Dewar (Small-bore)	40 (50 metres) + 40 (100 yds)	40 (50 metres) + 40 (100 yds)	800
Scottish Match (Small-bore)	60 (100 yds)	60 (100 yds)	600
PSK (Prone/Standing/ Kneeling)	40 + 40 + 40 (50 metres)	20 + 20 + 20 (50 metres)	1200 / 600

6. NOTES

7. TRAINING RECORD

Completion of small-bore rifle	Signature	Date
Phase 1		
Phase 2		
Phase 3		
Phase 4		
Phase 5		
Completion of air rifle	Signature	Date
Phase 1		
Phase 2		
Phase 3		
Phase 4		
Phase 5		
Completion of air pistol	Signature	Date
Phase 1		
Phase 2		
Phase 3		
Phase 4		
Phase 5		



Specimen pages taken from 'Eastern Bloc' target shooting manual.

9. DOCUMENT HISTORY

Status	Date	Notes
Issue: 01:00	27 May 1996	New publication
Issue: Draft	07 October 2009	Redraft/update of original
Issue: 2	01 May 2010	Re-issue
Issue: 3	29 October 2016	Amended constitution
Issue: 4	24 February 2018	Amended constitution