

SECTION 7**PO 306 – FIRE THE CADET AIR RIFLE DURING RECREATIONAL MARKSMANSHIP**

1. **Performance.** Fire the Cadet Air Rifle During Recreational Marksmanship.
2. **Conditions**
 - a. Given:
 - (1) Cadet air rifle,
 - (2) Cadet air rifle sling,
 - (3) Air rifle pellets,
 - (4) Target frame,
 - (5) Suitable target,
 - (6) Shooting mat,
 - (7) Safety glasses/goggles,
 - (8) Supervision, and
 - (9) Assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Air rifle range constructed IAW A-CR-CCP-177/PT-001, *Canadian Cadet Movement: Cadet Marksmanship Program Reference Manual*, Chapter 1, Section 8.
3. **Standard.** IAW A-CR-CCP-177/PT-001, the cadet will fire the cadet air rifle during recreational marksmanship by:
 - a. carrying out safety precautions;
 - b. applying basic marksmanship techniques; and
 - c. following the rules of commands given on a range.
4. **Remarks.** All range practices must be conducted by a Range Safety Officer (Air Rifle) (RSO-AR).
5. **Complementary Material**
 - a. Complementary material associated with PO 306 is designed to enhance the cadet's air rifle marksmanship experience, to include:
 - (1) EO C306.01 (Identify Civilian Marksmanship Organizations),
 - (2) EO C306.02 (Correct Marksmanship Error); and
 - (3) EO C306.03 (Adopt the Standing Position with the Cadet Air Rifle).
 - b. Some complementary training offered in previous levels may be selected as complementary training in the Proficiency Level Three Program, specifically:
 - (1) EO C106.01 (Participate in a Recreational Shoot Using the Cadet Air Rifle, A-CR-CCP-801/PG-001, Chapter 4, Section 6),
 - (2) EO C206.01 (Practice Holding Techniques, A-CR-CCP-802/PG-001, Chapter 4, Section 6),

- (3) EO C206.02 (Practice Aiming Techniques, A-CR-CCP-802/PG-001, Chapter 4, Section 6); and
- (4) EO C206.03 (Practice Firing Techniques, A-CR-CCP-802/PG-001, Chapter 4, Section 6).
- c. When selecting complementary material from previous levels, training staff shall review the applicable performance objective, lesson specification, and instructional guide.
- d. Complementary training associated with PO 306 is limited to a total of ten periods conducted during sessions or on a supported day. Squadrons are not required to use all ten periods.
- e. It is not necessary to conduct these EOs in sequential order; however, squadrons choosing to capitalize on marksmanship training should complete EOs C206.01 (A-CR-CCP-802/PG-001, Chapter 4, Section 6) to C206.03 (A-CR-CCP-802/PG-001, Chapter 4, Section 6), marksmanship techniques, prior to conducting EO C106.01 (Participate in a Recreational Shoot Using the Cadet Air Rifle, A-CR-CCP-801/PG-001, Chapter 4, Section 6).
- f. Cadet squadrons choosing to enhance the recreational marksmanship program through EO C306.03 (Adopt the Standing Position With the Cadet Air Rifle) are encouraged to follow this training with EO C106.01 (Participate in a Recreational Shoot Using the Cadet Air Rifle, A-CR-CCP-801/PG-001, Chapter 4, Section 6).

EO M306.01 – PARTICIPATE IN A RECREATIONAL MARKSMANSHIP ACTIVITY

1. **Performance.** Participate in a Recreational Marksmanship Activity.
2. **Conditions**
 - a. Given:
 - (1) Cadet air rifle,
 - (2) Cadet air rifle sling,
 - (3) Air rifle pellets,
 - (4) Target frame,
 - (5) Suitable target,
 - (6) Shooting mat,
 - (7) Safety glasses/goggles,
 - (8) Supervision, and
 - (9) Assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Air rifle range constructed IAW A-CR-CCP-177/PT-001, Part 1, Section 8.
3. **Standard.** The cadet shall participate in a recreational marksmanship activity.
4. **Teaching Points**
 - a. Conduct a range briefing, to include:
 - (1) explaining pertinent sections of range standing orders;
 - (2) reviewing general rules observed on all ranges;
 - (3) reviewing commands used on an air rifle range;
 - (4) describing the layout of the range; and
 - (5) reviewing hand-washing procedures on completion of firing.
 - b. Supervise the participation of the cadet in a recreational marksmanship activity, choosing from the following categories:
 - (1) classification,
 - (2) fun activities,
 - (3) timed activities, and
 - (4) competitive team/individual activities.

5. **Time**

- | | |
|-----------------------------|--------|
| a. Introduction/Conclusion: | 10 min |
| b. Practical Activity: | 80 min |
| c. Total: | 90 min |

6. **Substantiation.** A practical activity was chosen for this lesson as it is an interactive way to allow the cadet 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.

7. **References**

- a. A0-027 A-CR-CCP-177/PT-001 Director Cadets 3. (2005). *Canadian Cadet Movement: Cadet Marksmanship Program reference Manual*. Ottawa, ON: Department of National Defence.
- b. A0-041 Director Cadets 4. (2007). CATO 14-41, *Marksmanship, Rifles and Ammunition*. Ottawa ON: Department of National Defence.

8. **Training Aids**

- a. Cadet air rifle,
- b. Cadet air rifle sling,
- c. Air rifle pellets,
- d. Target frame,
- e. Suitable target,
- f. Shooting mat; and
- g. Safety glasses/goggles.

9. **Learning Aids**

- a. Cadet air rifle,
- b. Cadet air rifle sling,
- c. Air rifle pellets,
- d. Target frame,
- e. Suitable target,
- f. Shooting mat; and
- g. Safety glasses/goggles.

10. **Test Details.** N/A.

11. **Remarks**

- a. Hand-washing stations must be available for cleanup after the activity is completed.
- b. Cadets may fire in the standing position if they have previously received the training during C306.03 (Adopt the Standing Position With the Cadet Air Rifle).

EO C306.01 – IDENTIFY CIVILIAN MARKSMANSHIP ORGANIZATIONS

1. **Performance.** Identify Civilian Marksmanship Organizations.
2. **Conditions**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard.** The cadet shall identify civilian marksmanship organizations, to include:
 - a. local,
 - b. provincial,
 - c. national, and
 - d. biathlon.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Discuss local civilian marksmanship organizations.	Interactive Lecture	5 min	
TP2	Discuss the applicable provincial rifle organization from: <ol style="list-style-type: none"> a. Alberta Provincial Rifle Association, b. British Columbia Rifle Association, c. Manitoba Provincial Rifle Association, d. Newfoundland Provincial Rifle Association, e. Nova Scotia Rifle Association, f. Ontario Provincial Rifle Association, g. Prince Edward Island Rifle Association, h. Province of Quebec Rifle Association, i. Royal New Brunswick Rifle Association, and j. Saskatchewan Provincial Rifle Association. 	Interactive Lecture	10 min	C2-086
TP3	Discuss national marksmanship organizations, to include: <ol style="list-style-type: none"> a. The Dominion of Canada Rifle Association, and b. The Shooting Federation of Canada. 	Interactive Lecture	5 min	A0-119 (p. 3) C2-086

TP	Description	Method	Time	Ref
TP4	Identify the applicable national/provincial biathlon organizations, from: a. Biathlon Canada, b. Biathlon Alberta, c. Biathlon British Columbia, d. Biathlon Manitoba, e. Biathlon New Brunswick, f. Biathlon Nova Scotia, g. Biathlon Newfoundland and Labrador, h. Biathlon Ontario, i. Biathlon Quebec, j. Biathlon Saskatchewan, k. Biathlon Yukon, or l. Northwest Territories Biathlon.	Interactive Lecture	5 min	C0-149

5. **Time**

- | | |
|-----------------------------|--------|
| a. Introduction/Conclusion: | 5 min |
| b. Interactive Lecture: | 25 min |
| c. Total: | 30 min |

6. **Substantiation.** An interactive lecture was chosen for this lesson to orient the cadet to opportunities to enhance their marksmanship training with civilian organizations.

7. **References**

- A0-119 Shooting Federation of Canada. (2007). *Shooting Federation of Canada*. Retrieved November 2, 2007, from <http://www.sfc-ftc.ca/document.cfm?sectionID=39>.
- C0-149 Biathlon Canada. (2005). *Biathlon Bears: Community Coaching*. Ottawa, ON: Biathlon Canada.
- C2-086 Dominion of Canada Rifle Association. (2007). Retrieved October 4, 2007, from <http://www.dkra.ca/welcome.htm>.

8. **Training Aids.** Presentation aids (eg, whiteboard/flip chart/OHP) appropriate for the classroom/training area.

9. **Learning Aids.** N/A.

10. **Test Details.** N/A.

11. **Remarks.** Have the cadets identify only the applicable national, provincial and local marksmanship organizations.

EO C306.02 – CORRECT MARKSMANSHIP ERROR

1. **Performance.** Correct Marksmanship Error.
2. **Conditions**
 - a. Given:
 - (1) Cadet air rifle,
 - (2) Supervision, and
 - (3) Assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Air rifle range constructed IAW A-CR-CCP-177/PT-001, Part 1, Section 8.
3. **Standard.** The cadet shall correct marksmanship error by adjusting:
 - a. elevation, and
 - b. windage.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Explain centring the group, to include: <ol style="list-style-type: none"> a. the theory of a group, and b. mean point of impact (MPI). 	Interactive Lecture	10 min	C2-097 (p. 29)
TP2	Explain sight adjustment, to include: <ol style="list-style-type: none"> a. the purpose of sight adjustment, b. elevation, c. windage, and d. a zeroed cadet air rifle. 	Interactive Lecture	10 min	C2-098 (p. 303, p. 304)
TP3	Explain the increments of sight adjustment, to include: <ol style="list-style-type: none"> a. sight adjustment of the cadet air rifle; b. lowering and raising the elevation; and c. moving the windage left and right. 	Interactive Lecture	5 min	A0-027 (p. 2-11)

TP	Description	Method	Time	Ref
TP4	Conduct a sight adjustment exercise as follows: <ol style="list-style-type: none"> a. Give the cadet a sight adjustment handout. Each target has a distinctive set of pellet impacts off-centre from the bull's eye. b. Have the cadet determine where the MPI of each target is located. c. Have the cadet determine the increments of sight adjustment required to move the MPI to the bull's eye. d. Have the cadet adjust the sights on the cadet air rifle. 	Practical Activity	30 min	

5. Time

a. Introduction/Conclusion:	5 min
b. Interactive Lecture:	25 min
c. Practical Activity:	30 min
d. Total:	60 min

6. Substantiation

- a. An interactive lecture was chosen for TPs 1–3 to give an overview of the theories and the practice of adjusting sights.
- b. A practical activity was chosen for TP 4 as it is an interactive way to introduce and allow cadets to experience adjusting sights on the cadet air rifle in a controlled environment. This activity contributes to the development of sight adjustment skills and knowledge in a fun and challenging setting.

7. References

- a. A0-027 A-CR-CCP-177/PT-001 Director Cadets 3. (2001). *Canadian Cadet Movement: Cadet Marksmanship Program Reference Manual*. Ottawa, ON: Department of National Defence.
- b. C2-097 Ontario Rifle Association. (2003). *Ontario Rifle Association Handbook for New Member*. Haliburton County, ON: MilCun Marksmanship Complex.
- c. C2-098 Constantine, R. (1998). *Modern Highpower Competition: From Beginner to Master*. Manchester, CT: Precision Shooting Inc.

8. Training Aids

- a. Presentation aids (eg, whiteboard/flip chart/OHP) appropriate for the classroom/training area,
- b. Cadet air rifle, and
- c. Sight adjustment handout.

9. Learning Aids

- a. Cadet air rifle,
- b. Sight adjustment handout, and

c. Pen/pencil.

10. **Test Details.** N/A.

11. **Remarks.** N/A.

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EO C306.03 – ADOPT THE STANDING POSITION WITH THE CADET AIR RIFLE

1. **Performance.** Adopt The Standing Position With The Cadet Air Rifle.
2. **Conditions**
 - a. Given:
 - (1) Cadet air rifle,
 - (2) Rifle rest,
 - (3) Target frame,
 - (4) Suitable target,
 - (5) Raised target platform,
 - (6) Safety glasses/goggles,
 - (7) Supervision, and
 - (8) Assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Air rifle range constructed IAW A-CR-CCP-177/PT-001, Part 1, Section 8.
3. **Standard.** IAW A-CR-CCP-177/PT-001, the cadet shall:
 - a. adopt the standing position with the cadet air rifle by:
 - (1) standing 90 degrees to the target with feet shoulder width apart;
 - (2) holding the cadet air rifle pointed down range with:
 - (a) the butt plate high in the shoulder pocket,
 - (b) the left hand under the rifle stock, and
 - (c) the right hand on the small of the butt; and
 - b. adjust position as required.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Explain the objectives of the standing position, to include: <ol style="list-style-type: none"> a. obtaining a good position; b. using a rifle rest; and c. maintaining a centre of gravity. 	Interactive Lecture	5 min	A0-027 (p. 1-6-1, p. 1-6-2)

TP	Description	Method	Time	Ref
TP2	<p>Explain and demonstrate adopting the standing position by positioning the following:</p> <ul style="list-style-type: none"> a. body, b. feet, c. legs, d. hips, e. back, f. arms, g. head, and h. cadet air rifle. 	Demonstration	5 min	C2-146 (p. 171, pp. 192–197)
TP3	<p>Explain and demonstrate adjusting the aim, to include:</p> <ul style="list-style-type: none"> a. higher, b. lower, and c. left and right. 	Demonstration	5 min	A0-027 (p. 1-6-7) C2-146 (p. 196)
TP4	<p>Explain and demonstrate natural alignment by:</p> <ul style="list-style-type: none"> a. adopting the standing position; b. acquiring a sight picture; c. closing both eyes; d. taking 3 to 4 normal breaths to relax the muscles; e. after 10 seconds, opening the eyes to inspect the sight picture; and f. adjusting body position to acquire a sight picture. 	Demonstration	5 min	A0-027 (p. 1-6-7)
TP5	<p>Have the cadet adopt the standing position by positioning the following:</p> <ul style="list-style-type: none"> a. body, b. feet, c. legs, d. hips, e. back, f. arms, g. head, and h. cadet air rifle. 	Practical Activity	30 min	C2-146 (pp. 192–197)

5. Time

a. Introduction/Conclusion:	10 min
b. Interactive Lecture:	5 min
c. Demonstration:	15 min
d. Practical Activity:	30 min
e. Total:	60 min

6. Substantiation

- An interactive lecture was chosen for TP 1 to give an overview of the objectives of the standing position.
- Demonstration was chosen for TPs 2–4 as it allows the instructor to explain and demonstrate aspects of the standing position.
- A practical activity was chosen for TP 5 as it is an interactive way to allow the cadet to experience the standing position in a safe and controlled environment. This activity contributes to the development of marksmanship skills and knowledge in a fun and challenging setting.

7. References

- A0-027 A-CR-CCP-177/PT-001 Director Cadets 3. (2001). *Canadian Cadet Movement: Cadet Marksmanship Program Reference Manual*. Ottawa, ON: Department of National Defence.
- C2-146 (ISBN 0-9655780-0-3) Pullum, B. & Hanenkrat, F. (1997). *The New Position Rifle Shooting: A Comprehensive Guide to Better Target Shooting*. Oak Harbor, OH: Target Sports Education Center.

8. Training Aids

- Presentation aids (eg, whiteboard/flip chart/OHP) appropriate for the classroom/training area,
- Cadet air rifle,
- Rifle rest,
- Target frame,
- Suitable target,
- Raised target platform,
- Safety glasses/goggles, and
- Six-foot table.

9. Learning Aids

- Cadet air rifle,
- Rifle rest,
- Target frame,
- Raised target platform, and
- Safety glasses/goggles.

10. **Test Details.** N/A.

11. **Remarks.** Cadets who have completed this lesson may participate in EO M306.01 (Participate in a Recreational Marksmanship Activity) and/or EO C106.01 (Participate in a Recreational Shoot Using the Cadet Air Rifle, A-CR-CCP-801/PG-001, Chapter 4, Section 6) from the standing position.