

VERNON POLICE DEPARTMENT
FIREARMS TRAINING UNIT
RIFLE / PISTOL COURSE 2019
COURSE OUTLINE

I. Introduction

A. Roll Call

B. Safety lecture and issue equipment and inspect weapons.

1. Who is the most dangerous person on the range?
 - a. Complacency
 - b. Law of Statistical Probability
2. **Four Universal Rules of Firearms Safety:**
 - a. **All guns are always loaded and they're to be treated as such at all times**
 - b. **Never allow your muzzle to cover anything that you are not willing to destroy**
 - c. **Keep your finger off the trigger until you've made a conscious decision to shoot**
 - d. **Be sure of your target, backstop, and everything beyond**

3. Additional Rules:

- a. Body armor is to be worn during live fire training
- b. LONG GUNS ON SAFE EXCEPT WHILE SHOOTING (or in live fire exercise)
- c. Pistols should be de-cocked or on Safe if applicable

4. Other safety considerations:

- a. Talk about "Hot Brass"
- b. No speed re-holstering (pause on count 2)
- c. No shooting at wildlife
- d. All personnel are Deputy Rangemasters and may call "Cease Fire!"
- e. Discuss the Air horn (same as "Cease Fire!")
- f. Discuss the location of the emergency phone and back up procedures.

C. Course goals, performance objective, and prerequisite:

1. Instructional goal: To provide students with the ability to safely deploy the patrol rifle in an urban environment, and to update and fine-tune the officer's handgun skills.
2. Performance objectives and course requirements:
 - a. Students must attend all 8 hours and be on time
 - b. Students must pass the rifle qualification course
 - c. Students must demonstrate the ability to safely manipulate the rifle and pistol
 - d. 100 % compliance with all safety rules
3. Students must have previously completed a P.O.S.T. certified short barrel rifle course.

II. Review marksmanship basics

A. Fighting Stance (Ready Position). The instructor will demonstrate and the student will assume the basic ready position:

1. Feet shoulder-width apart with support side foot forward (box)
2. Knees slightly bent
3. 1% forward lean (or more...)
4. Butt of the stock in the shoulder "pocket"
5. Muzzle toward target lowered to a 45-degree angle

6. Master grip:
 - a. Trigger finger outside of the trigger guard and alongside the frame
 - b. Web of the hand high up on the backstrap
 - c. Thumb on the selector

Terminal Objective: The student will be able to assume the basic fighting stance.

B. Marksmanship Principles: The instructor will explain, and the student will be able to successfully engage a target using the marksmanship principles at close range (under 50 yards)

1. Grip
2. Sight alignment
3. Sight picture
4. Trigger control
5. Follow through
 - a. Live fire training exercise: At 10-yards, students will engage a training target with multiple shots to the vital area of the torso from the fighting stance. When a certain amount of proficiency is demonstrated, the class shall progress to Stationary Turns.
 - b. **Stationary Turns** and introduction to **Tactical Communications**:
6. Offset

Terminal Objective: The student should be able to hit the required target with live fire on demand with one or more rounds.

III. Gun handling

A. Reloading (4 types)

1. Tactical Reload (carbine is still loaded, but running low)
2. Field expedient tactical reload for NDP or small hands
3. Emergency Reload (the magazine is empty with the bolt locked to the rear)
4. Speed Reload (carbine is still loaded, but running low)

B. Controlled and Accelerated Pairs

Terminal Objective: The student will be able to control the rifle during rapid fire shooting and reload the rifle during different tactical conditions.

IV. Review of Shooting Positions to 50 yards.

A. Kneeling

1. Advantages of the kneeling positions:
 - a. 50% reduction of exposed area to return fire
 - b. A safer exit trajectory (shooting in crowds)
 - c. Friendlies to your rear are able to cover your sector (high/low)
 - d. Shooting stability
2. Four Kneeling positions:
 - a. Speed Kneeling
 - b. Double Kneeling
 - c. Braced Kneeling
 - e. Reverse Kneeling

Terminal Objectives: The student will be able to use cover and the basic shooting positions to successfully engage an array of different sized targets at various distances.

V. Tactical movement with the handgun.

A. Review position SUL.

1. Primary uses of SUL:

- a. When you are in transit and you're NOT the cover man
- b. When friendlies are crossing in front of your sector of fire or arc of coverage
- c. Domination of crowds.

2. Demonstration and Tactical application:

- a. Dry practice training exercise: Start each student a step away from the barricade on either side in a firing position. Pretend that the barricade is a friendly crossing your sector. Bring the pistol to SUL and step around to the other side of the barricade simulating the motion of a friendly crossing your arc of coverage. Repeat from each side.
- b. Live Fire training exercise. Same as above with live ammunition delivering multiple shots to the torso of the training target.

Terminal Objective: The student will be able to safely move around partner officers, victims, and bystanders while maintaining muzzle awareness and control of the handgun.

VI. Rifle Qualification Course

50 Yards (10 shots)

Standing to any position (shooter's choice)

2 rounds to the **body** – 10 seconds // 5 times

Check targets. There should be 10 holes

25 Yards (16 shots)

Standing

2 rounds to the **body** - 6 seconds // 2 times

Standing to kneeling or squatting

2 rounds to the **body** - 6 seconds // 2 times

Standing to any position (shooter's choice)

1 round to the **head** - 20 seconds // 2 times

Malfunction Clearance – **instructor's note: have students empty chamber and unlock magazine in magazine well.**

Trigger press to click. Step offline or kneel. Push/pull magazine. Run charging handle to chamber round. 2 shots to the **body** – 20 seconds // 3 times

15 yards (10 shots)

Standing

2 rounds to the **body** - 4 seconds // 2 times

Standing to kneeling or squatting

2 rounds to the **body** - 4 seconds // 2 times

Standing to kneeling or squatting

1 round to the **head** - 8 seconds // 2 times

10 yards (12 Shots)

Standing

1 round to the **head** - 3 seconds // 3 times

Standing to kneeling or squatting

1 round to the **head** - 3 seconds // 3 times

Rifle-to-Pistol transitions – **instructor's note: have students load one round in rifle w/ empty magazine. Explain why we clear the rifle at 25 yards, but transition to pistol when we are close to the threat.**

1 rifle round to the **body** + 1 pistol round to the **body** - 20 seconds // 3 times

Tape and score targets. There should be 48 shots.

15 yards "El Presidente" (12 shots)

3 targets spaced 1 yard apart.

On the buzzer, shooter fires 2 shots to the **body** of each target (6 rounds).

Shooter conducts a speed reload.

Shooter fires 2 more shots each to the **body** of each target (6 rounds).

Par time is 14 seconds. **Instructor note: Do not set stop time.**

This portion of the exam is scored "Comstock" 5 bonus points are added for each **full** second under 14 seconds to a maximum of 20 bonus points. (1 shot = 1 second = 5 points)

Missed shots off of the scoring area do not acquire bonus points no matter how fast the course was completed.

Penalty points = 5 points subtracted for each **full** second over 14 seconds (unlimited).

One alibi (reshoot) may be given for any reason. The instructor may give more than one alibi for equipment issues.

Shots inside the vital area = 5 points

Shots outside the vital area but within the silhouette = 3 points

Shots outside the silhouette or off paper = 0 points

Total 60 rounds: Maximum total score is 320. 70% required to pass
(224 points minimum score)

Terminal objective: Students must pass the qualification course.

VII. Lunch Break

VIII. Pistol Marksmanship

A. Dry Practice drills.

1. Proper trigger press
2. Review the draw and some common problems with the presentation of the pistol.

Terminal objectives: The students will be able to analyze, critique, and improve their ability to execute a proper trigger press.

B. Live fire.

1. Dot Torture drill - instructors evaluate and review proper grip and recoil management if necessary.

IX. Reloading the pistol. The instructor will demonstrate and the student will perform the following techniques:

1. Tactical reload
2. Emergency reload.
3. Speed reloads.

Terminal objective: The student will be able to reload the pistol under different tactical conditions.

B. Controlled pairs and accelerated pairs. The instructor will demonstrate and the student will perform the following techniques.

1. Controlled pairs
2. Accelerated pairs
3. Hateful 8 drill:
4. Casino Drill:

Terminal objective: The student will be able to control the pistol during rapid fire shooting. The student will understand which technique to use, depending on the distance to the target.

Secure from training. Debrief and answer any questions. Police Range and collect equipment.