

THE SAFETY CHECK CLASS

ASSESSMENT of NEW ACTION SHOOTERS v1.1

IF YOU DON'T KNOW ASK, DO NOT TOUCH YOUR FIREARM!

Before class obtain a copy of this document, a copy of the York 3 Gun Rules and read before class. View the 15 minutes Safety Video. Viewing is required before coming to the 3 Gun Safety Check Class <http://youtu.be/BxQgCoA4qxU>

THIS IS NOT A CLASS TO SHOW YOU HOW TO OPERATE YOUR PARTICULAR FIREARM. IT IS NOT A CLASS TO TEACH YOU ALL THERE IS TO KNOW ABOUT 3 GUN/ACTION SHOOTING. It is your responsibility to know how to operate your firearm(s) safely.

GOALS and OBJECTIVES:

The SAFETY CLASS for 3 Gun is to go over safety rules regarding 3 Gun, demonstrate proper use of firearm when participating, and provide individual exercises as they pertain to 3Gun stages.

The SAFETY CLASS is designed to provide the student with the tools and knowledge to pass the SAFETY ASSESSMENT LIVE FIRE.

THE ASSESSMENT LIVE FIRE IS USED TO DETERMINE IF YOU ARE A SAFE FIREARM HANDLER? CAN YOU FOLLOW RANGE COMMANDS?

SAFETY CHECK is the way your safe firearm handling skills are assessed before a match slot can be granted. Equipment will be assessed as well.

Everyone who has **NOT SHOT** a match in USPSA, IPDA or 3 Gun must pass this assessment. EVEN if you are former or current military or police. Everyone is treated the same. It is all about Safety.

The intent is not to try and fail a shooter, but to assess if the skills needed to participate safely in a match.

Student will demonstrate these safe gun handling skills:

Check your firearm
Load and make ready
Draw and fire
Safely reload your gun (both standing and moving)
Safe down range & cross-range movement (180 rule)
Safe strong- and weak-hand only shooting (Handgun)
Safely clear a (semi-auto) jam
Unload and show clear

Range Time – 1 Hr, Class Room DEMOS / live fire 1 Hr (Class Size 6 or less)

CHALLENGE OPTION:

IF a PERSON wishes to forego the 1 hour - 3 Gun Safety class, (*Not Recommended*) they may elect to shoot the following exercise instead:

Exercise 2:

Distance: 7 meters Handgun, 10 Meters Shotgun, 15 Meters Rifle

Time: 12 seconds each

Targets: 1 IPSC Target for handgun, 8 Steel Shotgun, 3 Gun Nation Rifle (8 inch A Zone, 17 inch B Zone)

Rounds: 8

Start position: Hands at sides Pistol, Port of Arms Long Guns

Procedure:

Draw and fire 4 rounds. Reload. Fire 4 Rounds (Score – 50% A Zone)

From Port of Arms (Rifle) fire 4 rounds. Reload fire 4 Rounds for each (50% A Zone)

From Port of Arms (Shotgun) fire 4 rounds. Reload and fire 4 Rounds for each (80% Hits)

If the range officer believes the shooter performed the exercise safely, followed Range Commands and would be a safe competitor, the range officer can sign the shooter's safety check card.

BASIC RANGE SAFETY BRIEFING:

Four Laws of Gun Control

- **Always keep the gun pointed in a safe direction.**

Whether you are shooting or simply handling a gun, never point it at yourself or others. Common sense will tell you which direction is the safest. Outdoors, it is generally safe to point the gun toward the ground, or if you are at a shooting range, toward the target. Indoors, be mindful of the fact that a bullet can penetrate ceilings, floors, walls, windows, and doors.

- **Always keep your finger off the trigger until ready to shoot.**

When holding a gun, rest your trigger finger outside the trigger guard along side the gun. Until you are actually ready to fire, do not touch the trigger.

- **Always keep the gun unloaded until ready to use.**

If you do not know how to check to see if a gun is unloaded, leave it alone. Carefully secure it, being certain to point it safely and to keep your finger off the trigger, and seek competent assistance.

- **Be sure of your target and its surroundings.**

Pay attention to what is going on around your target.

YOU are responsible for the terminal resting place of the bullet, intentionally fired or not, no matter what happened.

Local range rules :

COLD RANGE Section 2.1

Use **YELLOW** Chamber indicators for Shotguns and Rifles Section 2.3

See York's 3 Gun Rules

Safety Areas (NO AMMO ON BELT or NEARBY) Section 2.2.1

ASK if not sure

An RO can check you at a berm to bag/case the firearm.

Match briefing will describe where safety tables are located.

When to load and handle gun 2.2

Only at the command of the Range Officer (RO) Or at Safety Table

Muzzle control, 180 degree rule 2.5.5

Handguns are easy to break the 180 rule. Turn, then DRAW, when retreating or going past target

Unsafe gun handling defined.

3Gun Rules Section 2.5

DQ (Disqualification) for safety violations

Unsafe ammo	Section 2.52 & Section 3
180° rule	Section 2.5.5
Engaging Steel Distance	Section 2.5.6
Sweeping	Section 2.5.7
AD (Accidental Discharge)	
/finger in trigger guard	Section 2.4
Unsafe gun handling/dropped gun	Section 2.4
Unsafe abandonment	Section 2.5.3

These will be discussed in the class and demonstrated.

RO DEMONSTRATION & EXERCISES

WARNING - ALL FIREARMS MUST BE CLEAR, NO AMMO, ALL MAGS MUST BE CLEAR NO AMMO. RO WILL CHECK ALL STUDENTS BEFORE WE BEGIN. EACH STUDENT WILL CHECK EACH OTHER.

RANGE COMMANDS DEMONSTRATION: RO demonstrates the sequence of commands:

Load & make ready... Are you ready...Stand by...Unload and show clear...Gun clear! Hammer down and holster.

RANGE COMMANDS EXERCISE: **Gun unloaded!** Students perform appropriate actions for each of the commands. Practice Load & Unload.

SAFE DRAW AND DRY FIRE DEMONSTRATION: RO demonstrates how to draw, fire and reholster.

DRAW AND FIRE DRY FIRE EXERCISE: **Gun unloaded!** Students practice draw and fire until the RO is satisfied they can do it safely.

SAFE MOVEMENT DEMONSTRATION:

RO demonstrates safe movement with gun in hand... Opening a door, using a barricade, moving down range. Stress constant muzzle control, safety on, finger extended.

SAFE MOVEMENT EXERCISE: **Gun unloaded!** Students perform movements demonstrated by RO.

SAFE RELOADING DEMONSTRATION: RO demonstrates safe reloading techniques. Stress muzzle control and extended trigger finger.

SAFE RELOADING EXERCISE: **Gun unloaded! 2 MAGS UNLOADED** Students perform safe reloads.

ABANDONMENT / BUNKERING DEMONSTRATION: RO demonstrates safe abandonment / bunkering techniques. Stress muzzle control, Safety MUST BE ON!

ABANDONMENT / BUNKERING EXERCISE: **Gun unloaded!** Students perform safe abandonment.

LIVE FIRE ASSESSMENT:

HANDGUN

Exercise 1

Distance: 7 meters
Time: Not timed
Targets: 1 IPSC
Rounds: 3

Start position: Hands at sides

Procedure: Draw and fire 1 round. Repeat 3 times.

On the start signal, draw and fire one round at the IPSC target in your own time. Re-apply the safety each time and holster. When completed score and patch the target. **All Rounds must Hit Target**

Tip

Sights on the target ~ finger on the trigger
Sights off the target ~ finger off the trigger

Exercise 2

Distance: 7 meters
Time: 3 seconds per shot 18 sec max
Targets: 1 IPSC
Rounds: 6

Start position: Hands at sides

Procedure: Draw and fire 1 round. Repeat 6 times.

Same as Exercise 1, only this time with a three second time limit per shot. Re-apply the safety each time and holster. Then score and patch. Remember, you must have all 6 hits on the target and at least 2 A Zone hits and no overtime shots.

Tip

A nice smooth draw with a good grip is more important than a shaky fast draw. Proper sight acquisition is the key to hitting the target. Remember, you cannot watch the target and watch the front sight at the same time. Watch the front sight.

Exercise 3

Distance: 7 meters

Time: 8 seconds per string of 4 rounds Total of 24 seconds

Targets: 1

Rounds: 12

Start position: Hands at sides

Procedure: Draw and fire 2 rounds. Reload, fire 2 rounds then Holster with safety on. Repeat 3 times.

The double tap is two quick shots in succession. On the signal, draw and fire two rounds at the target in three seconds. Reload fire 2 rounds in 5 seconds. As always, re-apply the safety and holster between strings. This will be repeated 3 times. Then score and patch. Remember, we need 12 hits on the target, at least 4 A's, and no overtime shots.

At some point during these exercises, the shooters may be asked to place their hands on their heads. This will allow the Range Officer to check if the safety catches have been applied.

Rifle:

Exercise 1

Distance: 7 meters

Time: Not timed

Targets: 1 IPSC

Rounds: 3

Start position: Rifle held in both hands, (port of Arms) stock touching the competitor at hip level, muzzle pointing down range. Safety On.

Procedure: Fire 1 round. Repeat 3 times.

On the start signal, fire one round at the IPSC target offhand in your own time. Lower the rifle to the start position. Safety ON. Repeat. This will be repeated 3 times. When completed score and patch the target. 3 A's on IPSC required

Exercise 2

Distance: 15 meters

Time: Not timed

Targets: 1 3gun nation

Rounds: 4

Start position: Rifle held in both hands, (port of Arms) stock touching the competitor at hip level, muzzle pointing downrange. Safety On.

Procedure: From Standing fire 1 round. Repeat 4 times.

On the start signal, fire one round at the 3gun nation target in your own time. The Safety ON. Assume the start position. This will be repeated 3 times. When completed score and patch the target. 50% A Zone 50% B Zone (2 hits each)

Exercise 3

Distance: 25 meters

Time: 12 seconds

Targets: 1 3gun nation

Rounds: 6

Start position: Standing Rifle held in both hands, stock touching the competitor at hip level, muzzle pointing downrange. Safety ON.

Procedure: Standing fire 3 rounds. Reload fire 3 rounds.

On the start signal, fire 3 rounds at the target then reload and fire 3 more rounds. When completed. Safety ON. Score and patch the target. 50% A Zone 50% B Zone

Shotgun

Exercise 1

Distance: 10 meters

Time: Not timed

Targets: 3 Clay Birds

Rounds: 3 **Birdshot**

Start position: Shotgun held in both hands, (port of arms) stock touching the competitor at hip level, muzzle pointing downrange. Safety On.

Procedure: Fire 3 round

On the start signal, fire one round. Then lower the Shotgun to the start position. Safety ON. All Hit

Exercise 2

Distance: 15 meters

Time: Not timed

Targets: 6 Poppers

Rounds: 6 Birdshot

Start position: Shotgun held in both hands, stock touching the competitor at hip level, muzzle pointing downrange. Safety On.

Procedure: From standing fire 3 rounds at 3 poppers, reload and fire 3 rounds at the remaining 3 poppers ... All Hits

Exercise 3

Distance: 15 meters

Time: 10 seconds

Targets: 1 Paper IPSC

Rounds: 3 Slug

Start position: Shotgun held in both hands, stock touching the competitor at hip level, muzzle pointing downrange. Safety On.

Procedure: Fire 3 rounds on one target.

On the start signal, fire three rounds at the IPSC paper target, in 10 seconds. When completed, Safety ON. Score and restore the targets. This exercise requires 50% A Zone hits.

Tip

Even for Shotgun moving to 15 meters requires a much more deliberate sight picture.

SOURCES:

Class and Assessment are derived from the following sources:

IPSC, USPSA, Introduction To 3-Gun by Ron Aschenbach, Richard Bhella, Kelly Neal, York IWLA 3 Gun Rules

IPSC, <http://www.ipsc.org/ipsc/safetyorientation.php>

USPSA <http://USPSA.org>

Introduction To 3-Gun by Ron Aschenbach, Richard Bhella, Kelly Neal,
http://firearm.skidome.org/FO_Repo/3-Gun_Info.pdf

York IWLA 3 Gun Rules

<http://www.yorkiwlaipsc.com/forms/3g%20MATCH%20RULES%20Final.pdf>.

[Babes With Bullets Firearms Safety Video](http://youtu.be/BxQgCoA4qxU)

<http://youtu.be/BxQgCoA4qxU>

**15 minute review of range safety. Revolver and semi-auto handgun.
Viewing is mandatory before class attendance.**