

U.S. Naval Sea Cadet Corps

SMALL ARMS TRAINING SAFETY BRIEFING LESSON PLAN

DATE: August 2004

AUTHOR: Todd Bailey
Recruit Training Command New England

TIME ALLOTMENT: 2 hr 30 min

CLASS SIZE: up to 75 people

TARGET AUDIENCE: Naval Sea Cadet Corps personnel taking part in small arms training.

OBJECTIVE: Teach basic safety, nomenclature and marksmanship fundamentals to personnel prior to their live fire training/qualification on the range.

REQUIRED MATERIALS: Classroom with adequate seating for the target audience, demo firearms, white/chalk board, visual training charts (available through the NRA), VCR and training tapes (NRA Firearms Safety & Woman's Guide to Firearms)

PART I INTRODUCTION

A. Instructor introduction - background

B. Course Objectives - upon completion each student will be able to:

- a. Identify the basic components of the type of firearm(s) to be used in the training;
- b. Identify and demonstrate the Rules of Safe Handling of Guns;
- c. Demonstrate how to safely operate the type of firearm used in training;
- d. Demonstrate basic shooting positions and describe sight alignment/picture;
- e. Demonstrate the basic shooting positions.

C. Review firearms safety rules from the checklist.

Accidents are caused by people not guns. A gun is merely a collection of metal and plastic parts designed to be operated by a person. By itself a firearm is no more dangerous than a rake or hammer. If used improperly, any object can be dangerous; some more than others. Like automobiles and chain saws, firearms can be dangerous if used carelessly or incorrectly. A prudent person will seek the knowledge necessary to use these devices in a safe and responsible manner.

PART II NOMENCLATURE

It is critical that everyone (shooters and range staff) understand the terminology you will be using on the range. If someone does not know what a trigger is, it does no good to tell them to keep their finger off the trigger until they are ready to fire!

A. Show the portion of the NRA video "A Woman's Guide to Firearms" (if available) dealing with various types of firearms, actions and ammunition.

- B. Demonstrate using chart or actual firearm, the basic components of the type of firearm to be used in the training.
 - 1. Be sure to highlight the following
 - a. Major components and all parts that will be used by the shooter (trigger, safety, sights, etc.)
 - b. Manual safety mechanisms
 - c. Internal safety mechanisms
 - d. How the action operates

PART III FIREARM OPERATION

- A. Using the type of firearm to be used in the training and dummy ammunition, demonstrate the proper way to:
 - 1. LOAD
 - 2. UNLOAD
 - 3. COCK
 - 4. DECOCK

If dummy ammo is not available, simulate the process without ammunition.

NOTE 1: It is not possible to decock some types of firearms without dry firing. If you are using this type of firearm, be sure to note that and factor this into your training plan.

NOTE 2: If using a semi-auto or manually operated repeater, be sure to note that it is necessary to remove the magazine first to prevent cycling a round into the chamber during the “unloading” process.

PART IV AMMUNITION (Optional depending on time available)

- A. Types of Ammunition
 - 1. Center Fire

 - 2. Rimfire - 22 caliber S, L, LR & WMR

- B. Ammunition Components - Use inert or unloaded components w/visual chart
 - 1. Case
 - a. Straight walled rimless usually for semi autos
 - b. Straight walled rimmed usually for revolvers and lever action rifles
 - c. Bottleneck rimmed & rimless (some pistols, usually for rifles)
 - d. Shot gun

 - 2. Primer
 - a. Rim fire
 - b. Center fire

 - 3. Propellant (gun powder)

4. Projectile (bullet or shot)
 - a. Lead or cast bullets
 1. Round nose (RN) - general purpose, plinking
 2. Semi Wad Cutter (SWC) - plinking, informal target
 3. Wad Cutter (WC) - target shooting
 3. Hollow Point (HP) - hunting, personal defense
 - b. Jacketed bullets
 1. Full Metal Jacket or Ball (FMJ) - general purpose, plinking
 2. Jacketed Soft Point (JSP) - hunting
 3. Jacketed Hollow Point (JHP) - hunting, personal defense
 - c. Frangible bullets - designed to break up on impact for range safety
- C. Describe the process of what happens when a round of ammo is fired. Use visual chart.
- D. Emphasize the importance of knowing the proper ammunition to use.
 1. Show how to read the label and guns markings.
 2. Note how some types of ammunition will fit in guns not made for them

PART V SAFE GUN HANDLING

- A. Responsibility for Safe Gun Handling requires:
 1. KNOWLEDGE
 - a. Education through courses, manuals and experience.
 - b. Being cautious of the actions of others with firearms.
 - c. Many accidents are caused by people with no little or no knowledge.
 2. SKILL
 - a. Experience develops better marksmanship thus safety.
 - b. The ability to put your knowledge to work safely.
 3. POSITIVE ATTITUDE
 - a. Maturity - firearms do not belong in the hands of the irresponsible.
 - b. Ethics - the desire to obey laws and regulations for the benefit of all.
 - c. Be open to learning from the experience of others.
 - d. You must have a desire to be safe in order to be safe.

Above all, learn from the mistakes of others without making the same mistake yourself.

- B. Rules for Safe Gun Handling
Show video "Fundamentals of Gun Safety" (10 minutes)

Every firearm will always be treated as if is loaded – even if you have double checked that it is not!

1. **ALWAYS** keep the muzzle pointed in a SAFE DIRECTION.
 - a. Be “muzzle conscious”
 - b. Remember the laser principle (imagine the muzzle of your firearm contains laser beam. Everything it passes through is destroyed)
 - c. A “safe direction” is one that if a shot is fired inadvertently, no one will be injured either by the shot, a ricochet or penetration of a wall or other barrier.
 - d. Even when dry firing, you must do so in a safe direction to avoid accidents.
2. **ALWAYS** keep your finger off the trigger until you are ready to shoot.
 - a. Off the trigger and outside of the trigger guard until ready to shoot.
 - b. Remember “OFF TARGET - OFF TRIGGER”.
3. **ALWAYS** keep the gun unloaded until ready to shoot.
 - a. ALWAYS TREAT EVERY GUN AS IF IT WERE LOADED
 - b. Different situations will require different definitions of “ready to shoot”.
 - c. Store your ammo separately from the firearm.

With a modern firearm in good working order, there is no such thing as an “accidental discharge”. Firearms today, are made to exacting industry standards with built in safety devices that make a firearm in good working order almost impossible to fire unless the human being holding it operates the trigger. What we have are UNINTENTIONAL DISCHARGES where the gun was discharged because the person was careless or fooling around.

C. Causes of accidents

1. Ignorance - not knowing what to do, lack of education or experience
2. Carelessness - had the knowledge but failed to use it.

Ignorance is curable through education and experience.

Carelessness is very dangerous because it shows a complete disregard for basic safety and common sense.

PART VI SHOOTING POSITIONS

Demonstrate the proper shooting positions you will be using in your training. If you have novice shooters, there is no point in confusing them with positions they will not be using. Instead, concentrate on teaching them effective ways to assume the shooting position you intend to use at the range.

A. Prone

1. Easiest and most steady for new shooters
2. Demo traditional and cross leg style
3. Highlight arm position for steadiness
4. Cheek weld to stock

B. Sitting

1. Very steady
2. Highlight elbow to knee contact
3. Cross leg style
4. Open leg style

- C. Kneeling
 - 1. Less steady for target shooting – more of a hunting position.
- D. Standing or Offhand
 - 1. Support forearm in a vertical plane under rifle for better support.

PART VII SIGHT ALIGNMENT & SIGHT PICTURE

Visual charts, a chalk or white board are required to properly teach this section

- A. Sight alignment is the process of indexing the front and rear sights into the proper relationship so that the shot will impact at the desired point. It does NOT include the target.
 - 1. Illustrate the proper sight alignment of the types of sights on the firearms you will be using in your training.
 - a. Open sights
 - b. Peep sights
 - c. Target sights
 - 2. Advise shooters of your policy on sight adjustment
 - a. Will they be adjusting sights or not
 - b. If not, who will?
- B. Sight picture is the relationship of the properly aligned sights and the target.
 - 1. Human eye can only focus at one distance at a time
 - 2. Front sight is sharp and in focus
 - 3. Rear sight is fuzzy
 - 4. Target bullseye is fuzzy.
- C. Be sure you are shooting at YOUR target.

PART VIII FUNDAMENTALS OF MARKSMANSHIP

- A. Stance
 - 1. A proper stance is the foundation to a solid shooting position.
 - 2. Less movement means more accuracy.
- B. Breath Control
 - 1. Breathing = movement of the body which will throw your shot off.
 - 2. Take several deep breaths to oxygenate your blood
 - 3. Take a last deep breath and exhale part of it until your lungs are comfortable
 - 4. Hold your breath while making the shot or for 6 to 8 seconds maximum.
 - 5. If you can not make the shot in the 6 to 8 seconds, repeat the process.
- C. Trigger Control
 - 1. Jerking the trigger is the cause of more missed shots than anything else.
 - 2. Slowly squeeze the trigger.
 - 3. The shot should come as a surprise.
 - 4. If you anticipate the shot, you will miss the bullseye.
- D. Follow Through

1. After you hear the shot go off – pause and recall where the sights were when the shot broke.
2. This is called being able to “call your shot”.
3. Resist the urge to move immediately after the shot.

PART IX RANGE COMMANDS & PRACTICES

- A. It is understood that different ranges may have slightly different range commands. In the interest of safety, all personnel in the training should know and understand the basic commands for the following:
 1. Shooters have permission to take their firing point;
 2. Shooters have permission to pick up their firearm;
 3. Shooters have permission to load their firearm;
 4. Shooters have permission to fire their firearm;
 5. Shooters **MUST** cease firing and unload their firearm **IMMEDIATELY**;
 6. Shooters may leave the firing point.
- B. Range commands shall normally be given by the Range Master.
- C. Anyone may call a CEASE FIRE if an unsafe condition is seen to exist.
- D. A policy that all firearms must be put down, unloaded and actions open when anyone is down range shall be in place for all NSCC Small Arms Training.
- E. If in doubt – ASK!!!!
- F. Safety Equipment
 1. Always use quality eye protection
 - a. Even with safety glasses, eye injuries can occur. Don't take chances.
 - b. Use wrap around styles for maximum protection.
 - c. Everyday corrective lenses are not sufficient.
 2. Always use hearing protection
 - a. Ear plugs, muffs or both may be worn.
 - b. The higher the NRR the better.

Drugs & Alcohol do not mix with firearms or firearms training.

While this should not be an issue with Naval Sea Cadet training, the point should be made since this training will be taken outside the program.