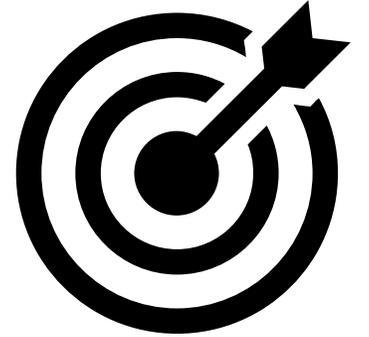




El Paso County 4-H Shooting Sports

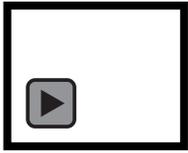
Online

'Safety Quality Assurance'



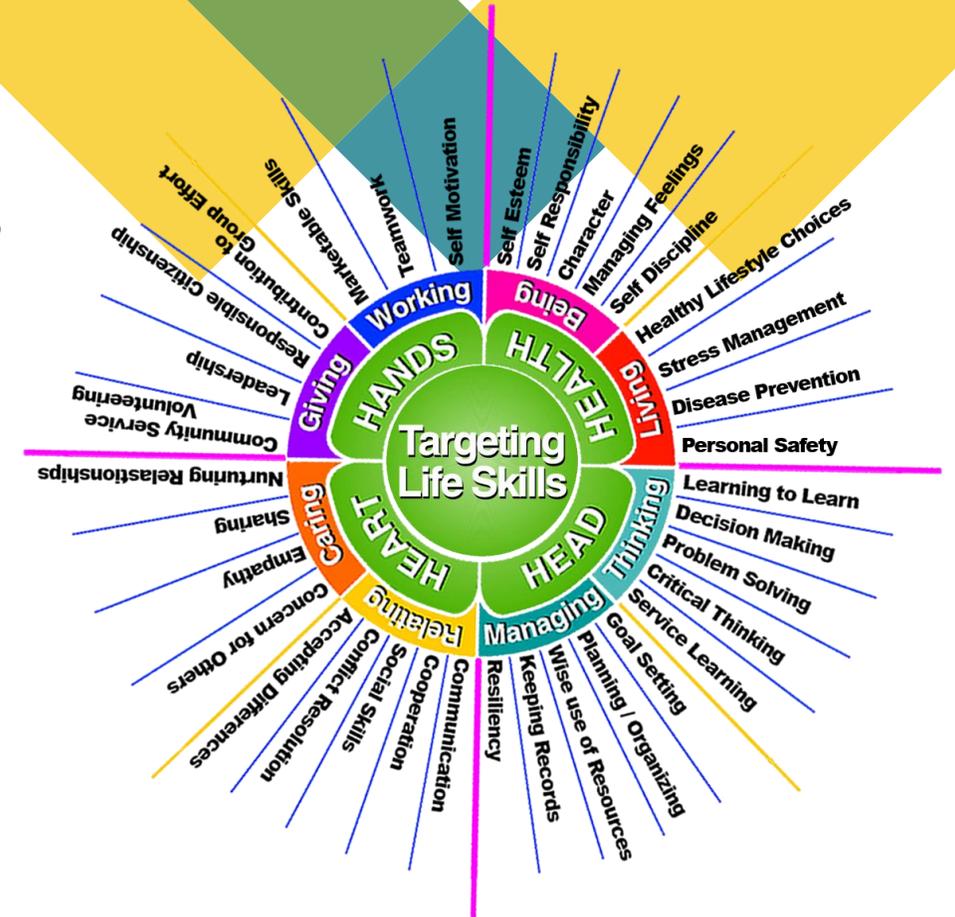
COLORADO STATE UNIVERSITY

EL PASO COUNTY EXTENSION



Overview

- The development of life skills is the driving force behind the 4-H Shooting Sports Program.
- We want to create Champion Kids and not necessarily Champion Shooters.





Overview, Continued

Safety Quality Assurance (SQA) Firearm Safety Course Description:

- The SQA is designed to provide information and educate participants on the rules, roles and responsibilities that come with owning/using a firearms(s) or archery equipment.
- It will provide instruction and information on proper firearm handling, safety, cleaning and storage as well as proper range conduct and the 4-H Dress Code.
- This Course was created to develop knowledgeable, safe shooting sports participants.

Hunters Safety/Education Course/Certificate:

- A Hunter's Education Certificate/Course is required to compete at 4-H County Competition and the 4-H State Competition, but not required to **complete** the project.



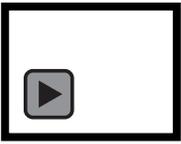
4-H Program Contacts

El Paso County 4-H Shooting Sports Advisory Committee:

- Email: epc.shootingsports@gmail.com
- EPC 4-H Shooting Sports BAND: <https://band.us/n/aaa1A1j2NepeD>
- Facebook – EPC 4-H Shooting Sports

El Paso County Extension Office:

- 17 N. Spruce Street, Colorado Springs, CO, 80905
- Phone: 719-520-7698



4-H Program Expectations

Colorado 4-H Code of Conduct:

- Code of Conduct: <https://co4h.colostate.edu/agent-resources/code-of-conduct.pdf>
- The 4-H Code of Conduct is signed annually in 4HOnline when a member enrolls for the year.



Scan here to view the
Colorado 4-H Code of Conduct



Dress Code & Safety

4-H Shooting Sports Dress Code

- Colorado 4-H Shooting Sports Rulebook: <https://tra.extension.colostate.edu/wp-content/uploads/sites/9/2024/11/ss-rulebook-4-24.pdf>
- “Casual Wear” in the Colorado 4-H Dress Code is defined as:
 - Pants/shorts/skirts
 - Shirts/sweaters/hoodies
 - Comfortable shoes/sandals

However—the Colorado 4-H Shooting Sports Rulebook has special Dress Code requirements regarding shoes:

“Closed toe shoes are required and must be worn during the course of fire in all shooting disciplines and events.”



Scan here to view the Colorado 4-H Shooting Sports Rule Book.



Scan here to view the Colorado 4-H Dress Code

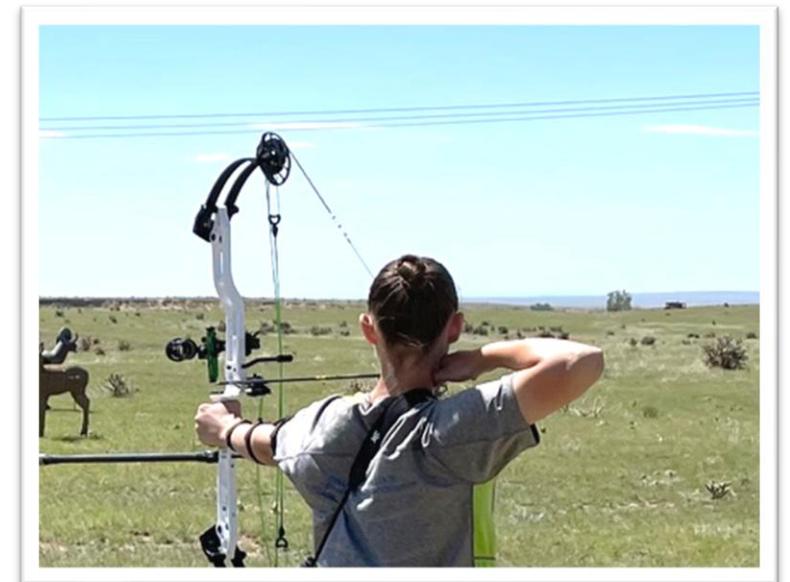


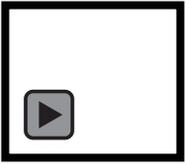
Dress Code & Safety

Hair Ties/Hair Bands

Hair ties and bands are an important tool for keeping hair out of your eyes and face as well as out of your firearms and bows while shooting.

These are distractions and safety issues that are not needed while trying to concentrate on shooting.





Colorado Weather



Scan here to view the KKTV 11 News Weather Station.

Be Prepared for the Weather

Dress and be prepared for the changing weather. The weather can change dramatically in a matter of minutes. It can get cold quickly when the sun goes down. It is a good idea to include a jacket in your vehicle or with you. Severe weather like snow, high winds and lightening can cause practice to be cancelled on very short notice.

Please watch [KKTV 11 News Weather](#). If the forecast is not going to be above 50 degrees for the day, practice will be cancelled. A cancellation notification will be put out as soon as possible.





The Top Ten Rules for Safe Shooting

1. Always treat guns as though they are loaded.
2. Always keep the muzzle pointed in a safe direction.
3. Keep your finger off the trigger until you are ready to shoot. Do not rely on your firearm's safety.
4. Be sure of your target and what is behind it.
5. Always wear eye and ear protection and any other safety equipment required when shooting.
6. Firearms should be unloaded, with the action open and a CBI (Clear Bore Indicator) installed when not in use.
7. Be sure the barrel is clear of obstructions before shooting.
8. If your firearm fails to fire when the trigger is pulled, handle with extreme care, raise your hand and follow rules number 1 and 2.
9. Do not alter or modify your firearm and service your firearm regularly. Keep it Clean!
10. Use the correct ammunition for your firearm. Caliber or gage is marked on the firearm and ammunition.



General Safety - Eye Protection

All participants and other personnel in the immediate vicinity of the firing line are required to wear eye protection.

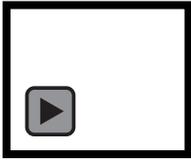
Eye protection is always required while on the firing line (with the exception of Archery)

Participants wearing prescription eyeglasses are not required to wear additional eye protection. Shatterproof plastic, called Polycarbonate, is the safest and preferred safety lens type. Check that your eye protection has an **ANSI Z87.1 certification label**. This certification means they meet impact safety standards.

Sunglasses are not approved for eye protection.



An example of eye protection with an ANSI z87.1 certification. The safety label can also be found on the arms of the glasses as seen here.



General Safety - Ear Protection

All participants and other personnel in the immediate vicinity of the firing line are required to wear hearing protection (with the exception of Archery and Air Rifle/Air Pistol).

Types of ear protection include ear plugs, earmuffs, and electronic earmuffs.

Electronic earmuffs allow the participant to hear what is going on around them while filtering out the loud shooting noise. Air Pods, ear buds and other Bluetooth enabled headphones are NOT ear protection and NOT allowed.

Ear plugs may be available at the shoots.



An example of different types of ear protection, including plugs, earmuffs, and electronic earmuffs.



General Safety – Archery Equipment

Finger Tabs, Gloves or Releases

Finger tabs, Gloves and Releases are used to protect an Archer's fingers from the bowstring, as well as to provide a consistent method of releasing a bowstring for better accuracy.

Arm Guards

Arm guards are worn by an archer on the support arm to deflect the string from scraping/hitting and injuring the side of the Archer's arm.



An example of different types of Archery releases, and safety equipment including finger tabs, shooting gloves and armguards. Brands and types vary from what is seen here.



General Safety – Archery Equipment

Bow Stringers

A Bow Stringer is required to string and unstring recurve and longbows.

It is best practice to unstring recurve and longbows before storing and transporting.



An example of an archery bow stringer, and arrow quivers.

Arrow Quiver

An Arrow Quiver is used to hold and carry archery arrows in a safe manner.

All arrows must be kept in a quiver, at all times, unless they are being shot.





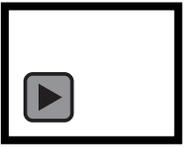
General Safety – Firearms

Trigger Finger

Your Trigger Finger is your Number One Safety Tool.

Always keep your finger off the trigger until you are ready to shoot.





General Safety – Firearms

Barrel Direction

Always keep the barrel pointed in a safe direction.

With this practice, if for some reason the firearm discharges, there should be no serious injuries to anyone.





Shooting Equipment – Clear Bore Indicators (CBI)

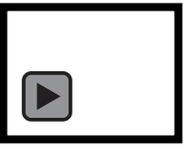
Clear Bore Indicators (CBI)

All participants MUST use CBI's. A CBI is commonly a brightly colored weed eater cord inserted from the action, down the barrel of the firearm and is required to extend a minimum of three (3) inches past the end of the muzzle and action when not firing.

Muzzleloading uses the ramrod and Shotgun is open action.



An example of a CBI being inserted into a firearm. You can see it in the action as well as coming out the end of the muzzle.



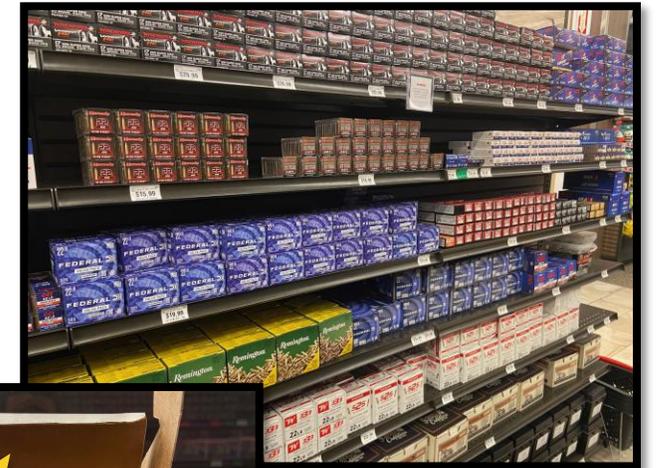
Shooting Equipment - Ammunition

Ammunition

The barrel of each firearm will be stamped with the proper ammunition to be used for that firearm. Only the ammunition specified for that firearm shall be used.

All cartridges and shells are labeled with the ammunition type on the base around the primer. Ammunition is identified by either caliber, or by gauge.

Reloaded ammunition is not allowed on ANY 4-H range.



An example of the many types of ammunition available.

Ammunition can be identified by the label on the base.



Shooting Equipment – Cases & Equipment Bags

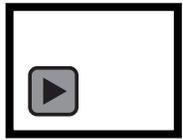
Gun or Bow Cases

A gun or bow case is used to transport a firearm or bow to and from locations. It provides protection during transportation and storage. This also protects your equipment in the event of an accident. Equipment should **NEVER** be transported loaded.

Equipment Bag

An equipment bag provides a convenient way of keeping all your equipment together so that you are less likely to forget something when leaving for the range. Be sure to include **ALL** of your safety equipment!

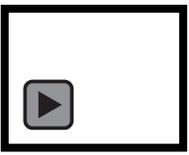




Transportation & Storage

Firearms should be transported safely and securely. Placing the firearm in a gun case for transportation is the safest way to transport a firearm. **Never** transport a firearm with ammunition in the action or magazine. Always verify the firearm is void of ammunition before placing in a case and again when removing from a case. While transporting in a case always close the action to keep anything from getting into the action. A CBI is not needed during transportation because of the firearm's action being closed.

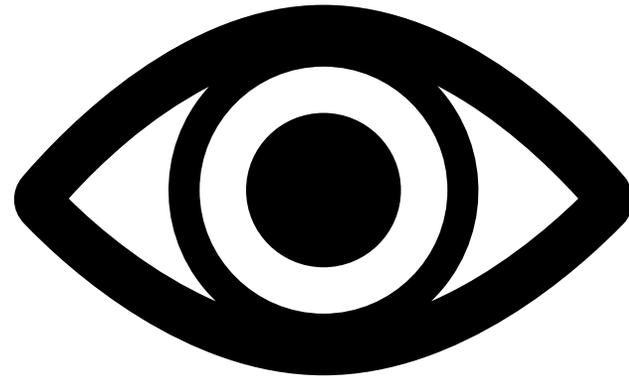
After use and/or cleaning, firearms should be stored in a clean, dry, secure place. Firearms should be kept in a secure place out of reach of anyone that does not or should not have access to them. The use of a Silicone treated sock/sleeve while in storage will help to reduce any possibility of rust and corrosion. **Never** keep firearms loaded while in storage. **Keep all firearms and ammunition stored in separate locations.**

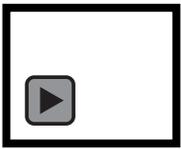


Eye Dominance

Ocular dominance, or dominant eye, is when you use one eye more than the other, have better vision in one eye, or can fixate on something better with one eye.

Knowing which eye is dominant can be important for performing activities that require you to focus on a target.





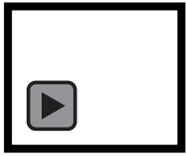
Eye Dominance Test 1

Here is a basic dominant eye test that will allow you to determine the eye that is your dominant, or preferred, eye:

1. Extend both of your arms out directly in front of you. Create a triangle with your forefingers and thumbs.
2. With both of your eyes open, center this triangle on an object in the distance like a doorknob or a wall clock.
3. Close your left eye.
4. If the object remains centered, then your right eye (the eye that is open) is your dominant eye. If the framed object isn't framed any longer, then your left eye is dominant.



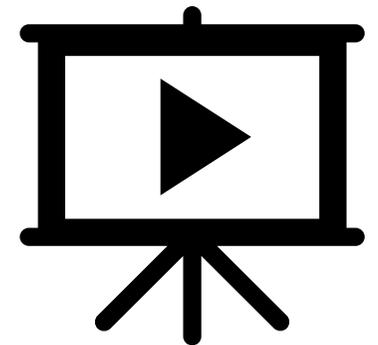
[Click Here for a Helpful Video!](#)



Eye Dominance Test 2

Here is another simple test to determine your dominant eye:

1. Extend one of your arms out in front of you, with the thumb on that hand in an upright position. You may use your index finger as opposed to your thumb, if you'd like.
2. Keep both of your eyes open and focus on an object in the distance. Superimpose your thumb or index finger on that object. It is normal if your thumb or finger partially disappears.
3. Alternate by closing your eyes one at a time.
4. The eye that keeps your finger or thumb directly in front of the focused object while the other eye is closed is the preferred eye.



[Click Here for a Helpful Video!](#)



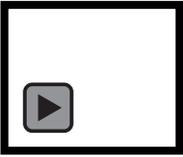
4-H Shooting Sports Disciplines

The Colorado State 4-H Shooting Sports Program has many disciplines from which to choose from.

Each discipline has different features, skills, interests, activities, targets and equipment; providing a wide range of opportunities for participants.

All the disciplines may not interest all members, so choose to participate in the ones that are of interest to you.





4-H Shooting Sports Opportunities

Colorado State 4-H Shooting Sports Disciplines:

Disciplines

.22 Pistol
.177 Air Pistol
.22 Rifle
.177 Air Rifle
Archery
Muzzleloader Rifle
Shotgun
Hunting & Outdoor Skills
Western Heritage

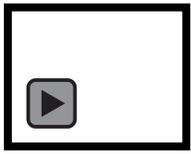
Events

(1 Event) Camp Perry (slow and rapid fire) & Silhouette
(1 Event) 10 meter
(4 Events) Open sights – Scope - 4P peep - 3P
(4 Events) Utility - 4P - 3P - Olympic off hand
(1 Event) FITA & 3D
(1 Event) Paper & Gong
(3 Events) Trap - Skeet - Sporting Clays

El Paso County **ONLY** 4-H Shooting Sports Disciplines:

Muzzleloader Pistol

(1 Event) Paper - Gong



4-H Shooting Sports Disciplines - Archery

Archery

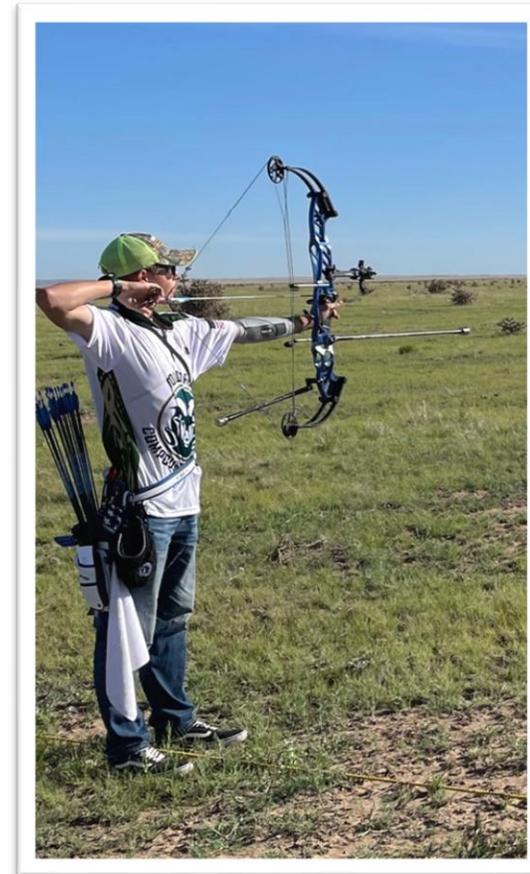
Archery is divided into two classes:

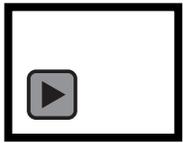
- Compound
- Recurve/Longbow

Each class is divided into additional sub-categories like traditional, limited, and unlimited.

Arrows may be made from wood, aluminum, or carbon.

Fiberglass arrows are NOT permitted. Wood arrows are discouraged.





4-H Archery Whistle Commands



2 Whistles:

Participants to the line. All archers may get their bows off the rack and come to the shooting line and make themselves ready to shoot.



1 Whistle:

Commence Firing. Archers may take an arrow out of their quiver and begin shooting down range. When finished shooting arrows, they will return their bows to the rack.



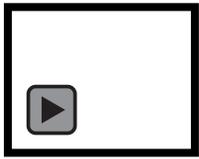
3 Whistles:

All bows should be in the bow rack. The range is now cold and members can go down range to score their targets and pull arrows placing them in their quiver. If a participant has finished all shooting and has collected their arrows then they may request to remove their bow to leave the range.



4 or more Whistles:

Cease Fire! All shooting must stop immediately. If there is an arrow nocked on a bow, the arrow shall not be fired. The arrow shall be removed from the bow and put back into the quiver.



4-H Archery Classes

5 Classes

Compound Bow Unlimited

Compound Bow Limited

Compound Bow Traditional

Recurve Bow Limited

Recurve Bow Traditional

F.I.T.A. Course of Fire

Target at J 40/S 40&50 yards

Target at J/S 30 yards

Target at J/S 20 yards

Target at J 10 yards

Juniors (J) shoot 3 arrows at targets
Seniors (S) shoot 5 arrows at targets

If an arrow is touching the line, it will score the next higher score

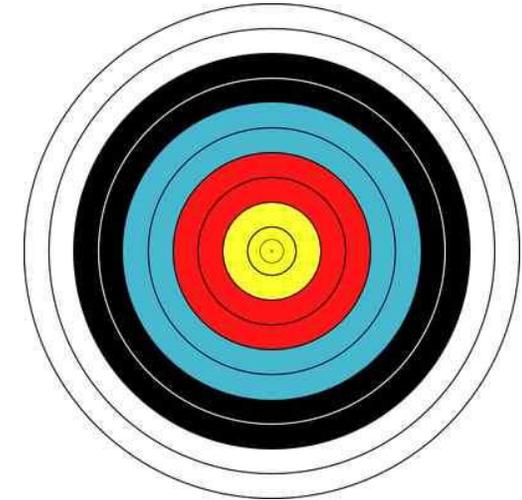


48 inch Target

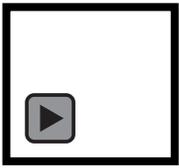
30 inch Target

24 inch Target

12 inch Target



FITA Target Example



4-H Archery Classes

5 Classes

Compound Bow Unlimited

Compound Bow Limited

Compound Bow Traditional

Recurve Bow Limited

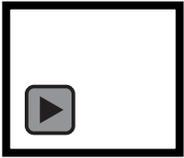
Recurve Bow Traditional

Typical 3D Course of Fire

3D Animal Target - Boar, Deer, Turkey, Elk, Coyote, Wolf, Tree Frogs, Snake, Crocodile, Squirrel, etc.



3-D Target Examples (3-D Target types will vary)



4-H Archery

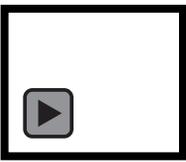
Sight Picture Archery Traditional



The more left of the string your eye is, the farther left the arrows will fly in relationship to the sight pin.

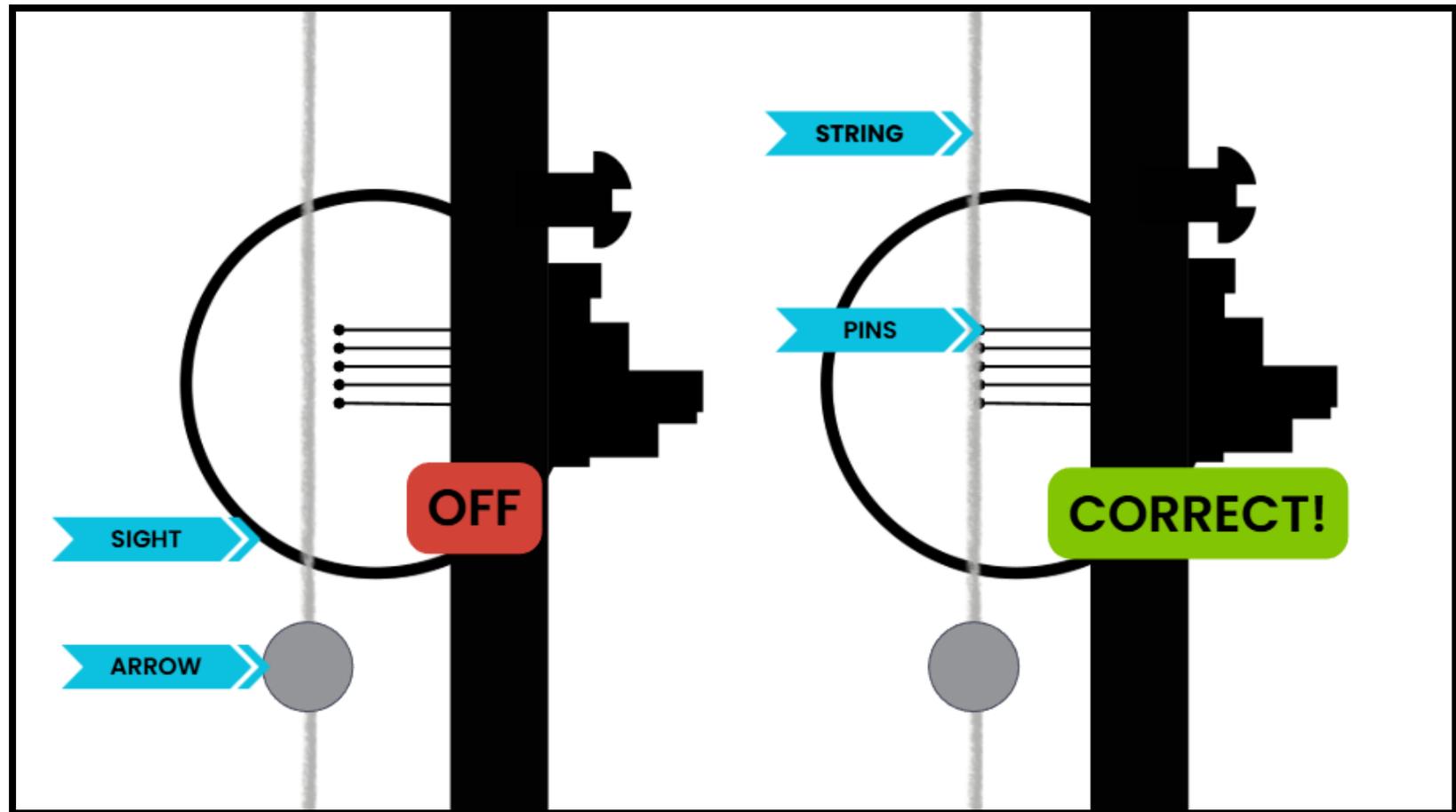
This is the correct sight picture—the string is registered to the bow and in alignment with the participant's eye.

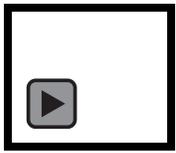
The more right of the string your eye is, the farther right the arrows will fly in relationship to the sight pin.



4-H Archery

Sight Picture Archery Limited/Unlimited





4-H Shotgun Classes

Trap Shotgun

Shotguns may be break action, pump action, semi-auto, or bolt action and must be capable of loading one round at a time. Shotguns must be chambered 12 gauge or smaller shooting 2 ¾ inch shells except for .410 ammunition. Maximum shot charge is 1 1/8 ounce.

Advanced Shotgun (Skeet – Sporting Clays)

Shotguns may be break action, pump action, or semi-auto, and should be capable of loading two rounds at a time. Single barrel break action shotguns are not recommended for these events.

Shotguns must be chambered 12 gauge or smaller shooting 2 ¾ inch shells except for .410 ammunition. Maximum shot charge is 1 1/8 ounce.



Reloaded ammunition is NOT permitted.



4-H Shotgun

Course of Fire (50 Rounds)

- 25 shots 1st Round for Trap & Skeet
- 25 shots 2nd Round for Trap & Skeet

Trap

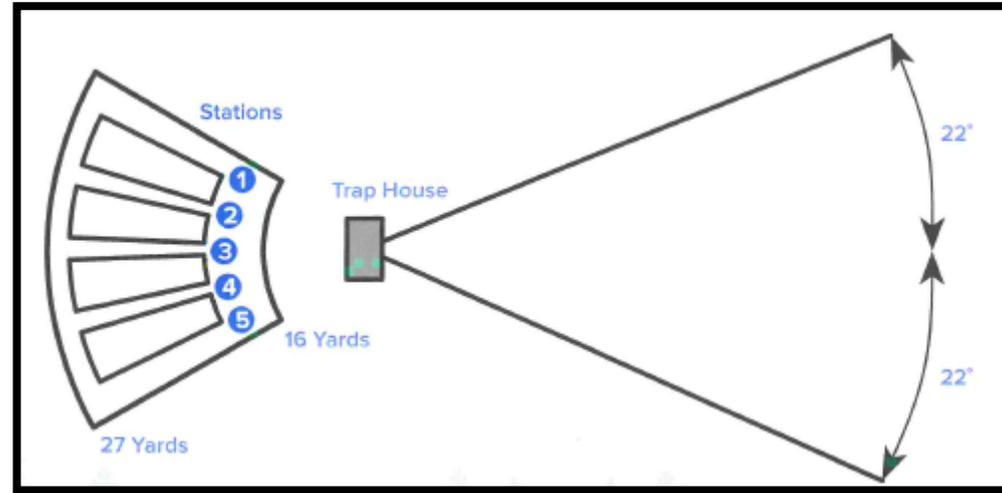
Juniors - twenty-five (25) minutes for each round.

Seniors - twenty (20) minutes for each round.

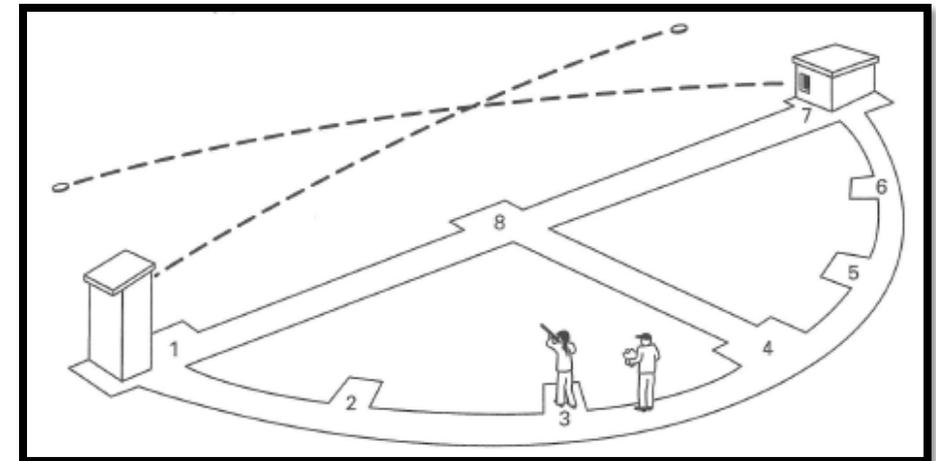
Skeet

Juniors – thirty (30) minutes for each round.

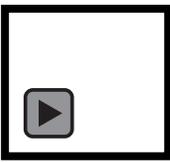
Seniors – thirty (30) minutes for each round.



Trap Diagram



Skeet Diagram

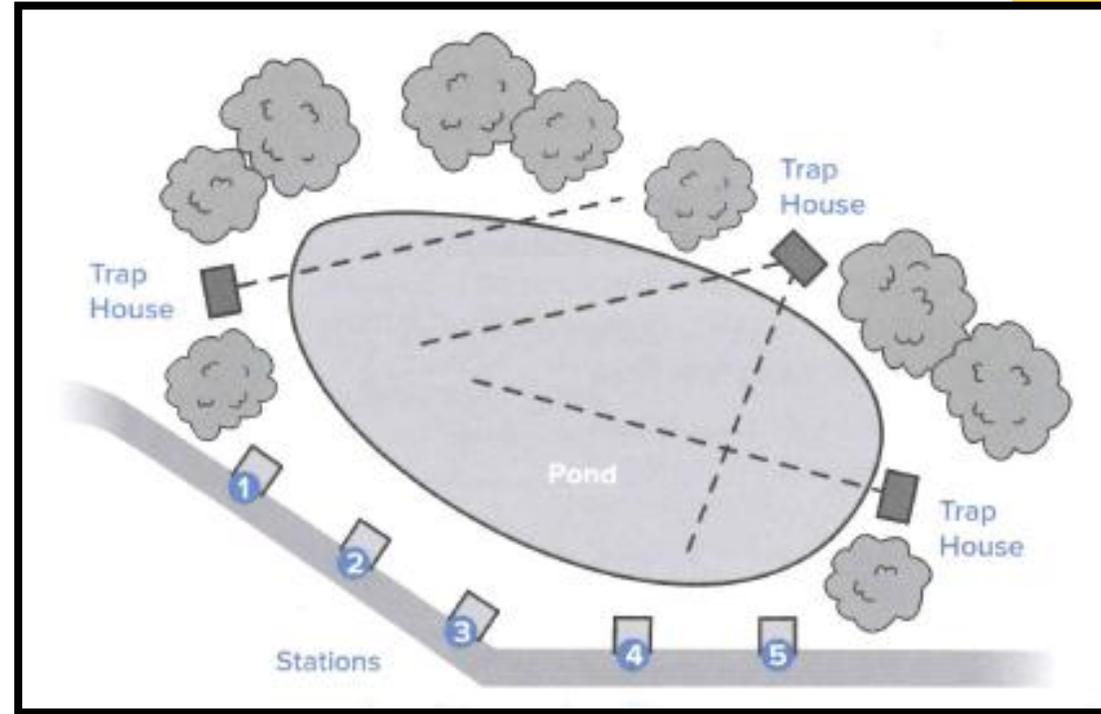


4-H Shotgun

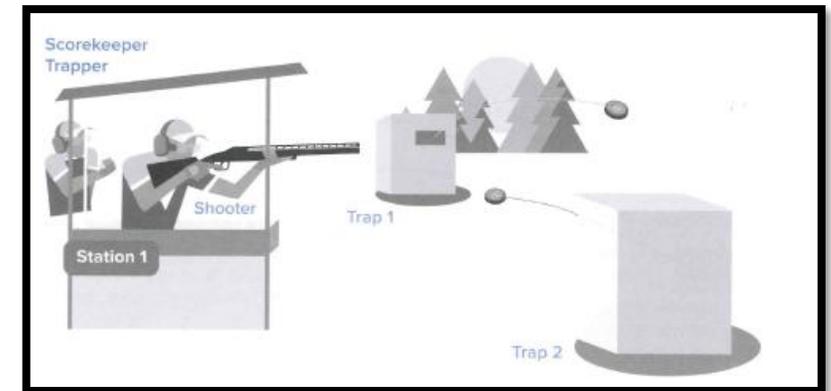
Sporting Clays 50 Shots 1 Round

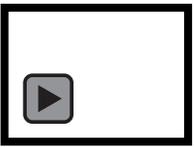
Juniors – Station (6) 2 single targets and 2 true pairs then 2 single targets and a true pair on the remainder of Course.

Seniors – Station (6) 2 single targets and 2 true pairs then 2 true pairs per station on the remainder of Course



Sporting Clays and
5-Stand Diagrams





4-H Muzzleloading

Muzzleloading Rifle and Pistol

Guns may range from traditional style flint or percussion cap to modern inline break action.

Loose Black powder or Substitutes Only. No Pellets.

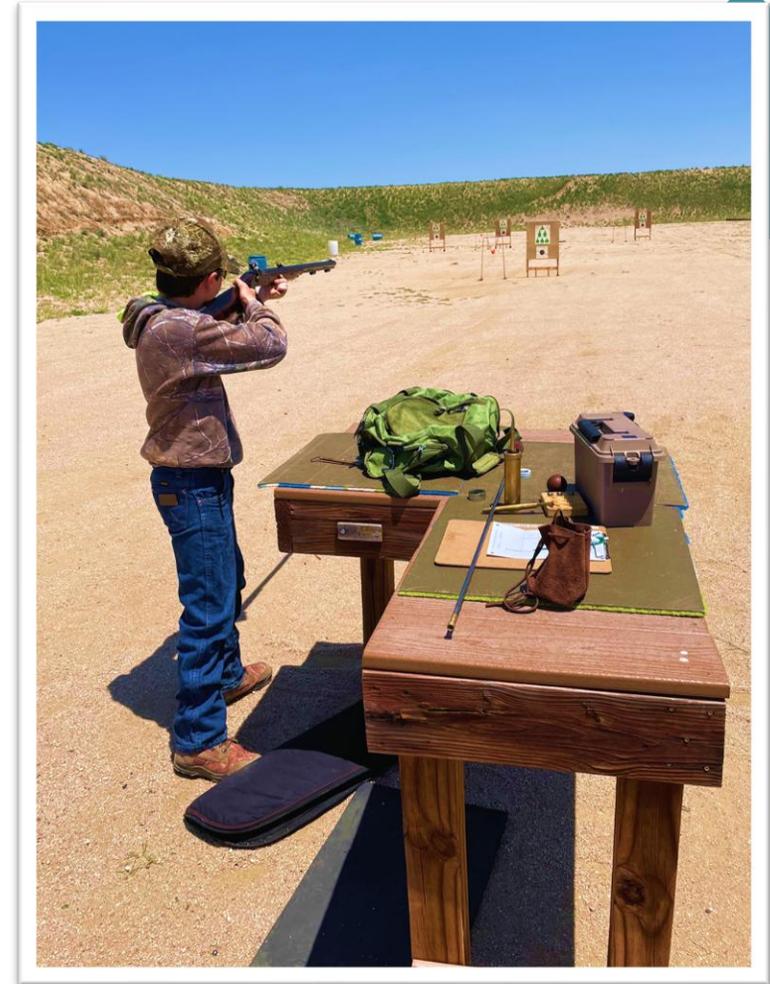
Smokeless powders or duplex loads are NOT allowed.

Powder must be kept in the original, closed container at all times.

The original container must be at the loading line with the competitor and be available for inspection by line/contest officials.

All firearms must be loaded from a separate powder measure.

No more than 60 grains of black powder (or equivalent) will be used.





4-H Muzzleloading

Course of Fire

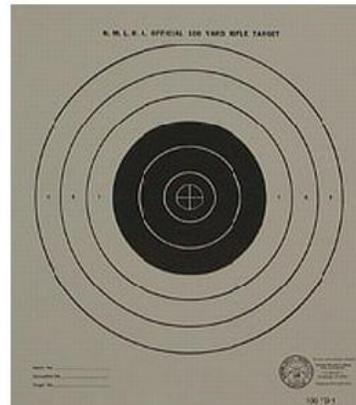
You will have 40 minutes (block time) to shoot your record shots. Extra 5 minutes for sight in.

Juniors All shots are at 25 yards

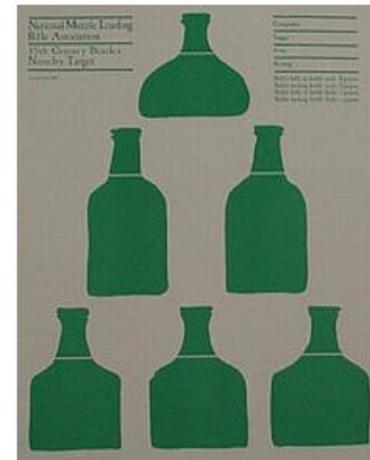
- Sight-in target = Top bottle on bottle target
- 5 shots at remaining bottles (TG-24-27)
- 5 shots at single bull target (RB-100-8)
- 5 shots at gongs

Seniors All Shots are at 50 yards

- Sight-in target = Top bottle on bottle target
- 5 shots at remaining bottles (TG-24-27)
- 5 shots at single bull target (RB-100-8)
- 5 shots at gongs



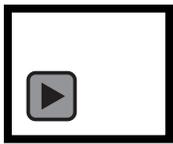
Muzzleloading JR & SR RB 100-8 Target



Muzzleloading JR & SR TG-2427 Target



Muzzleloading JR & SR 4 inch Steel Gong. (Gong target styles will vary)



4-H .22 Rifle Classes

.22 Rifle

.22 rifles may be capable of shooting long rifle and or short rifle ammunition, however .22 long rifle ammunition is recommended.

AR or Modern Sporting type firearms will NOT be allowed.

All rifles must be capable of loading and shooting one round at a time. Rifles may be open or iron sight, peep sight, or scope sight. Scopes cannot exceed 4X magnification.

No laser sights, red dot sights or reflex sights permitted.

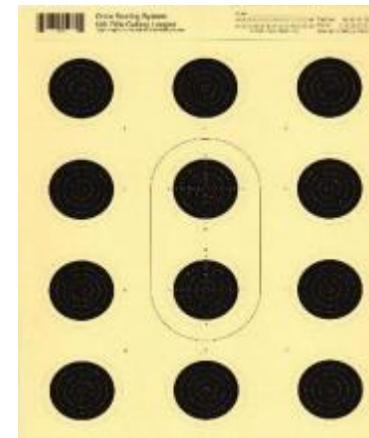
4 Different Classes

50-Foot Hunt (open sights)

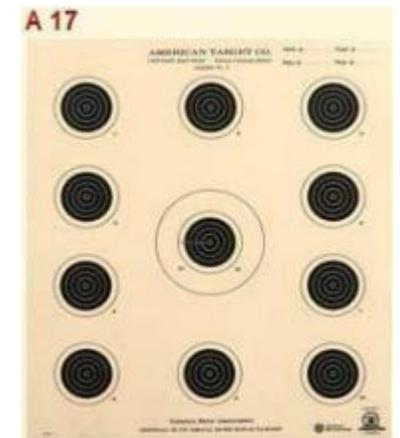
50-Foot Hunt (scope)

50-Foot 4P (peep sights)

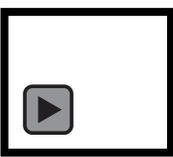
50-Foot 3P (peep sight Olympic style)



ORION 50 ft Conventional Rifle 12 Bull Target



NRA A-17 Target



4-H .22 Rifle

Course of Fire (40 Rounds)

45 minutes will be allotted to shoot the course of fire.

5 minutes for sight-in and 40 minutes course of fire. Target distance is 50 feet.

Ten (10) shots in each of the following positions in the following order:

- Sight-In - **Middle bull** on prone target
- Prone Position
- Standing Position
- Kneeling Position
- Sitting Position

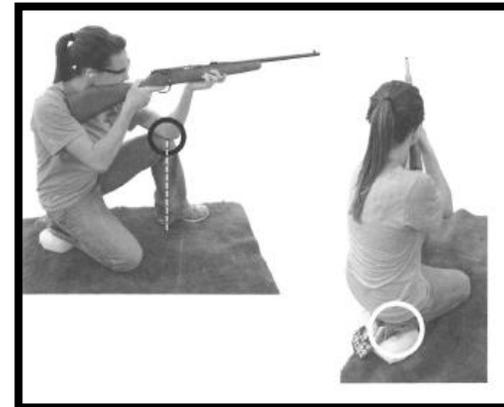
PRONE
POSITION



SITTING
POSITION

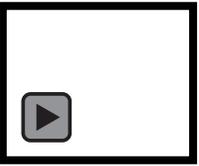


STANDING
POSITION



KNEELING
POSITION





4-H Air Rifle

Air Rifle

Air Rifles may be a single shot, bolt action, or slide magazine.

Semi-automatic firearms will be allowed if the participant can demonstrate the proper and safe loading of one pellet at a time can be achieved.





4-H Air Rifle

Air Rifle

Air Rifles shall be .177 caliber shooting lead wadcutter-type pellets only (flat head).

No dome head, pointed head, or hunting pellets allowed.



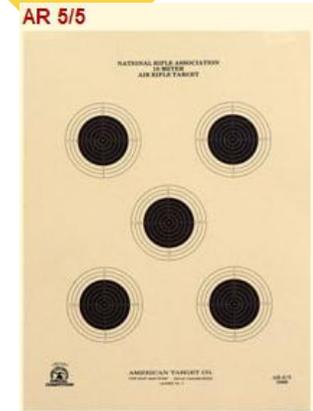


4-H Air Rifle Classes

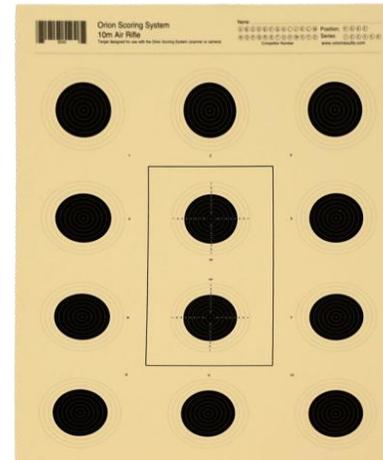
Utility, 4-P & 3-P Targets



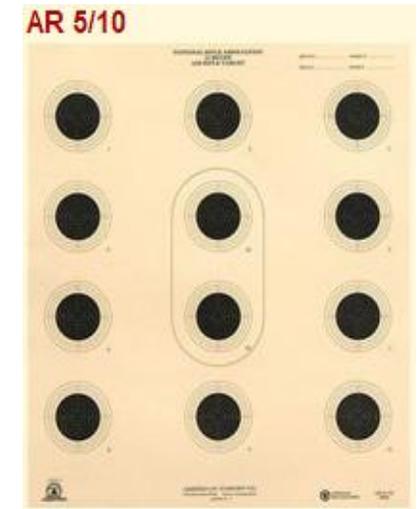
ORION 5 Bull Air Rifle Target



AR 5/5 Air Rifle Target



ORION 12 Bull Air Rifle Target



AR 5/10 Air Rifle Target

Olympic Off Hand Targets

Course of Fire (Utility, 4-P & 3-P 4 Targets)

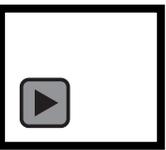
Five (5) shots in each of the following positions in the following order:

- Sight-in = middle target
- Prone = bottom left target
- Standing = top left target
- Kneeling = top right target
- Sitting = bottom right target

Course of Fire (Olympic Off Hand, 2 Targets)

Sight-in shots will be allowed in the sighting ring and targets only. The sight-in targets are the two center bulls on the left target.

- 20 shots from the standing position.
- Both courses of fire have a 5 minute sight-in and 30 minutes timed fired.



4-H Air Pistol

Air Pistol

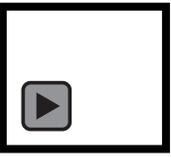
Air Pistols shall be .177 caliber shooting lead wadcutter-type pellets only (flat head).

No dome head, pointed head, or hunting pellets allowed.

Firearms may be a single shot or a revolver (single or double action).

Semi-automatic firearms will be allowed if the participant can demonstrate the proper and safe loading of one pellet at a time. Open sights only.





4-H Air Pistol Classes

Course of Fire (20 Rounds)

35 minutes will be allotted to shoot the course of fire for both Junior and Senior participants.

5 Minutes for sight-in and 30 minutes course of fire. Target distance is 10 meters.

Juniors

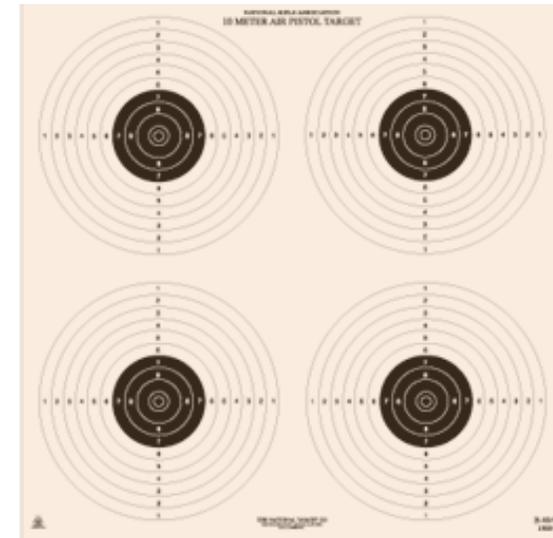
- 10 shots from the bench position
- 5 shots per bull – bottom 2 targets
- 10 shots from the two-hand standing position
- 5 shots per bull – top 2 targets

Seniors

- 10 shots from the two-hand standing position
- 5 shots per bull – bottom 2 targets
- 10 shots from the one-hand standing position
- 5 shots per bull – top 2 targets



ORION 1 Bull Air Pistol Target



NRA B 40/4 Air Pistol Target



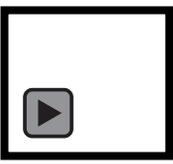
4-H .22 Pistol

.22 Pistol

- Must be 9 years old as of the start of the current 4-H year.
- Members must have completed at least one project year of 4-H Shooting Sports that includes firearm & range experience.
- Must have written permission from parent or legal guardian to participate in this project in compliance with the Gun Control Act of 1968 and the Youth Handgun Safety Act of 1994.
- Forms can be obtained from range officer or following:
<https://co4h.colostate.edu/wp-content/uploads/sites/27/2025/12/C04HYouth-Handgun-release-form-fillable.pdf>
- 2 separate courses of fire - Camp Perry and Silhouette



Scan here to obtain the Youth Handgun Release Form



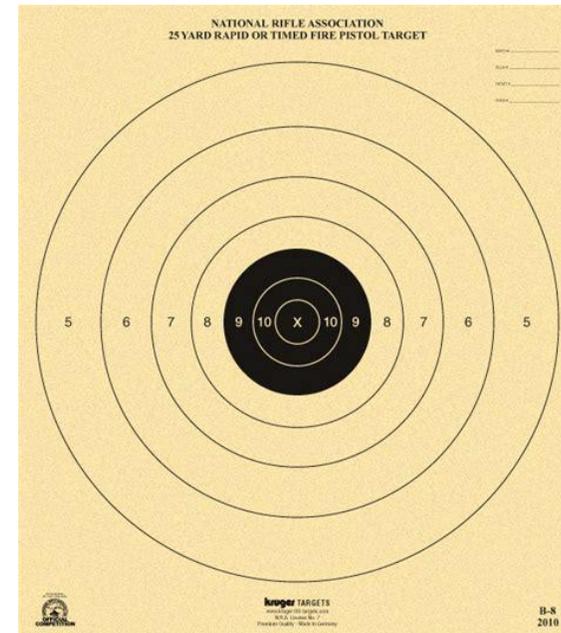
4-H .22 Pistol Classes

Camp Perry Course of Fire (40 Rounds)

- Slow fire: 5 minutes (10 shot string) (5 shot strings X 2)
- Timed fire: 20 seconds per 5 shot string (3 strings)
- Rapid fire: 10 seconds per 5 shot string (3 strings)
- Seniors – One Hand
- Juniors – Two Hand

Equipment Description

- Barrel not longer than 10”
- .22 LR Ammo only
- Open sights only. Rear sight may be adjustable, but sight radius no more than 10 inches.



NRA B-8 .22 Rifle Target



4-H .22 Pistol

Silhouette Course of Fire (20 Rounds)

- 5 chickens at 40 yards
- 5 pigs at 60 yards
- 5 turkeys at 77 yards
- 5 rams at 100 yards
- 30 second ready time and 2 minutes firing time for each bank of 5 targets, participant must call target.

Equipment Description

- Targets are 1/2 scale small bore metallic silhouettes.
- Small bore pistol weighing no more than 5.0 pounds.
- Barrel length of no more than 12 inches measured from breech face to muzzle.
- Any sights that do not project an image on the target are permitted. (No laser sights)
- .22 rimfire long rifle cartridge only.
- Participant may have a spotter on the firing line.
- No bolt action pistols, including cannon bolt, turn bolt or straight bolt will be permitted.



.22 Pistol Silhouettes Targets



1/2 Scale Small Bore
Pistol Silhouettes



4-H .22 Pistol & .177 Air Pistol

Shooting Positions

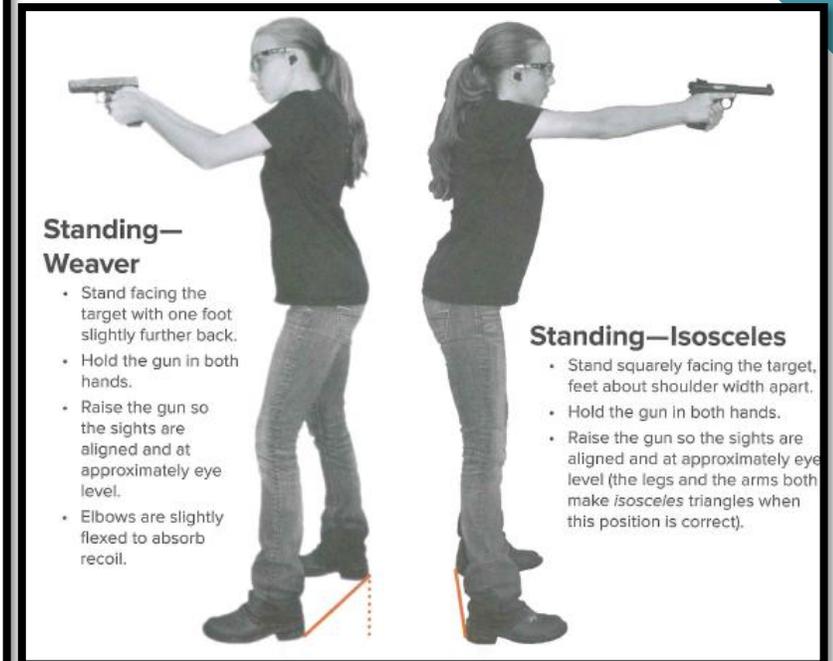
In the standing position, no supports are permitted, including leaning on or against benches or tables.

The standing position is a free hand position. No part of the arm(s) may be braced on any part of the body.



Standing—Offhand

- Stand at approximately a 45-degree angle to the target with your shooting hand closer to the target.
- Hold the pistol in your shooting hand.
- Place the non-shooting hand in your pocket or hook your non-shooting hand or thumb in your belt or a belt loop to stabilize it so it does not flop around.
- Knees should be almost, but not quite, locked.
- Relax the stomach muscles and stand comfortably.
- Raise the shooting arm—the wrist, elbow, and shoulder of the shooting arm should be locked as a rigid unit. Keep the rest of your body relaxed.



Standing—Weaver

- Stand facing the target with one foot slightly further back.
- Hold the gun in both hands.
- Raise the gun so the sights are aligned and at approximately eye level.
- Elbows are slightly flexed to absorb recoil.

Standing—Isosceles

- Stand squarely facing the target, feet about shoulder width apart.
- Hold the gun in both hands.
- Raise the gun so the sights are aligned and at approximately eye level (the legs and the arms both make *isosceles* triangles when this position is correct).



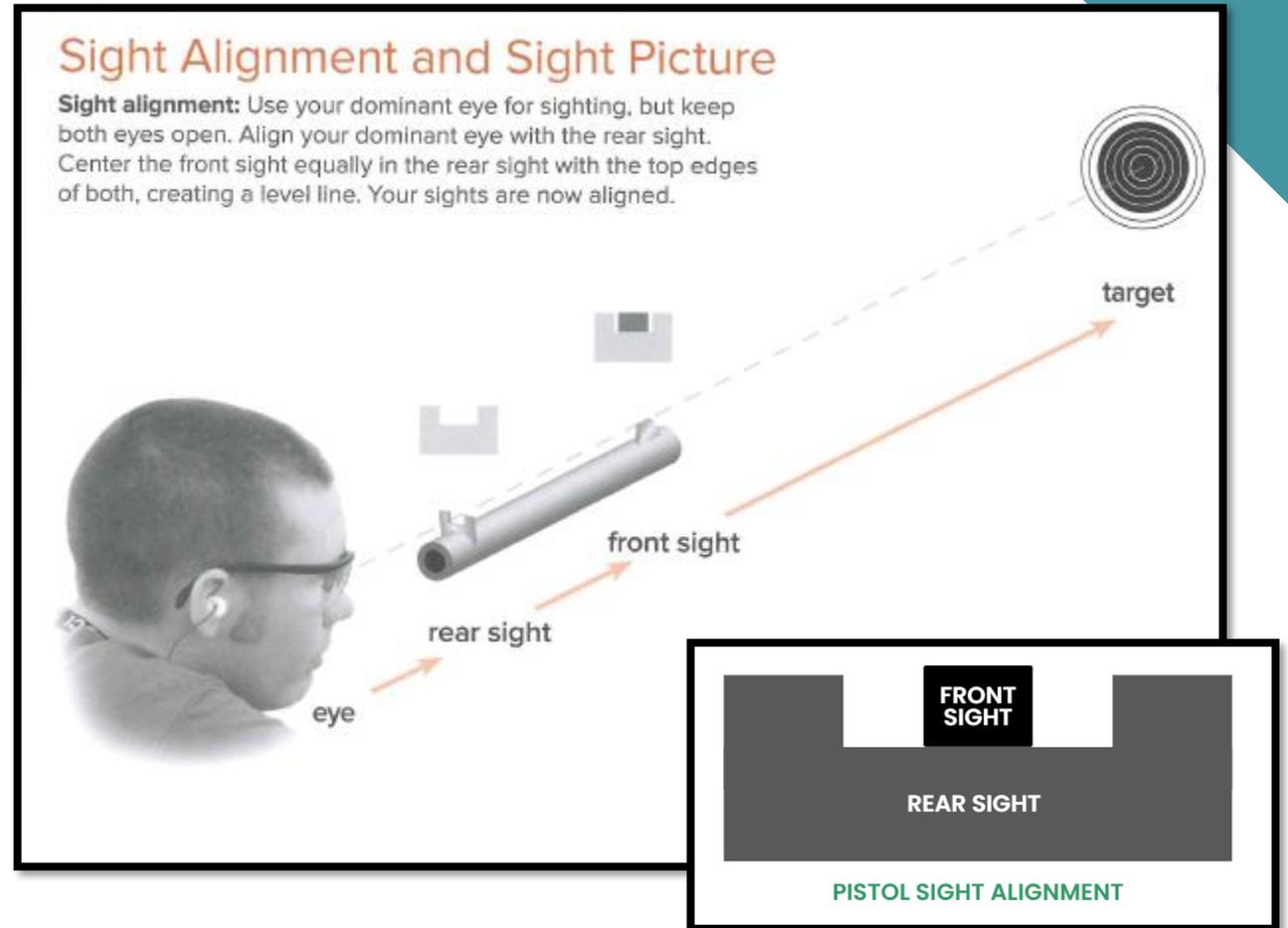
Sight Alignment & Sight Picture

Sight Alignment & Sight Picture

What is proper sight alignment and sight picture? Sight alignment is the relationship of the front sight to the rear sight.

Sight picture is the relationship of your proper sight alignment to your intended target.

In other words, are your properly aligned sights aimed at the point on your target you want your bullet to hit?



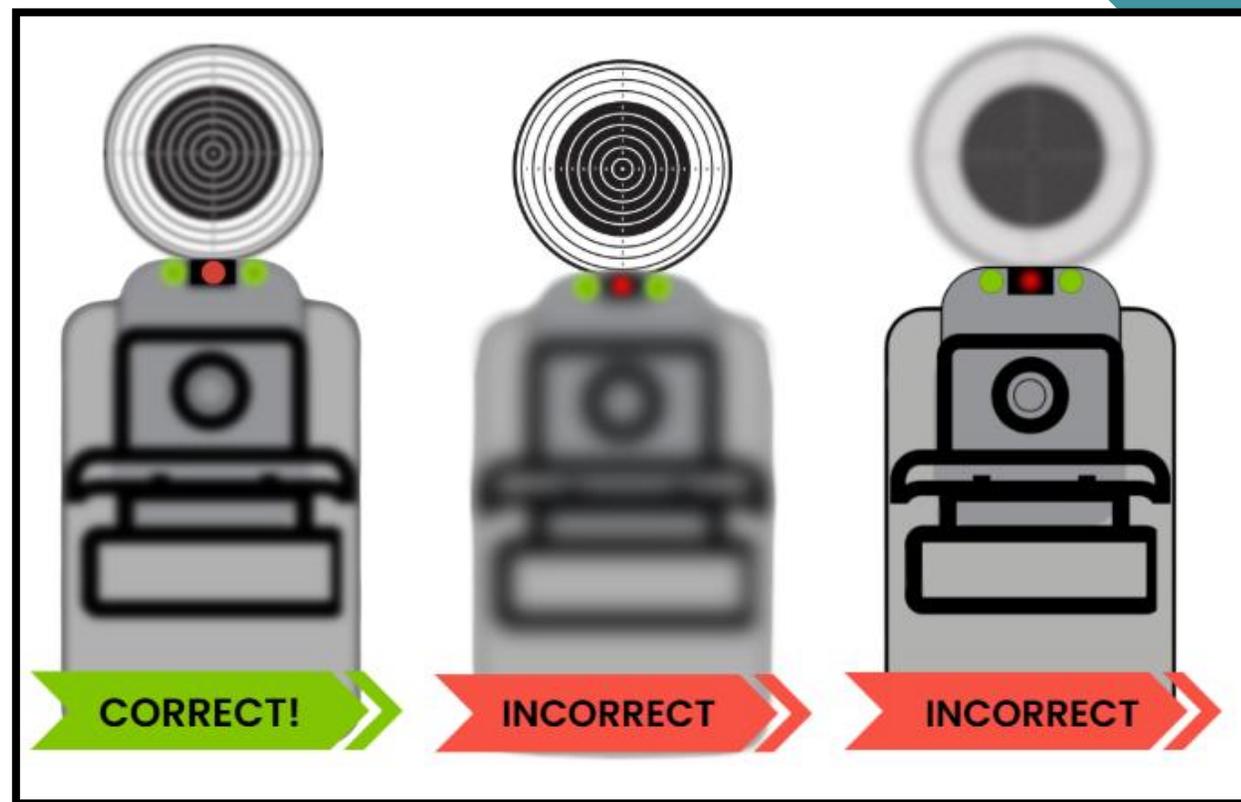


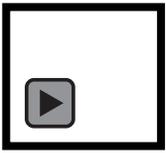
Sight Alignment & Sight Picture

Sight Alignment

Focusing on the front sight (in this diagram, the red dot) provides you with the most precise indication of where exactly the gun is pointing. You can also more easily check to see if your sights are properly aligned.

If you focus on the rear sight or target, it is much harder to figure out if you're "lined up" incorrectly.





Sight Alignment & Sight Picture

Sight Picture

A proper sight picture is obtained when the sights are put into their proper relationship with the target.

It is important to know which sight picture you are using and be consistent by using the same sight picture every time you practice.

Sight picture: Adding a target to the aligned sights creates a sight picture. A sight picture can be created with a six o'clock hold or a center of mass hold. With either one, keep the sights in alignment but focus on the front sight while lining up your shot.



center of
mass hold



six o'clock hold

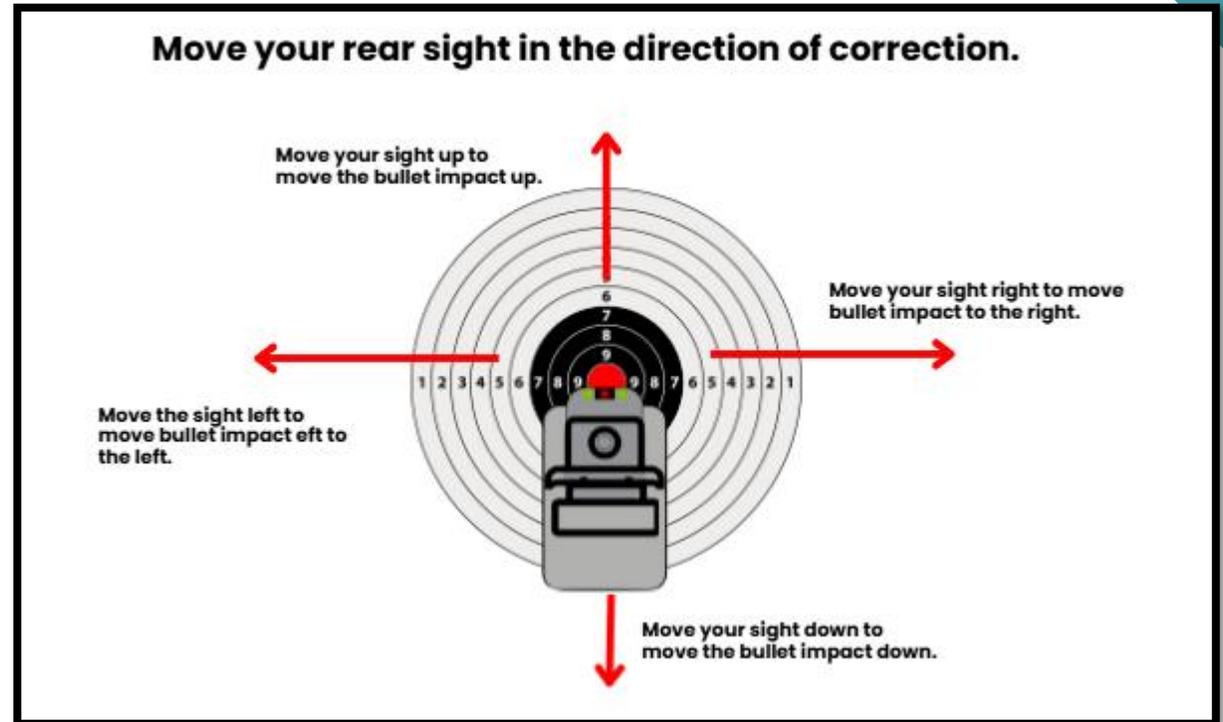


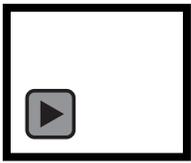
Sight Alignment & Sight Picture

Adjusting the Sights

Adjusting the sights on rifle, pistol or muzzleloader will be an adjustment to the rear sight.

Move your rear sight in the direction of correction. The rear sight is moved in the same direction the participant wants their hits on the target to move.





4-H Hunting & Outdoor Skills

Hunting & Outdoor Skills

Do you like being outdoors?

You can become the ultimate explorer by designing your own outdoor adventure.

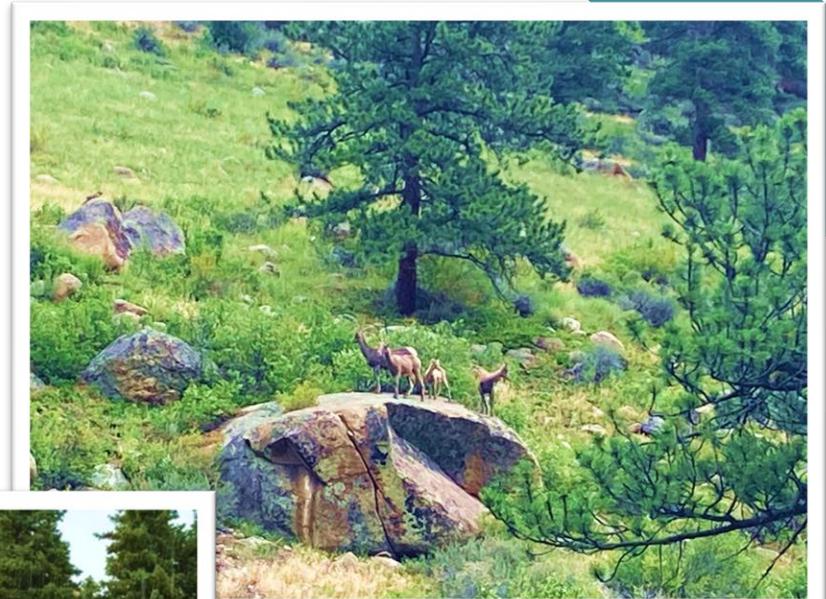
Choose from backpacking, bird watching, camping, fishing, hiking or many other projects.

- Develop skills in the adventure you choose.
- Plan an outdoor adventure for your club, friends and/or family.
- Learn how to be a good environmental steward while engaging in your adventure.

Outdoor Activities Ideas

Here are some great ideas for a Hunting & Outdoor Skills Tabletop Exhibit!

- Wildlife Identification – hides, skulls, scat, tracks, wings
- Camping
- Map and compass skills
- Animal tracks
- Dutch-oven cooking
- Shooting – Firearms and Archery





Colorado 4-H State Invitationals – Hunting & Outdoor Skills

COLORADO 4-H STATE INVITATIONALS

State Invitational Events are advertised and open to all enrolled 4-H participants and requires youth to have completed a hunters safety course.

What You Will Learn!



Hunter Responsibility Exam

Test your knowledge of hunter safety, ethics, responsibility & laws.



Hunter Safety Trail

Demonstrate your knowledge of safe hunting practices in various hunting situations.



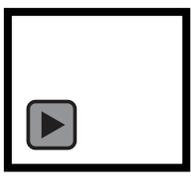
Orienteering

Prove you know how to navigate a course utilizing a map and compass.



Wildlife Identification

Identify tracks, hides, feather and signs of North American Wildlife.



4-H Hunting & Outdoor Skills

4-H Shooting Sports Events:

State Invitational Events are advertised and open to all enrolled 4-H participants and requires youth to have completed a hunter safety course. Watch for announcements in the 4-H Newsletter.

Hunting & Outdoor Skills Events:



.22 Rifle

Utilize a .22 Rifle to shoot at action-type or life-sized game targets



Shotgun

Demonstrate your shotgun skills across multiple hunters' clay stations.



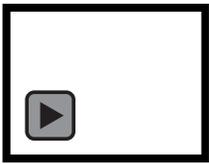
Muzzleloader

Use a muzzleloading rifle with open sights to shoot at action-type or life-sized game targets.



Archery

Walk through a course with life-sized animal targets.

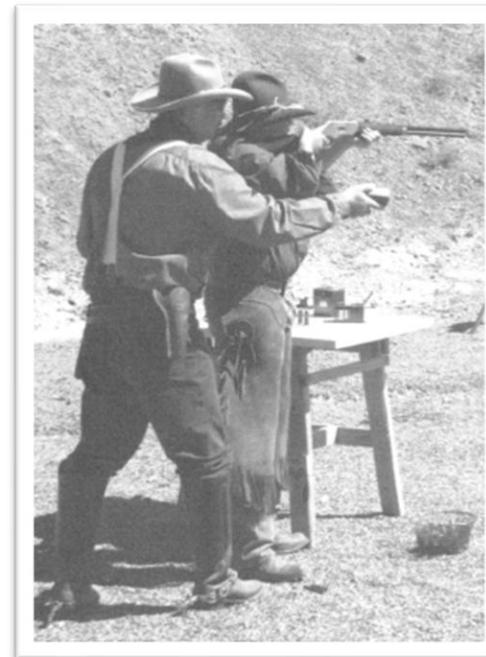


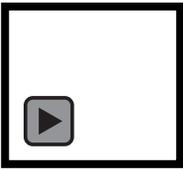
4-H Western Heritage



4-H Western Heritage:

The 4-H Western Heritage Project is a combination of 4-H Shooting Sports and a living history of the Frontier West from 1860 to 1900. 4-H Western Heritage is unlike any other 4-H competition or project. There are props, scenarios, and in some cases moving targets. You are also shooting a rifle, pistol and shotgun in the same range in the same competition.





4-H Western Heritage



4-H Western Heritage Requirements:

To be eligible for the Western Heritage Project, 4-H members must be 9 years old at the start of the current 4-H year and Members must have completed at least one project year of 4-H Shooting Sports that includes live fire range experience with a firearm or air gun.

- No handgun use will be permitted for 4-H members enrolled in the 4-H Western Heritage Project who are not 12 years old at the start of the current 4-H year.
- Members must have written permission from a parent or legal guardian to participate in the Western Heritage project.





4-H Western Heritage

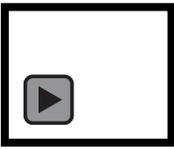


4-H Western Heritage:

4-H Member's clothing, Firearms and even who you are (your persona!) need to be period-accurate. Rifles are predominately lever action. Pistols are single action revolvers. Shotguns will not have ejectors.

Who do you want to be? Do you want to be a rancher, stagecoach driver, mercantile owner, schoolteacher? Who else lived in this time-period? Who would you like to be? Learn about all of this history while getting to use period-accurate shotguns, rifles and pistols in the shooting portion of the competition.





El Paso 4-H Shooting Sports Project Completion

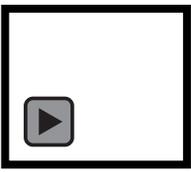
A Friendly Reminder:

4-H members enrolled in a 4-H Shooting Sports Discipline are NOT required to compete in the County Live-Fire Competition to complete this project.

A completed 4-H Shooting Sports Project includes:

- A completed E-Record (Record Book) for each discipline submitted to your 4-H Club Leader by their E-Record deadline.
- A completed 4-H Community Service & Demonstration.
- Any other club-level requirements your club may have (please check with your club leader!)





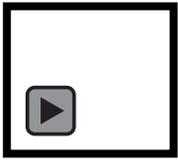
El Paso 4-H Shooting Sports Competition Requirements

What is required to compete in the El Paso County 4-H Live-Fire Competition?:

There are a few requirements necessary to compete in the El Paso 4-H County Competition. Make sure you have them all to be ready to compete later this year!

Requirements:

- Members must be enrolled in 4HOnline in each 4-H Shooting Sports Discipline in which they plan to compete.
- Hunter's Safety Course/Hunter's Safety Card (MUST be submitted to the Extension Office by May 1)
- Members must Participation in an annual Safety Quality Assurance (Online, or in-person, as required.)
- Mandatory discipline practices (check with your discipline coaches!)
- 4-H County Competition form turned in by the deadline.



No “W” Word

If you were paying good attention, you will notice there was no “W” word in this presentation.

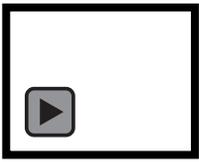
This word is banned from 4-H Shooting Sports.

Why? It implies an intent to do harm.

Use these words instead:

Firearms, equipment, pistol, rifle....





Thank you!



Thank you for your attention to the El Paso County 4-H Shooting Sports Safety Quality Assurance program!

If you are taking the Online Version of the SQA, you may now navigate to the Junior, Intermediate or Senior version of the online test. Please refer back to these slides as needed.

The El Paso County 4-H Shooting Sports Advisory Committee wishes you a very successful year in the 4-H Shooting Sports Program!



Safety Quality Assurance Content:

- Developed By: EPC 4-H Shooting Sports Advisory Committee
- SQA Script By: EPC 4-H Shooting Sports Volunteer Belinda Irsik
- Special thanks to the Irsik family for their work on the Online SQA Program!

Photos & Diagrams:

- Colorado State 4-H Shooting Sports Rule Book
- Montana State University Extension – 4-H Western Heritage Project Manual
- Ohio State University Extension – Archery Manual
- Ohio State University Extension – Muzzleloading Manual
- Ohio State University Extension – Pistol Manual
- Ohio State University Extension – Rifle Manual
- Ohio State University Extension – Safe Use of Guns Manual



Photo Use & References

