

VIRGINIA 4-H SHOOTING EDUCATION PROJECT PORTFOLIO RIFLE

	Date	Instructor Initial
Name of Member: _____		
1. Demonstrate knowledge of rifle safety , including safety considerations pertaining to: _____ <ul style="list-style-type: none"> • Three basic rules of gun safety • Proper use of a Clear Barrel Indicator • Equipment • Use of appropriate ammunition • Range operations • Personal protection 	_____	_____
2. Demonstrate knowledge of rifle equipment , including: _____ <ul style="list-style-type: none"> • Rifle types • Parts of the rifle • Ammunition (types, components, function) • Rifle operation 	_____	_____
3. Demonstrate proper rifle shooting form , including: _____ <ul style="list-style-type: none"> • Eye dominance • Bench position • Prone position • Standing position • Kneeling position • Sitting position • Use of the sling in each position where appropriate • Application of the five fundamentals of firing a shot 	_____	_____
4a. Demonstrate the ability to shoot a tight group in the bench position with one or more of the following rifles. (Standard set by leader): <ul style="list-style-type: none"> BB Gun - 5 meters Air Rifle - 10 meters Smallbore Rifle – 50 yards 	_____ _____ _____	_____ _____ _____
4b. Demonstrate the ability to move the group to the aiming point.	_____	_____
Completion Date _____		

Instructor Signature

4-H Member Signature

To qualify to participate in rifle shooting events at Spring Air, the State 4-H Shoot and the 4-H Shooting Sports National Championships, the 4-H member must complete the above listed tasks with the rifle used for each respective competition below. In addition, the 4-H member must shoot a complete course of fire following the same rules, targets and range standards that are outlined in the respective Match Programs.

Instructor, please sign next to all events for which the 4-H member is qualified.

	Date	Instructor Initial
FOUR POSITION BB GUN	_____	_____
NATIONAL STD THREE-POSITION SPORTER AIR RIFLE	_____	_____
SPORTER AIR RIFLE (STANDING)	_____	_____
SPORTER AIR RIFLE SILHOUETTE	_____	_____
NRA THREE-POSITION SMALLBORE RIFLE	_____	_____
CMP SPORTER RIFLE MATCH	_____	_____
SMALLBORE RIFLE HUNTING SILHOUETTE	_____	_____