

San Luis Obispo Sheriff's Office – Presenter 2440
Firearms / Tactical Rifle Update Course – Course 32078
Safety Policy
4-Hour Training

STATEMENT OF PURPOSE:

This course is designed as a patrol rifle update course intended for field officers, with an emphasis on the AR-15 rifle. The trainee will develop the necessary firearms tactical knowledge and skills to survive and win a realistic lethal force encounter while using department issued patrol rifles and equipment. The course consists of hands-on/practical skills firearms training for in-service officers. This course provides updated legislative content of Penal Code section 835a.

COURSE OBJECTIVES:

The student will:

1. Demonstrate knowledge of their individual Department's Use of Force/Firearms Policy.
2. Demonstrate a minimum standard of tactical patrol rifle proficiency with every technique, exercise, and course-of- fire, to include:
 - A. Judgment and Decision-Making
 - B. Firearms Safety
 - C. Fundamentals of Marksmanship
 - D. Safe Drawing and Presenting Firearms
 - E. Shoot/No Shoot
 - F. Speed, Accuracy and Effectiveness under stress and movement conditions
 - G. Shot Placement: Combat Effectiveness
 - H. Malfunctions Clearing
 - I. Loading/Reloading

Instructors will observe students during the performance of each technique, exercise, and course of fire to evaluate each student's proficiency and ensure they achieve minimum standards of performance. If a student fails to meet the minimum standards, *appropriate* remedial training will be provided until the minimum standards are met.

- I. Introductions / Orientation
 - A. Review of schedule and general content of course
 - B. Review Course Safety Policy / Emergency Action Plan
 - i. Four firearm safety rules:
 1. All firearms are considered loaded.

San Luis Obispo Sheriff's Office – Presenter 2440
Firearms / Tactical Rifle Update Course – Course 32078
Safety Policy
4-Hour Training

2. Never point the firearm at anything you are not willing to destroy.
3. Always be sure of your target and what is beyond it.
4. Keep your finger off the trigger until your sights are aligned, and you have made the conscious decision to fire.

II. Relevant Laws and Agency Policy

A. Penal Code section 32610(b) / Control of Deadly Weapons

i. Possession of Within Scope of Employment

1. The possession of machineguns by regular, salaried, full-time peace officer members of a police department, sheriff's office, marshal's office, district attorney's office, the California Highway Patrol, the Department of Justice, or the Department of Corrections for use by the department's Special Emergency Response Teams and Law Enforcement Liaison/Investigations Unit, when on duty and if the use is within the scope of their duties.

B. Penal Code section 33220(b) / Restrictions relating to SBR, SBS

i. Training requirement

1. The possession of short-barreled rifles and short-barreled shotguns by peace officer members of a police department, sheriff's office, marshal's office, the California Highway Patrol, the Department of Justice, or the Department of Corrections and Rehabilitation, when on duty and the use is authorized by the agency and is within the course and scope of their duties, and the officers have completed a training course in the use of these weapons certified by the Commission on Peace Officer Standards and Training.

III. Ballistics Overview

A. A bullet leaving the barrel is immediately put under environmental conditions.

i. Gravity

1. Causes the bullet to drop from the bore axis immediately.
2. As gravity is a constant, so is the speed the bullet drops vertically.
3. What changes is the linear distance from the firearm.

ii. Wind

San Luis Obispo Sheriff's Office – Presenter 2440
Firearms / Tactical Rifle Update Course – Course 32078
Safety Policy
4-Hour Training

1. Pushes the in-flight projectile the direction the wind is blowing.
- B. Line of Sight vs. Bore Axis
- i. Line of Sight
 1. A straight line from your eyes to the target.
 2. In between these two points are the firearm sights.
 3. The sights become aligned, which changes the vertical and horizontal direction of the firearm.
 - ii. Bore Axis
 1. A straight line that follows the line of the barrel.
 2. It is different than the line of sight.
 3. The sights (“iron sights” or optic) of the firearm control where the bore axis points.
 - iii. When a bullet is fired, the projectile follows the bore axis until it leaves the barrel, where it is then exposed to environmental factors (gravity and wind).
- C. The projectile will follow the bore axis path until it slows to where gravity starts to pull the projectile down and wind pushes it.
- D. Where these two “paths” meet (line of sight and bullet path – as established by initial bore axis) is called “Zero”.
- E. In distances typically encountered in Law Enforcement, “bullet drop” (gravity) and wind changes have little effect on the bullet in flight.
- F. “Point Blank” range
- i. Any distance over which a firearm can hit a target without the need to compensate for bullet drop.
 - ii. Our Patrol Rifles, using factory Hornady 75gr. TAP SBR ammunition are zeroed at 50 yards.
 1. At 100 yards, the bullet path will be approximately 1” high above line of sight.
 2. At 150 yards, the bullet path will be approximately 0.1” high above line of sight.
 3. At 155 yards, the bullet path is zero again, meaning the bullet path and line of sight cross again.
 4. At 200 yards, the bullet path will be approximately 3.2” below the line of sight.
 5. At 300 yards, the bullet path will be approximately 18.7” below the line of sight.
- G. Red Dot Optics

San Luis Obispo Sheriff's Office – Presenter 2440
Firearms / Tactical Rifle Update Course – Course 32078
Safety Policy
4-Hour Training

- i. The San Luis Obispo County Sheriff's Office uses the Aimpoint PRO red dot optic as its primary sighting system.
 - 1. The internal aiming dot is 2 MOA in size.
 - 2. This 2 MOA dot will cover 2" at 100 yards.
 - 3. This 2 MOA dot will cover 4" at 200 yards.
 - 4. This 2 MOA dot will cover 6" at 300 yards.
 - H. "Point Blank" range and Optic Dot size
 - i. At 100 yards, the optic dot will cover 2" on the target.
 - 1. The bullet will impact approximately 1" above the line of sight.
 - 2. The bullet will impact within the optic dot area.
 - ii. At 150 yards, the optic dot will cover 3" on the target.
 - 1. The bullet will impact approximately 0.1" inches above the line of sight.
 - 2. The bullet will impact within the optic dot area.
 - iii. At 200 yards, the optic dot will cover 4" on the target.
 - 1. The bullet will impact approximately 3.2" below the line of sight.
 - 2. The bullet will impact within the optic dot area.
 - iv. At 300 yards, the optic dot will cover 6" of the target.
 - 1. The bullet will impact approximately 18.7" below the line of sight.
 - 2. The bullet will impact outside the optic dot area.
 - 3. If you must shoot at this distance, you must aim higher on the target, to ensure the bullet strikes the intended impact area.
- IV. Fundamentals of Marksmanship
 - A. "Pre-Shot"
 - i. Sight Alignment
 - 1. Sight alignment is the relationship between your eye and the reticle of the optic.
 - 2. Achieving a full field of view free of shadowing.
 - 3. You achieve this by setting the proper eye relief when mounting the optic, and keeping your head and eye aligned properly.
 - ii. Sight Picture
 - 1. This the actual act of aiming the dot at the desired point of impact.

San Luis Obispo Sheriff's Office – Presenter 2440
Firearms / Tactical Rifle Update Course – Course 32078
Safety Policy
4-Hour Training

2. Staying target focused, place the dot on the target area where you want the bullet to approximately impact.
 - iii. Stable Position
 1. This the function of how you stabilize the weapon system to the target.
 2. A consistent base of stability needs to be maintained throughout the entire shot process to ensure the most accurate engagement.
 - a. Natural support comes from your body's muscles and bones.
 - i. Where possible, bones are preferable to muscles, as muscles fatigue.
 3. Artificial support comes from objects that are not your body.
 4. The most common ways to achieve this for a patrol rifle comes from slings, backpacks/rucksacks, barricades, even rocks and tree limbs.
 5. Additional stability using the two-point sling on the patrol rifle.
 - a. "Hasty Wrap"
 - i. Using support side arm, wrap the loose sling around the support side arm until the sling slack is taken up.
 - ii. Remount support side hand to rifle forend.
 - b. "Sling loop"
 - i. Using the sliding adjustment strap, open the loop just enough to insert your support side arm (to the bicep/shoulder junction) and pull your elbow back towards you and mount support side hand back on forend.
 - ii. This will cause tension on the sling, adding stability to the rifle.
- B. "During Shot"
- i. Trigger Control
 1. The continuous control of what and when to engage a target.
 2. Not maintaining proper trigger control will cause a horizontal dispersion in your grouping.
 3. Your finger should lay flat and natural on the trigger.

San Luis Obispo Sheriff's Office – Presenter 2440
Firearms / Tactical Rifle Update Course – Course 32078
Safety Policy
4-Hour Training

- a. There is no designated spot to index, finger length varies person to person.
 - b. Ensure your thumb and pad of hand are resting naturally on the pistol grip and are not providing counteracting pressure.
 4. Trigger press should be executed in a consistent, controlled, “straight back” manner.
 5. Trigger break should never surprise you.
 - a. YOU CHOOSE when the shot is taken and you should do so in a controlled, planned manner.
 6. Being “surprised” by the shot can lead to a flinch, a negative anticipation that can have detrimental effect on your entire process.
 7. “Eye dropper” analogy
 - ii. Breath Control
 1. The ability to breathe calmly and control its cadence.
 2. Failing to do so can be a cause of vertical dispersion in your point of impact and make it harder to achieve stability.
 3. Breaking a shot during your natural respiratory pause is the best way to remain consistent and remove 99% of movement in your system.
 - a. Achieving natural respiratory pause.
 - i. IN x OUT x PAUSE x IN.
 1. The pause is not about holding your breath.
 2. Actively holding your breath will inadvertently increase your heart rate and induce stress.
- C. “Post Shot”
 - i. Follow Through
 1. Prepare for the next shot.
 - a. Ensure that the weapon is allowed to fire and recoil naturally.
 - b. Maintaining a consistent position through the shot.
 - c. You want to find yourself in the exact same position as when the trigger broke.
 - d. Reset of the trigger.
 - e. Reacquire sighting system on target.

San Luis Obispo Sheriff's Office – Presenter 2440
Firearms / Tactical Rifle Update Course – Course 32078
Safety Policy
4-Hour Training

V. Ready / Carry Positions

A. "SUL"

- i. Used when in close quarters or moving around other personnel.
- ii. Muzzle pointed at the ground.
 - 1. Approx. 5-10 degrees offset, to prevent muzzle sweep of your feet.
 - 2. Muzzle indexed directly vertical or slightly offset towards support side leg.
- iii. Both hands holding rifle.
- iv. Rifle receiver laid against your body.
 - 1. Buttstock not in shoulder, but indexed close.

B. "Low Ready"

- i. Similar uses as SUL, but distances to targets or others is increased.
- ii. Muzzle is pointed down, approx. 30-45 degrees.
 - 1. Low enough to fully see the area you are addressing.
 - 2. Rifle is held vertical, with magazine pointed downward.
- iii. Both hands on rifle.
- iv. Buttstock mounted into shoulder.

C. "High Ready"

- i. Used in situations where terrain precludes going muzzle down.
 - 1. Low ground cover
 - 2. Working in elevated location from other personnel
- ii. Rifle is pointed up approximately 45 degrees.
 - 1. Looking over the muzzle device – "Eyes / Muzzle / Target"
- iii. Weapon out of shoulder
 - 1. Buttstock held at primary side elbow region.
 - 2. Rifle is held vertical (muzzle up) or slight roll (ejection port partially facing upwards)
- iv. Both hands on the rifle
 - i. Weight of rifle partially supported by primary elbow.

D. "High Port"

- i. Used in situations where speed of movement and distance to move is the priority.
 - 1. Allows shooter to run rapidly and reduce to possibility of loss of balance due to forward weight displacement caused by the rifle being in front of body.

San Luis Obispo Sheriff's Office – Presenter 2440
Firearms / Tactical Rifle Update Course – Course 32078
Safety Policy
4-Hour Training

- ii. Rifle is pointed up, 90 degrees from your body.
- iii. Buttstock is held at ribcage, pinned by primary side elbow.
- iv. Rifle forend is held closely to primary side temple area.
- v. Primary hand firmly grabs pistol grip.
 - 1. Support side arm is used for counterbalance in rapid movement.

VI. Positional Shooting

A. Natural Point of Aim

- i. When one takes any shooting position, the rifle naturally wants to point in a certain spot.
- ii. You can move the rifle where you want it, but that is inconsistent and leads to bad shots and muscle fatigue.
- iii. Instead, adjust your position so that the firearm points directly at the target.
- iv. To find your natural point of aim:
 - 1. Mount your rifle, close your eyes and breathe. Open your eyes.
 - 2. If the sight hovers over the middle of your target, your NPA is good.
 - 3. If your sights are lined up somewhere else, you should adjust your NPA.
 - 4. Almost always, the change is accomplished by moving your feet.
 - 5. Once you find your natural point of aim, do not move your feet again until you are done firing on that target.

B. Positions

i. Standing

- 1. Feet shoulder width apart, weight displaced slightly forward on balls of feet.
- 2. Knees slightly bent, not locked.
- 3. The head is level for good balance.
- 4. The rifle is brought to the face, and then placed into the shoulder.
- 5. The butt of the rifle is in the shoulder, close to the neck.
- 6. The face is firmly against the stock with the eyes looking straight down the sights.

San Luis Obispo Sheriff's Office – Presenter 2440
Firearms / Tactical Rifle Update Course – Course 32078
Safety Policy
4-Hour Training

7. Using a sling supported position, the support side arm makes a “triangle” between the arm and the rifle. Elbow to ribs if possible.
 8. Primary arm makes another “triangle” between the pistol grip, shooter’s shoulder, and the buttstock.
 9. Elbow pointed down.
 10. Obtain the natural point of aim while standing.
 - a. Move feet to adjust position.
- ii. Kneeling
1. The butt of the rifle is in the shoulder, close to the neck.
 2. The face is firmly against the stock with the eyes looking straight down the sights.
 3. Keep the support side foot flat on the ground.
 4. Bending the primary side knee, replace the primary side foot with primary side knee.
 5. Lower yourself to the ground.
 6. Place the firing side heel under the meaty portion of the glutes and sit on the heel.
 7. Toe position (flat or up) are at the comfort of the shooter.
 8. Support side leg needs to remain as close to 90 degree as possible.
 9. Bringing support side heel back close to the downed primary side knee leads to instability.
 10. Lean forward and using a sling supported position, place the flat of the support side elbow in front of the support side knee, keep the elbow under the rifle as much as possible.
 11. Make a triangle between the rifle, support side arm, and support side knee.
 12. The rifle, supporting hand, supporting elbow, supporting knee, and supporting foot should form one vertical plane.
 13. Obtain the natural point of aim while kneeling.
 - a. Move primary knee to adjust position.
- iii. Sitting
1. Face the target at a 10 to 30-degree angle.
 2. Place the feet approximately shoulder-width apart.
 3. Bend at the knees and lower yourself towards the ground.
 4. Cross ankles seated or open leg seated.
 - a. Elbows to the inside of the knees.

San Luis Obispo Sheriff's Office – Presenter 2440
Firearms / Tactical Rifle Update Course – Course 32078
Safety Policy
4-Hour Training

5. Place the butt of the rifle in the shoulder, close to the neck.
 6. The face is firmly against the stock with the eyes looking straight down the sights.
 7. Grasp rifle as with other positions.
 - a. Use sling supported position and lean forward as much as comfortable.
 8. Check natural point of aim.
 - a. Use feet to turn glutes, which rotates entire body.
- iv. Prone
1. From the standing position, move to the kneeling position.
 2. From kneeling position, place both knees on the ground.
 - a. Support side hand breaks its grip on the forend, and is placed on the ground, forward of the shooter.
 - b. Body weight is displaced onto the support side arm.
 - c. Legs are extended, and torso is lowered to the ground.
 - i. Support side arm controls the decent.
 3. The butt of the rifle is in the shoulder, close to the neck.
 - a. Due to positional change, buttstock sits slightly above collarbone.
 4. The face is firmly against the stock with the eyes looking straight down the sights.
 - a. Buttstock may need to be lengthened for fit.
 5. Legs are apart slightly.
 - a. Instep and heels to ground as much as possible.
 6. Rifle, upper torso, and lower torso in alignment
 7. The rifle, supporting hand, supporting elbow, should form one vertical plane.
 - a. Using a sling supported position, the support side arm makes a “triangle” between the arm and the rifle.
 8. Primary arm makes another “triangle” between the pistol grip, shooter’s shoulder, and the buttstock.
 9. Both elbows should be in contact with the ground, and as close together as possible.
 - a. Use of the magazine as a “monopod” as an additional support point is acceptable.
 10. This will lower your position more and affect elbow positions.
 11. Obtain a natural point of aim while prone.

San Luis Obispo Sheriff's Office – Presenter 2440
Firearms / Tactical Rifle Update Course – Course 32078
Safety Policy
4-Hour Training

- a. Move hips to adjust, not elbows.

VII. Live-Fire Drills

A. "Zero Confirmation" Drill

- i. Purpose is to learn bullet trajectory as various distances using "point blank zero.
- ii. Gives the shooter the ability to learn "hold-off" if necessary as distances increase
- iii. Course performed as a group. Class size split into relays if necessary, with one person acting as shooter, the second as a spotter.
- iv. All shooting done from the prone position.
- v. Movement from one yardage marker to the next is performed as a group.
- vi. Items needed:
 - 1. 1 large steel target per shooter.
 - 2. Shooter equipped with patrol rifle 1 fully loaded (30) round magazine.
 - 3. Various cones for distance markers.
- vii. **DRILL:**
 - 1. From the 50-yard line, fire 5 rounds at the designated steel target.
 - a. Safely move as a group to next farther distance marker.
 - 2. From the 100-yard line, fire 5 rounds at the designated steel target.
 - a. Safely move as a group to next farther distance marker.
 - 3. From the 150-yard line, fire 5 rounds at the designated steel target.
 - a. Safely move as a group to next farther distance marker.
 - 4. From the 200-yard line, fire 5 rounds at the designated steel target.
 - a. Safely move as a group to next farther distance marker.
 - 5. From the 300-yard line, fire 5 rounds at the designated steel target.

San Luis Obispo Sheriff's Office – Presenter 2440
Firearms / Tactical Rifle Update Course – Course 32078
Safety Policy
4-Hour Training

6. Clear and safe rifle on completion.

B. “Timed Shooting”

- i. The purpose of this drill is to have student shooter perform marksmanship with patrol rifle at distance with elevated heart rate, perform basic rifle manipulations, and make accurate hits on target in short time frame.
- ii. Course performed individually.
- iii. Firing position is shooters choice.
- iv. Items needed:
 1. 1 large steel target per shooter.
 2. Shooter equipped with patrol rifle 1 fully loaded (30) round magazine minimum.
 3. Various cones for distance markers
- v. **DRILL:**
 1. Shooter begins at the 200-yard line with fully loaded patrol rifle.
 2. Time starts on command to begin.
 3. Ammunition management is at discretion of shooter.
 4. On command, shooter moves rapidly to the 75-yard line marker. Shooter assumes position of choice and makes four (4) hits on steel.
 5. After hits confirmation, shooter places rifle on safe, and moves rearward rapidly to the 100-yard line, using carry position of their choice.
 6. On arrival at the 100-yard line, shooter assumes position of choice and makes four (4) hits on steel.
 7. After hits confirmation, shooter places rifle on safe, and moves rearward rapidly to the 150-yard line, using carry position of their choice.
 8. On arrival at the 150-yard line, shooter assumes position of choice and makes two (2) hits on steel.
 9. After hits confirmation, shooter places rifle on safe, and moves rearward rapidly to the 200-yard line, using carry position of their choice.
 10. On arrival at the 200-yard line, shooter assumes position of choice and makes two (2) hits on steel.
 11. Clear and safe rifle on completion.
 12. Timer stops upon completion of the drill.

San Luis Obispo Sheriff's Office – Presenter 2440
Firearms / Tactical Rifle Update Course – Course 32078
Safety Policy
4-Hour Training

C. "Precision Drill"

- i. The purpose of this drill is to have student shooter perform marksmanship with patrol rifle at distance with elevated heartrate, perform basic rifle manipulations, make accurate hits on target in short time frame, perform distance shooting from different vertical heights and shooting positions.
- ii. This drill is performed individually.
- iii. Items needed:
 1. 1 large steel target per shooter.
 2. Shooter equipped with patrol rifle and three (3) magazines.
 - a. Each magazine loaded with ten (10) rounds each.
 3. Various cones for distance markers
- iv. **DRILL:**
 1. Shooter begins with rifle in cruiser ready at the 100-yard line.
 2. On command, shooter puts rifle in combat ready mode.
 3. Shooter makes 5 shots at steel target kneeling.
 4. Shooter moves to prone and makes 5 shots at steel target while prone.
 - a. Shooter recovers to standing and performs combat reload.
 5. Shooter runs to 50-yard line marker.
 - a. Once at the 50-yard line, shooter makes 5 shots standing.
 - b. Shooter then moves to kneeling and makes 5 shots kneeling.
 6. Shooter combat reloads from kneeling.
 7. Time stops on bolt closure of combat reload.
 8. Once confirmed, clear and safe the rifle.

D. "First Responder Drill (Rule 4)"

- i. The purpose of this drill is to have student shooter perform marksmanship with patrol rifle at distance with elevated heartrate, perform basic rifle manipulations, make accurate hits on target in short time frame, perform distance shooting from different vertical heights and shooting positions.
- ii. Additionally, this course encompasses a simulated unsafe backstop, where the shooter will have to address the issue to safely and effectively put rounds on target.
- iii. This course is fired in one continuous stage.

San Luis Obispo Sheriff's Office – Presenter 2440
Firearms / Tactical Rifle Update Course – Course 32078
Safety Policy
4-Hour Training

iv. Items needed:

1. 1 patrol rifle with 1 fully loaded 30 rd. magazine.
2. 1 paper silhouette target and weighted stand
3. Staple gun and staples
4. 1 steel target
5. 1 patrol vehicle
6. 2 sawhorse barricades
7. misc. cones.

v. **DRILL:**

1. Shooter will start at cone located at 150-yard line.
2. On command, shooter will move forward and laterally towards the patrol vehicle (located to the 100-yard line), using the patrol vehicle as cover to the steel target.
3. On arrival at the patrol vehicle, shooter will identify a "Rule 4" issue.
 - a. Rule 4 issue will be represented by a paper target being staged approximately 15 yards behind the steel threat target.
4. Shooter will move left or right (shooter choice) to the sawhorse barricade.
5. Shooter will conform to cover and engage steel target with 5 hits after mitigating the rule 4 issue.
6. Shooter must make five (5) hits on steel target.

VIII. Debrief / Takedown Range / Police Brass

- A. Debrief training day.
- B. Clean up training location.
- C. Complete and collect evaluations as necessary.