San Diego Sheriff's Department
Weapons Training Unit
Patrol Rifle Course Instructor's Outline

Lead Instructor:
Assistant Instructors: Varied, all 1070(b) qualified
Revised: 12/7/2016
Assembled by: San Diego Sheriff's Department Weapons Training Unit.

Target population:
Law enforcement personnel who are authorized by their Department or command to utilize an AR-15 style, .223 caliber, semi-automatic rifle in the course of their employment, specifically, but not limited to, Colt Manufacturers.

Optional equipment:
Students allowed to provide their own non-projecting sighting devices for department training.
Students allowed to provide their own three point tactical slings for department training.

Performance objectives:
At the end of this course of instruction the participant will:
1. Name the external features of the Colt AR-15 style police rifle.
2. Name four external ballistic factors that can influence the point of impact of a projectile.
3. Demonstrate an understanding of windage and elevation adjustments while zeroing the rifle.
4. Demonstrate 90% marksmanship proficiency during a specified course of fire.
5. Demonstrate proficiency with specialized equipment ie: non-projecting electronic sighting devices and three point slings if the student chooses to employ them in the field.

Evaluation procedure:
1. Written examination, 90%.
2. Practical, accurate, and safe handling of the rifle.
3. 90% proficiency on the score area (circle) with 100% on defined target (bottle).

Teaching methods:
1. Lecture.
2. Demonstration.
3. Practical shooting exercises and qualification.

Instructional equipment and supplies:
1. Power point capable projector.
2. Laptop with Power Point Patrol Rifle Course presentation.
3. Other props as desired.

Student materials:
1. AR-15 style, .223 caliber rifle with sling attached.
2. 1000 rounds, .223 caliber ammunition, supplied by WTU.
3. Eye and ear protection is required, also supplied by WTU.
4. Long pants, duty leather gear with duty sidearm, and body armor.
5. Three point sling (optional)
6. Electronic aiming devices (optional)

References:
1. U.S.M.C. 1st Marine Division, Scout Sniper School manual.
2. N.R.A. Police Rifle Instructor Manual.
3. Colt owner's manuals and instructional materials.

I. THREE DAY INSTRUCTOR SYNOPSIS

Day 1. **Equipment: Staplers, targets, paint, ammunition**.

Lectures on:

- Orientation
- Use of Force and Civil Liability
- Rifle familiarization.
- Law Update
- Storage
- Nomenclature, cleaning and storage
- Mechanical and True Zeroing techniques
- Marksmanship
- Sling usage, 2 point and 3 point tactical.
- Electronic aiming devices.
- Data book and record keeping
- Ballistics
- Moving targets
- Dim light
- 50 yard zero, (irons and electronics 10 groups of 3 rounds each. (30 rounds)

Day 2. **Equipment: Moving target system, staplers, paint, ammunition, targets, inert rounds**.

Range exercises:

Sling manipulation using both 2 point and 3 point slings done throughout the course.

Zero Confirmation (50 YARDS)	(30 rounds)
100 yard prone 4 groups of 5 rounds	(20 rounds)
Body armor demo	
Aiming Device Familiarization	(15 rounds)
25 yard department qualification practice	(30 rounds)
Immediate action, malfunction drills	(80 rounds)
Reloading drills	(20 rounds)
Snap Shooting	(60 rounds)
Positional shooting, sitting, kneeling, standing	(60 rounds)
Off side "weak" side shooting	(40 rounds)
Left and right side barricade shooting	(30 rounds)
Reactive targets (bowling pins)	(20 rounds)

Rifle maintenance, testing on assembly and function check

Day 3. **(Early day)** **Equipment: Staplers, paint, ammunition, targets**

Range exercises:

Dim light shooting	(40 rounds)
Dim Light Snap Shooting	(20 rounds)
Immediate action, malfunction drills	(80 rounds)
Dim light Department Qualification	(30 rounds)
Controlled rapid fire	(45 rounds)
200 yard line prone	(20 rounds)
Transition to handgun	(25 .223 rounds, 30 .40 rounds)
Shooting while moving	(20 rounds)
Qualification course, 2 repetitions	(100 rounds)

Rifle maintenance
Testing
Evaluations

Ammunition total 715 rounds.
Breaks are at instructor's discretion.

DAY 1 CLASSROOM @ 0700

II <u>COURSE OF INSTRUCTION OUTLINE</u>

1. Agency Mission – Equip students with a solid foundation of tactics, policy, and training that cumulatively prepares them to respond to critical incidents and utilize the patrol rifle safely. Training delivered satisfies all legal (CA Penal code) and POST training mandates.

2. Department Policy and Procedure
   - A. In defense of human life, including the officer's…
   - B. In defense of any person in immediate danger of death or threat of serious physical injury.
   - C. To apprehend a felony suspect, if that felony involves death or serious physical injury, or the officer has reason to believe that if the suspect escapes he or she poses a serious risk or possibility of causing death or serious injury to another.

3. Force options discussion:
   - A. Verbal
   - B. Pain compliance
   - C. Chemical agents, various means of delivery
   - D. Less lethal alternatives
   - E. Canine
   - F. Lethal

4. Law Update:
   - A. Peace officers may use reasonable force to make an arrest
   - B. Need not retreat or desist from his efforts if resistance is met.
   - C. Peace officer does not lose his or her right to self-defense should force be met
   - D. Peace officer should not be deemed the aggressor or lose his or her right to self-defense by the use of reasonable force to make an arrest, prevent escape, or overcome resistance.
   - E. Tennessee v. Garner
   - F. Graham v. Conner
   - G. 32610(b) PC
   - H. 33220(b) PC

5. Lethal force options:
   - A. Handgun, weapon of convenience, it goes everywhere we do.
   - B. Shotgun, versatile
     - a. Buckshot, good for brush or rural areas
     - b. Slug, good for barricades or blunt trauma against body armor
   - C. Pistol caliber carbine, delivers greater accuracy than a handgun
   - D. Rifle, delivers longer accuracy and more powerful round
   - E. Long range rifle:
     - a. Barricaded, well-armed suspects

6. Tactical Considerations:
   - A. Threat level…how is suspect armed?
   - B. Environment…rifle has greater range than handgun, shotgun or pistol caliber carbine, therefore greater awareness of a backdrop should be considered.
   - C. Training and ability of the officer utilizing the rifle.
   - D. Not always the best choice.
   - E. Storage after use.

III RIFLE & EQUIPMENT FAMILIARIZATION

A. AR-15 style patrol rifle (Colt)

1. Stock, either fixed or collapsible, black.
2. Black finish
3. Weight of 6 to 7.5 pounds.
4. Barrel length from 10.5 to 20 inches.
5. Sights, windage adjustment and quick-flip range change for the rear. Newer models have a quick come-up adjustment in rear. Elevation adjustments are on front sight post.

B. External nomenclature

1. Flash suppressor or compensator
2. Barrel
3. Magazine catch
4. Magazine well
5. Fire selector
6. Dust cover
7. Charging handle
8. Forward assist (most models)
9. Bolt catch
10. Front and rear sight
11. Carrying handle

C. Internal nomenclature

1. Bolt carrier
2. Bolt
3. Extractor
4. Extractor pin
5. Extractor spring
6. Firing pin
7. Firing pin retaining pin
8. Cam pin
9. Gas key
10. Buffer and buffer spring
11. Trigger assembly
12. Hammer
13. Buffer assembly

D. Rifle maintenance

Demonstrate step by step with class participation as you go.

1. Disassembly

Make safe by:
Put selector lever on “SAFE”. Remove any inserted magazine.
Pull the charging handle to the rear and lock it using the bolt catch.
Visually/physically inspect the chamber to ensure no ammunition is present.
Press bolt release, allowing the bolt to go forward.

Separate upper and lower receiver:
Press rear takedown pin from left to right until upper receiver swings free.

Removal of bolt carrier group:
Pull charging handle to the rear approximately 2 ½ inches. Pull bolt carrier group to the rear until it is free of the upper receiver.

Bolt carrier group disassembly:
Push bolt into the carrier, locking it.
Remove firing pin retaining pin.

Remove firing pin
Remove cam pin by rotating it ¼ turn and lifting.
Pull bolt forward out of the bolt carrier.

Buffer assembly removal:
Depress buffer retaining pin.
Buffer spring will push the buffer out of the butt stock.
Pull spring and buffer from the stock.
Separate spring and buffer.

2. Cleaning and Lubrication:

Inspect weekly for evidence of rust and serviceability.
Keep all surfaces clean and properly lubricated.
Use only approved cleaners, lubricants, solvents and tools.
Do not use commercially treated cloth or other compounds to clean the surface.
Clean after each use, or periodically, depending on use.

Magazines:
Dry wipe magazine
Inspect for damage

Bolt carrier group:
Wipe all components and outer surfaces with a cloth, which is wet with solvent or bore cleaner.
Clean the bolt carrier key with a worn bore brush dipped in solvent.
Using a small bore brush and solvent scrub the carbon deposits and dirt from the locking lugs.
Be sure to scrub the extractor lip so it is free of carbon.

Apply lubricant to any areas of the bolt carrier in which metal wears on metal.
Pay particularly attention to the underside, and between the bolt and bolt carrier.
Apply a coat of lubrication to the exterior of the bolt carrier for protection against the elements.

Upper receiver:
Do not use a wire brush on any external surfaces.
It is not recommended that officers attempt to clean the gas tube, due to damage it may cause, and the difficulty involved in replacement of the gas tube.
After cleaning, apply a light coat of lubricant to the inner surface of the upper receiver.
Apply a light coat of lubricant to the exterior of the receiver.

Barrel:
Using a bore brush with solvent, push or pull completely through the barrel from the chamber, using a bore rod, until bore brush protrudes through the muzzle.
Do not reverse the direction of the brush while it is still in the barrel as this can cause damage to the barrel lands and grooves.
Dry the bore and chamber with bore punches until patches come out dry.
Lightly lubricate the chamber lugs and all outer surfaces of the barrel.
Lubricate front sight post, detent pin and spring

Lower assembly group:
Wipe dirt from trigger mechanism with a clean patch or dry nylon brush.
Do not use a wire brush.
Remove carbon with bore cleaner and nylon brush and wipe dry.

Apply a light coat of lubrication to buffer, action spring, and inner surface of lower extensions.
Apply light coat of oil inside the lower receiver and all components including the takedown and pivot pins.

3. Re-assembly:
Assemble in reverse order as described in disassembly.

4. Function check:

A) Safety:
1. Verify rifle is safe and clear
2. Charge rifle.
3. Set selector lever to "safe."
4. Pull trigger, trigger should not fall.

B) Semi:
1. Set selector switch to "semi" or "fire"
2. Pull trigger, hammer should fall.
3. Keeping trigger pulled, charge rifle, hammer should not fall.
4. Release trigger pressure until a light click is heard, as the hammer is released from the disconnector to engage with the trigger.
5. Pull trigger again, hammer should fall.

C) Magazine check:
1. Insert an EMPTY magazine.
2. Charge the rifle
The bolt carrier assembly should be held to the rear.
3. Keeping fingers clear of the ejection port, push down on the top of the bolt catch. This should release the bolt, allowing it to close.

IV. STORAGE

1. Safe storage:
a) Remove magazine from magazine well.
b) While pointing the rifle in a safe direction, clear the rifle and physically and visibly ensure chamber is empty of ammunition and bolt carrier is locked to the rear.
c) Move the selector switch to "safe."
d) With the rifle devoid of ammunition, the bolt locked to the rear, and the selector switch on "safe" the rifle is considered to be in a "safe" condition and now may be stored at the station armory.
e) Rifle is stored muzzle up, with the dust cover open for visible access to the chamber upon demand.

2. Patrol ready condition:
a) Set selector lever to "safe".
b) Ensure there is no magazine in the magazine well while pointed in a safe direction.
c) Physically and visually inspect rifle to ensure there is no ammunition in the chamber.
d) Close the bolt on an empty chamber.
e) Insert a loaded magazine into the magazine well. "Click" securely into place. Tug on magazine to ensure it is seated.
f) The rifle is now considered "Patrol Ready"

V. RIFLE ZEROS

A. Definitions

1. Mechanical Zero:
Point of known reference.

2. True Zero:
This is defined as the sight settings required on the rifle for a precise first round hit under a given set of conditions, with no wind.

3. Zero:
Sight setting in windage and elevation where the line of sight and trajectory coincide with the impact at the desired distance.

B. Setting of Mechanical Zero

1. Mechanical Zero
   a) Front sight post base is brought flush with front sight housing.
   b) Rear sight is brought all the way to the right, count clicks all the way left, divide by two, and move that number to the right.
   (Example…far right…88 left…44 right…is now at Mechanical Zero)
   c) On newer rifles, quick come-up should be set at lowest elevation (8/5)

Minute of Angle or MOA

1. One "click" of adjustment moves the impact ½ inch at 50 yards.
2. One "click" of adjustment moves the impact 1 inch at 100 yards.
3. One "click" of adjustment moves the impact 5 inches at 500 yards, etc.

VI MARKSMANSHIP

A) Seven factors

1. Grip:
   Firm, steady, and consistent rearward pressure, holding the butt of the rifle in the "pocket" of the shoulder.
2. Position:
   Three elements to a good position:
   *BONE SUPPORT, the weight of the rifle should be supported by skeletal structure as much as possible, and not muscular tension.
   *MUSCULAR RELAXATION, shooters should be as relaxed as possible, limiting muscular strain.
   *NATURAL POINT OF AIM, critical to accurate shooting. When proper grip, bone support and muscular relaxation are obtained, where the rifle comes to rest is referred to as natural point of aim.
3. Sight alignment:
   This image is formed when the front sight and rear sights are correctly aligned with one another. The top of the front sight should be centered inside the rear circular aperture.
4. Sight picture:
   While aiming, the front sight is seen clearly while the target itself is seen as a blur. The center of a blur is still the center.
5. Breathing:
   Respiratory pause is the brief period between when you exhale and inhale. Breathe out, pause briefly and then inhale. The pause should center you on the natural point of aim. It is within this pause that a shot should be taken. Hold the pause, not your breath.
6. Trigger control:

This is applying pressure straight back on the trigger with your finger without disturbing the sight picture or alignment. This may be the most critical element of marksmanship.

7. Follow through:

Maintaining control of the rifle before, during and after firing the rifle in order not to disturb the alignment.

B) Data book

1. Ledger information

Shooter's name
Date
Time
Location
Temperature
Lighting conditions
Wind speed and direction (Clock method)
Range (distance)

2. Calling shots

Record where the front sight was when the shot was fired.
Predict where the shot will impact, do not guess.

3. Plotting the shots

Recording the actual impact.

VII BALLISTICS

A. Internal Ballistics.

1. Chain of events inside the rifle from primer ignition to the time the projectile leaves the barrel.
2. Cartridge consists of casing, primer, bullet, and propellant.
3. Barrel design:

Barrel twists and thickness.

B. External Ballistics

Environmental effects that can cause changes to the bullet while in flight, altering the path and the impact of the projectile.
Dramatic changes occur 200 yards and beyond.

1. Wind.

a) Angle. A full value wind is one that blows straight across the path of the projectile. Depends on which direction the wind is blowing. Either side to side or directly head-on.
Or a non-factor:
Low wind from directly behind the shooter has minimum effect on the projectile.
Can use the clock factor (12 o'clock, 3 o'clock, etc.) to gauge wind value.
b) Speed that the wind is blowing. Higher speed means more of an effect.
The speed of the wind combined with the clock angle will determine the value.
c) Reading the wind, or determining value and velocity. Four common methods
Flag
Observation
Drop and point

Mirage

At what distance do you read the wind?

How the wind affects the projectile at different distances is a matter of debate. There are three common points of contention.

*The wind has its greatest affect at the position of the shooter, since a slight change at the muzzle will greatly alter the impact of the round as it travels down range.

*The wind has its greatest effect on the projectile the closer it gets to the target, due to kinetic energy being reduced as the bullet travels, making it easier for wind and gravity to affect the path of the round.

*A good general rule is to read the wind at the midpoint between the shooter and the target.

*Shooter should use whichever he or she prefers, but stay consistent.

2. Air Temperature

a) Air temperature is the main controlling factor in air density.
Higher temperatures mean lower air pressure: less drag on the projectile.
Lower air temperatures mean higher air pressure: more drag on the projectile.
Approximately 1 MOA adjustment for every 20 degree variance in air temperatures.

3. Humidity

a) Higher humidity means higher air density and more drag on the projectile.
b) Not really noticeable up to 100 yards.
(For every 20% change in humidity adjust 1 MOA in direction of the change…noted for match shooters and snipers only)

4. Light.

Affects the shooter, not the projectile.

a) Common for shooters to shoot high on lowly lit days, and lower on bright days.
Shooter often adjusts him or herself to more clearly see the target by lowering or raising the sights.
Shooter also adjusts for bright light to either side of the target.
The target fades in the direction of the bright light, changing "center mass" visual. This can cause the shooter to compensate by aligning sights in the opposite direction.

C. Terminal Ballistics. Information only.

This is what happens to the projectile upon striking its target, whether that target is the intended target or not.

1. Primary Wound Cavity

This is the cavity created by the passing of the projectile and is of the same diameter. A bullet that maintains its configuration will normally have deeper penetration. As the bullet deforms, the cavity will form to the bullet's new shape. The primary wound cavity is a permanent wound that can be seen.

2. Secondary Wound Cavity.

A pressure wave is created by the primary wound cavity and by the velocity of the bullet. Elasticity of the tissue allows the tissue to return to its original shape, normally without permanent damage. The higher the velocity of the projectile, the more probability of tears and permanent damage there is.

3. Secondary projectiles.

When a projectile strikes bone or other objects that can either fragment, or cause the projectile itself to fragment, these are called Secondary Projectiles. These Secondary Projectiles cause their own Primary Wound Cavities.

D. Trajectory
Line of sight
Line of departure
Line of trajectory
Zero

VIII MOVING TARGETS

The odds are that an officer's target will be partially exposed for only a few seconds at a time or will be moving at the time of the engagement. That given, it becomes necessary that the officer be able to accurately shoot a moving target, should the need arise.

The amount we lead a moving target depends on three factors:
1. DISTANCE – The further away the target is, the more time the projectile spends in flight.
2. SPEED – Speed of the target. The faster the target, the more lead must be given.
3. ANGLE- Again, more angle, more lead. Picture a quarterback and receiver. Ball goes where receiver will be instead of where he is "now".

Some common rates of speed (Estimates only. All charts should only be used as a guide.)

Stroll	About 2 feet per second
Slow walk	About 4 feet per second
Fast walk	About 6 feet per second
Dead run	About 18 feet per second

Each individual's reaction time, trigger control, and skill will vary.
Any lead that is taken is from the leading or forward edge of the target. When shooting at a moving target, the shooter needs to take the correct lead so that the target and the projectile arrive at the same time. Without practice of some sort, it is extremely difficult to maintain this skill.

Shooter should continue tracking the target or suspect and not pause between each shot.
Shooter should also maintain lead on the target.

IX DIM LIGHT

In dim light conditions, the officer must be aware of the principles of marksmanship and be fully able to utilize them. Dim light lends itself to shooting errors, based simply on the shooter's natural inability to see as clearly in poor light conditions.

It takes from 20 –30 minutes for an individual's eyes to fully adjust from light to dark conditions if the change is sudden or rapid. This depends on the individual's eye and is not universal.

1. Considerations:
Rhodopsin is the chemical in the eye that aids in adjusting the eye to see in dim light conditions.

Depth perception is also lost during dim light or darkness.

Color contrasts, such as red, green, grey, yellow, etc. are lost as light grows dim.

When trying to focus on an object during poor lighting conditions, it is best not to stare directly at the object. The optic nerve is found in the center of the rear of the eye, creating a blind spot during dim light. When trying to locate or see an object at night, it is best to look slightly to the side of that object.

Someone who is in the dark looking towards a lit area can see very well.
Someone who is in a lit area looking towards a dark area will see very poorly into that area.

If a shooter is shooting low, it is because he or she has lowered the sights to get a better view of the target area.
If a shooter is shooting high, it may be because he or she has lost the front sight picture on the target due to lighting conditions.
When sighting in on dark objects, it is common for the front sight to become lost in the target.

Aiming techniques:

Off Target Scanning:
By moving to the side and then back onto the target, you can keep constant track of where the target is.

Light area Sighting
The officer may move the sights to a lighter area to obtain front sight focus. Now move the sights back to the target to obtain front sight picture.

Mechanical Aids:
Mounted light systems
Luminous sights
Laser sights
Electronic aiming devices

Pros:
Intimidation factor
Under the correct circumstances they can be a great aid to accuracy.
Good aid for quick target acquisition (point or snap shooting)

Cons:
Batteries fail, and when that happens, it's NECESSARY to revert to iron sight shooting.
Electronic systems, (HALO, Laser, etc.) all have to be zeroed for certain distances for accuracy. One size does not fit all.
Multiple laser beams are confusing.

X SAFETY BRIEF

TO BE READ PRIOR TO CONDUCTING ANY RANGE EXERCISES

1. Safety is the responsibility of everyone on the range.

2. No firing is allowed unless an authorized and qualified instructor is present or gives permission to do so.

3. Only authorized firearms and ammunition is to be used.

4. Eye and ear protection are mandatory.

5. No one under the influence of alcohol is allowed on the range at any time. If you are taking a prescription drug, it is your responsibility to inform the instructor of such..

6. Firearms are to be brought to the range in a cleared and safe condition.

7. Your finger will be off the trigger until just prior to discharging it.

8. Rifles are to be either slung, grounded, or pointed downrange at any given time.

9. Only respond to a range command if the answer is a negative ie: "Do you understand the command given?"

10 Report all injuries to range staff, regardless of severity.

11. **YOU HAVE THE RESPONSIBILITY TO CALL A CEASE FIRE ANY TIME YOU WITNESS AN UNSAFE ACT.**

12. There will be no uncased ammunition in a designated cleaning area while rifles are being maintained or cleaned.

13. Due to the lead hazard, thoroughly wash your hands and face after range exercises are completed for the day and prior to any eating or smoking.

ANY VIOLATION CAUSING A THREAT TO THE SAFETY OF STAFF OR TO STUDENTS WLL BE REASON FOR IMMEDIATE DISMISSAL FROM THE COURSE.

MOVE TO RANGE

XI 50 YARD TRUE ZERO 30 ROUNDS

Instructor demonstrates the prone position and allows students to experiment with same before shooting begins.

1. 10 groups of 3 rounds each.
2. Make rifle safe after each grouping.
3. Make rifle patrol ready again after adjustments AS A GROUP.

END OF DAY 1

DAY 2
REPORT TO RANGE 5 FOR

XII PRACTICAL SHOOTING TECHNIQUES
Brief lecture.

A. 1. Loading:
Inspect open chamber, free of ammunition and debris.
Bolt forward.
Safety on.
Insert loaded magazine, tap bottom, and tug to ensure it is seated.
Pull charging handle back and release, allowing it to go forward freely, stripping the top round off and feeding it into the chamber.
Finger off of the trigger until ready to fire.

2. Follow up:

Remove finger from trigger after firing.
Lower the muzzle to "low ready" position.
Extend trigger finger along the lower receiver.
Scan the surrounding area for additional threats and to break tunnel vision.
Check rifle to ensure it is still loaded and functional if you need to re-engage.

3. Unloading:
Finger is off the trigger.
Activate the safety.
Remove the magazine.
Pull the bolt back to the rear using the charging handle and lock by using the bolt catch.
Physically and visually inspect the chamber and magazine for ammunition.

B. Malfunction Drills Demo clearing of stoppages

1. Immediate Action
Tap the bottom of magazine.
Work the action of the rifle to allow any extra rounds or casings to fall free.
Push forward assist.
Ready, and fire if needed.

2. Follow-up Action should Immediate Action fail.
Transition to sidearm, return fire if necessary.
Move to cover.
Lock bolt to rear.
Rip out magazine.
Work bolt at least twice.
Check rifle for obstructions, jams.
Insert and tap magazine.
Charge the bolt.
Push forward assist.
Ready, and fire if necessary.

Stress to the student it is more important to draw the sidearm and provide self-protection than it is to get the rifle working immediately.

XIII RANGE EXERCISES

Rifles are carried slung, either safe or patrol ready for the duration of the day.

ALL RIFLES ARE GROUNDED AND SAFE ANY TIME STUDENTS ARE DOWN RANGE FROM EACH OTHER.

DRILLS CAN BE CONDUCTED IN ANY ORDER.

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XX **WRITTEN RIFLE EXAM**

Retained by presenter

XXI **CONCLUSION/DEBRIEF**