

# Above & Beyond

*Developing  
Potential*



Air Rifle Shooting

Risk Assessment &  
Session Plan

August 2016

# Activity – .177 Air Rifle Target Shooting



**Location** This activity takes place on a portable range that provides a safe area. The range is constructed to restrict the direction that the air rifles can be aimed.

**Equipment** The air rifles are .177 calibre and are designed for target shooting. They have short stocks and barrels, which make them easier for young people to control. Above & Beyond cannot permit personal weapons to be brought or used on site. Air rifles with a .22 calibre are not permitted. The targets used are purpose designed rifle targets circular in shape. Shooting at improvised targets is not permitted. Eye protection is provided and must be worn.

**Health & Hygiene** The pellets used in the air rifles are made of lead. Spent and dropped pellets should not be picked up or taken from the pellet catchers and participants should wash their hands after this activity and before eating.

Hazard	Hazard Effect	Risk Control Measures	Action
Shooting at others	Bruising Penetration wounds	Clear instructions and good group control from the instructor Awareness of the potential for harm.	
Shooting at yourself	Bruising Penetration wounds	Clear instructions and demonstration from the instructor Awareness of the potential for harm.	
Ricochet / rebounding pellets	Pellet rebounding at shooter. Skin damage. Eye damage.	Shoot only at paper targets. Wear eye protection provided	
Poor instruction & leadership	Bruising to shoulder Uncontrolled behaviour Indiscriminate shooting	Minimum qualification requirement for instructors is The National Small-Bore Rifle Association (NSRA) Airgun Instructors Diploma. Continuous appraisal by Centre management and feedback from user groups.	
Accidental discharge	Potential shooting	Clear instructions. Air rifles always point down range. Finger off trigger until ready. Reasonable and considered care of equipment by participants.	
Ingestion of lead	Possible choking. Build up of toxic material/poisoning	Warn against eating pellets. Wash hands before eating.	

### **Equipment**

1. All equipment should be checked prior, during and after use for excessive wear or damage and if any is found it should be marked clearly and withdrawn from service.
2. Participants and instructors should wear clothing appropriate to the conditions and advice will be given on this before the session takes place.  
Long sleeves and trousers.
3. There should be a method of transport available for emergencies and instructors must always have group emergency kit available.

### **Other Safety points.**

Participants should remove all rings and any jewellery that may interfere with handling and moving equipment. Long hair should be securely tied back and any loose clothing removed or secured. Shoes should be securely fitted and objects removed from pockets that could fall out.

Participants while not involved in the activity should remain in a secure area as designated by the instructor.

### **Medical Conditions\***

Be aware of any medical conditions within the group

### Activity Session Content

Air rifle shooting is a safe and enjoyable activity. Attention is drawn to the positive aspects of safe and controlled use of the air rifles without labouring the potential for harm. Participants are instructed that the air rifle points down range at all times without exception. If this is the case it is impossible to shoot at anything but the target. Participants are instructed on how to prepare the air rifle for shooting. How to hold the air rifle. How to aim and shoot the air rifle. How to leave the air rifle when shooting has finished. How to score the target. Individual help is given as required. Participants who are unable to follow simple instructions or control their actions will be removed from the range.

Items marked with a \* can be establish with a cover letter and consent/medical/health form obtained before the session.

Above & Beyond will supply Activity & Medical Consent form

Below are examples to include in your information to parents/carers

- When attending the session participants should be dressed appropriately for example long sleeves, fully covering shoes/trainers/boots nothing open toe/foot
- Please complete the attached Activity & Medical Consent form stating any illness or medical condition we should be aware of.
- Water and Drinks should available during the session.
- All safety gear is provided and all Above & Beyond Staff are trained instructors.

**No more than 12 Young People**

**Session Plan 1 – Beginners Programme (New Group)**

- Introductions
- Safety Talk
- Safety Gear
- Demonstration
- 1st go with close instruction
- 2nd go with close instruction
- 3rd go Free Play
- Break
- Game – Best out of 5
- Game – Top Score
- Help to pack kit away