

4-H Western Heritage Project Instructor Certification Level 1 Training Outline

(Note to instructor: This outline is designed for two instructors for the first five students and an additional instructor for every five additional students. More than one student can participate in first shot fundamentals concurrently if the proper number of instructors are present.)

(15 Minutes)

Welcome and Introductions

- Make Name Plaques

Course Plan

- Goals and Objectives
 - Provide the Knowledge and Ability to Teach Others the 4-H Western Heritage Project Safely.
 - Instill the Spirit of the Game.
 - Develop the Ability to Incorporate Positive Youth Development, Life Skills, and STEM Activities into the 4-H Western Heritage Project.
 - Provide Practical Solutions to Questions Concerning Club Start-up.

(15 Minutes)

Program Overview

- Introductory Slide Show

(Due to the newness of the project, many instructors and youth have little knowledge of 4-H Western Heritage. While first shot fundamentals are vital, a short introduction to the 4-H Western Heritage provides a point of reference to the overall project. Instructors can better understand first shot fundamentals with the big picture in mind. This is very applicable to county leaders, interested youth, and parents where an introductory meeting sets the stage and puts parents at ease in preparation for the first time on the range.)

(30 Minutes)

First Shot Fundamentals – Rifle

(Rifle allows all ages to shoot at the first range meeting)

- Muzzle, Action, Trigger – Basic Parts of the Firearm and Safety on the Range
- Cocking and De-cocking Hammer Safely (A vital skill also used later in pistol)
- Working the action on an empty lever or slide action rifle (.22 or Central Fire)
- Sight Alignment and Site Picture
- Loading Sequence with 5 Live Rounds (Empty Brass Will Not Cycle)
- Firing 5 Live Rounds From a Rest
- Cycling the Action Several Times and Leaving Action Open to Ensure Safe Rifle

First Shot Fundamentals – Shotgun (May be conducted by a second instructor with half the class in a different bay. Rotate class when first half is done)

- Muzzle, Action, Trigger – Basic Parts of the Firearm and Safety on the Range
- Cocking and De-cocking Hammer Safely (if exposed hammer shotgun)
- Shouldering and Sighting the Shotgun (Empty)

- Loading Empty Cases
- Unloading Empty Cases
- Loading Live Rounds
- Firing Live Rounds From a Standing Position
- Emptying Empty Cases and Making the Firearm Safe

(15 Minutes)

Introduction to Curriculum

- Leader Training Manual
- 4-H Western Heritage Book
- Youth Activity Guide
- Website Companion

(15 Minutes)

Introduction to Slide Shows (Make aware with a few sample slides per slide show):

History of the Lever Action Rifle

- Winchester and Competitors Lever Action Rifle Slide Show

History of the Old West Shotgun

- Old West Shotgun Slide Show

History of the Revolver

- Colt and Competitors Revolver Slide Show

History of Old West Holsters

- Frontier Gun Leather Slide Show
- Exhibit Reproductions of Originals

History of Frontier Clothing

- Frontier Clothing Slide Show
- Exhibit Reproduction Clothing and Discuss Historic Features

History of Hats, Boots, and Chaps

- Hats, Boots, and Chaps Slide Show
- Look at Popular Hat Creases and Boot Origins

(1 Hour)

First Shot Fundamentals – Pistol (Age Appropriate)

- Muzzle, Action, Trigger – Basic Parts of the Firearm and Safety on the Range
- Sight Alignment and Site Picture
- Cocking and De-cocking Hammer Safely
- Loading Sequence with Empty Brass
- Checking the Empty Chamber – Under the Hammer
- Unloading Procedure
- Loading Live Rounds

- Firing Live Rounds From a Rest
- Unloading Empty Brass
- Making the Firearm Safe

(30 Minutes)

Setting Up the 4-H Western Heritage Shooting Range

- Target Positions and Distances
- Basic Firing Sequences

Rules – Overview (Re-inforce during range time)

- Walk through Instructors Manual
- Model a Stage on the range (without firearms)
 - Safety Violations
 - Round Left in Gun
 - Dropped Round
 - Muzzle Direction
 - Rifle Re-staged with Action Closed
 - Procedurals
 - Shooting the Sequence Out of Order
 - Saying your Line
 - Following Non-shooting Directions
 - Modeling the Role of the Range Officer and Coaching Along the Way

(1 Hour)

Range Time

- Shoot an Entire Stage with .22s and shotgun with instructor as range officer – model each role.

(15 Minutes)

Educational Research

- Increasing Interest in U.S. History
- The Importance of Authenticity

(15 Minutes)

Introduction to Using the Youth Activity Guide

- Quick Overview of developing a persona
- Quick Overview of Code of the West
- Youth Curriculum Activity – STEM – Mechanics of the Firearm
- Youth Curriculum Activity – STEM – Combustibility of Fabric
- Point out making felt with wool and making fabric dye with plants
- Point out - Youth Curriculum Activity – STEM – Bullet weights, felt recoil, and point of impact on distant paper target

(90 Minutes)

Range Time

- Review positive youth development and relate to discipline on the range
- Run Two Complete Stages – One with .22/one with Central Fire
- Participants will Rotate Through all Leadership Roles including Shooter, Range Officer, Loading Table Supervisor, Unloading Table Supervisor, Target Re-set, Brass Recovery, etc. Coaching techniques using positive youth development practiced throughout.

(1 Hour)

Back at the Range

- Design a stage scenario or two for practicum
- Set up a stage or two depending on class size
- Practice shooting the stages while participants again rotate through all roles including shooter, range officer, loading table supervisor, unloading table supervisor, target re-set, brass recovery, etc. Coaching techniques using positive youth development practiced throughout.

(90 Minutes)

Back at the Range - Continued

- Practicum – Running the range. Student instructors rotate roles with each new student

(30 Minutes)

Debrief

- Connect the Spirit of the Game to 4-H Values
- Brain Storm Club Start-up Ideas
- Question and Answer Session
- Test