I. Course Overview/Objectives
   A. Brief outline of day’s activity
      1. Sign in
      2. Breaks
      3. Restrooms
      4. Other questions/concerns
   B. Objectives
      1. Re-familiarization with AR-15 type rifle from the 16 hour basic course
      2. Fulfill the annual qualification requirement
      3. Familiarize with low light and darkness shooting, utilizing the weapon-mounted flashlight
      4. Conduct training to reinforce the principals and tactics of movement, decision making, and shoot-no-shoot in a low-light environment
   C. Instructor to Student ratio
      1. For this training, the ratio will be:
         a. Static or moving line- 1 instructor for 5 students
         b. Combat/Reactive fire line- 1 instructor to 1 student

II. Review & Discussion
   A. Range safety review- include body armor and first aid kit/gunshot capability
      1. 4 Rules of gun safety
      2. Location of first aid equipment- SSU PD Trauma Kit
      3. Radio/cell phone communication, nearest hospitals, etc.
   B. Review departmental policy
* Will be conducted in separate handout format + read & sign

C. Check of Equipment
   1. Function check
   2. Sights, slings, lights, magazines, etc.

III. Description of Weapon
   A. Air-cooled, gas-operated, magazine-fed, .223 caliber, semiautomatic shoulder mounted weapon
      1. Expected accuracy of weapon. Experienced shooters are accurate beyond 1k yards. What is accurate? Most budgetary AR-15’s shoot at about 2 MOA (a MOA, minute of angle, is an angular measurement, shooting into a 1” diameter at 100 yards, 2” diameter at 200 yards, etc.). Two MOA is 2” diameter at 100 yards. Mid to high end AR’s or bolt actions are about 1 MOA +/-, and high end AR’s are amazingly accurate
      1. Distance of travel of ammunition. Varies. Depends of ammo, barrel, zero
      2. Rate of fire. 12-15 rounds advised sustained rate that will not overheat the barrel or any other component. Bushmaster lists theirs as 45 per min max effective

IV. Nomenclature
   A. Cover external and internal parts (*Done at later date at station)

V. Firing Positions
   A. Firing positions
      a. Prone
      b. Sitting
      c. Kneeling
      d. Standing
         1. Demonstrate all positions with and without barricades
         2. Stress natural alignment- demonstrate
VI. Fundamentals of Marksmanship

A. Talk about the 4 Fundamentals

1. Steady Position. Weapon pointed naturally at target, comfortable shooting position, look for stability

2. Aiming/Alignment. Focus on front sight, center front sight aperture into rear sight, front sight should be clear- target and rear sight blurry, front sight center mass of target

3. Breath Control. Respiratory pause before firing the shot

4. Trigger Control. Trigger pulled back in a smooth continuous manner without disturbing the sight alignment. Shot should cause a surprise

5. (Added 5th that many talk about) Follow Through. After shooting, maintain aim and position until rifle settles back. Scan and assess- “Did I hit, was it effective, are there more.”

B. Magazine malfunction

1. Failure to seat magazine properly is the most common malfunction. Tap, rack, forward assist, engage

VII. Live Firing- Exercise

A. 9 rounds utilized for sight-in. **Weapon zeroed for both iron sights and Aimpoint**

1. 9 rounds- sight-in at 25 yards (1/4” per click)

   a. Fired in two stages of 3 rounds each, or until zeroed

2. Discuss difference in point of aim and point of impact. Even with proper shooting skills and aligned sights, gravity will make the round drop lower than the point of aim. This is compensated by how and what distance the weapon is zeroed at

3. Rifles set for 50 yard/200 yard zero (25/300 acceptable)

B. 25 rounds, slow and rapid fire (to be scored but not for qualification)
This stage has been designed to facilitate familiarization training of personnel in sighting in tactical rifles as well as distance judgement and firing positions while practicing basic elements of marksmanship

C. Introduction to low light shooting

VIII. Rifle Qualification

A. See AR -15 Rifle Qualification Course

IX. Courses of Fire

A. SEE LOW LIGHT/NIGHT DRILL
B. SEE SHOOT/NO SHOOT DRILL

X. Field Stripping, Care and Cleaning- accomplished after training during Station/Cleanup

A. Cleaning Instructions:
   1. Each student must remove magazine, open bolt, engage safety
      a. While bolt is open, visually and physically inspect chamber
   2. Each student will methodically strip their weapon
   3. Care, cleaning, and lubrication
      a. Emphasize importance of keeping gas-operated semiautomatic weapons clean and properly lubricated
   4. Each student will methodically reassemble their weapon

B. Function checks:
   1. Instructors will supervise the function check of each weapon:
      a. Action- remove magazine, clear the chamber to ensure rifle is not loaded
      b. Checking Safety
1. Pull charging handle to the rear and release it
2. Set fire control selector to SAFE
3. Pull trigger. You should hear nothing as the hammer should not fall. Release trigger

c. Checking Semi-Auto
1. Set fire control selector to SEMI-AUTO
2. Pull charging handle to the rear and release it
3. Pull trigger. You should hear a loud click as the hammer falls. Keep the trigger pulled. Pull charging handle to the rear and release it while keeping the trigger pulled. Hammer should not fall, but should be held by disconnect
4. Release trigger. You should hear a light click as hammer is released from the disconnect and drops part way to engage with the trigger
5. Pull trigger. You should hear a loud click as the hammer falls

d. Checking Magazine Catch and Bolt Catch
1. Install empty magazine, check it is locked in place
2. With empty magazine installed, set fire control selector on SEMI
3. Pull charging handle fully back and push forward into locked position. Bolt carrier assembly held to the rear by bolt catch.
4. KEEP FINGERS CLEAR OF EJECTION PORT. Push top of bolt catch to release bolt carrier assembly which will slam forward into the locked position. Release top of bolt catch
5. Set fire control selector on SAFE
Purpose: This instruction is designed to administer a course of fire that focuses on decision making and tactical operation of department issued AR-15 Rifle in a low light/night environment.

Objective: To reinforce and cause to be applied, safe gun handling, firing weapon, precision shooting, use of the attached flashlight.

Equipment: AR-15 with two loaded magazines, rifle mounted Streamlight, duty belt, soft body armor, eye and ear protection.

Standard: To successfully complete this course, officer must demonstrate safe gun handling skills, perform any reloads, recognizing threats/bystanders, hit hostile targets, not hitting friendly (no-shoot) targets, properly use the rifle flashlight.

Disqualifiers: Repeated rounds off the target, any safety violation.
Purpose: This instruction is designed to administer a course of fire that focuses on decision making and tactical operation of department issued AR-15 Rifle in a low light, shoot-no-shoot environment.

Objective: To reinforce and cause to be applied, safe gun handling, firing weapon, precision shooting, movement, decision making, use of the attached flashlight and proper utilization of body armor and helmet.

Equipment: AR-15 with two loaded magazines, rifle mounted Streamlight, Aimpoint, duty belt, soft body armor, ballistic body armor, helmet, eye and ear protection.

Standard: To successfully complete this course, officer must demonstrate safe gun handling skills, perform any reloads, recognizing threats/bystanders, hit hostile targets, not hitting friendly (no-shoot) targets, use of flashlight, wearing body armor/helmet.

Disqualifiers: Repeated rounds off the target, shooting the civilian target, any safety violation.
Sonoma State University Police Department

Pistol Training

Instructor:
Sergeant Neal MacKenzie- Sonoma State University P.D.

TRAINING OUTLINE

A. Introduction/Safety

1. Introduction and Facility Orientation/Range Inspection
2. Review Training Outline/Sign in sheets
   a. Facility Guidelines
   b. Review Student Range Rules
   c. Handout Student Range Rules for student signatures if applicable
   d. Note: Instructor to student ratios will default to the SSU training guidelines for this range:
      1. Static line 1/10 or less
      2. Moving line 1/5 or less
      3. Moving/reactive combat 1/2 or less

4. Department Policy (see separate 2019 handout/attestation)
   a. Review Use Of Force Policy (example: SSU 300.2; Reasonable Force)
   b. Factors used to determine reasonableness of force (examples: conduct of individual, number of officers, experience of officer, number of suspects, etc.)
   c. Warning Shots
   d. Moving Vehicles
   e. Ensure that Officers have/have access to Department Policies
B. Review 4 Fundamentals of Marksmanship
   1. All Guns Are Always Loaded
   2. Never Let the Muzzle Cover Anything You Are Not Willing To See Destroyed
   3. Keep Your Finger off The Trigger until You Have Decided to Shoot
   4. Always Be Sure Of Your Target and Your Background

C. Fundamentals Review
   1. Stance
      a. Basic building block of shooting; aggressive posture
      b. Isosceles stance; feet shoulder width, knees slightly bent, toes toward target
   2. Grip
      a. Shooting arm locked out, support arm slightly bent, push/pull
      b. Everything predicated on a good push/pull; good control of weapon and movement
   3. Trigger Control
      a. Steady, increasing pressure straight to the rear
      b. Center of finger pad. Surprise press break

D. Shooting Skills- Modern Pistol Technique
   1. Presentation
      a. 5 Point Presentation
         1. Full grip, break safety device(s)
         2. Weapon out straight up clearing holster
         3. Pistol brought up and parallel to the ground
         4. Support and shooting hand come together in front of chest
         5. Pistol driven forward, focus on front sight, decision to fire
      b. Identical each time you draw
2. Focus on Front Sight
   a. Pick up front sight every time you fire your pistol
   b. Your focus should only return to the threat after you have delivered the necessary number of rounds to end the fight

3. Surprise Press Break
   a. Break the shot without anticipating when the weapon will fire
   b. The ability to focus through the break of the shot will only be developed through regular training and is easily lost over time
   c. You will not become a consistently strong tactical shooter without this skill

E. Weapon Mounted Light/Hand-Carry Flashlight Training
   1. Weapon mounted lights (WML) have been approved by the department
   2. This block of training will focus on Low Light training and scenarios, in order for officers to become familiar with their WML in operation, new holster function, draw speed, and other tactical considerations
   3. Officers who have not chosen to incorporate WML’s will still benefit from the above training as it will pertain to them using hand-carry flashlight techniques

F. Initial Live-Fire Exercises- LOW LIGHT
   1. Fundamental Follow- Through Drill
      a. Dry-Fire walkthrough. UNLOADED. Several rounds of drawing pistol and utilizing flashlight, gradually working to a consistent standard of minimum of 2 seconds to draw and be on target
      b. See FUNDAMENTAL FOLLOW- THROUGH DRILL COURSE OF FIRE- LOW LIGHT
   c. Stress Follow-Through (scanning 360 degrees, reassessment)

2. Transition Drill
   a. After a shooting engagement, or a situation where the officer had to deploy their pistol & light, eventually there will be a point in time where the officer can no longer justify pointing a pistol at someone, simply because they need the use of a flashlight. Officers have to learn that not every time they draw their pistols will be a shoot situation
b. Officers will go through several rounds of the above Follow-Through drill, and Rangemaster will advise the officers when they are to fire a standard response, and when it turns out to be a no-shoot situation but they’ve drawn their pistols they will be told to draw but it’s a no-shoot instance

c. In all of the cases, the officers will have to transition from their WML’s to their hand-carry flashlights and holster pistol; the officers with hand-carry flashlights will holster their weapons

d. Reasoning for the above will be discussed, ex: it turned out to be a no-shoot situation, and the subject no longer requires that a pistol be pointed at them; the shoot scenario has ended and the pistol must be holstered; the subject is now handcuffed; the building search has concluded, etc.

G. Handgun Qualification

1. See HANDGUN QUALIFICATION COURSE OF FIRE - LOW LIGHT

H. Off-Duty Handgun Qualification

1. See OFF-DUTY WEAPON QUALIFICATION COURSE OF FIRE

I. Low Light Courses of Fire

1. See LOW LIGHT COURSES OF FIRE 1-3

   a. These courses were inspired in part by the Fairfield PD firearms program
SONOMA STATE UNIVERSITY POLICE DEPARTMENT
FIREARMS TRAINING
FUNDAMENTAL FOLLOW-THROUGH DRILL- LOW LIGHT

Purpose: This instruction is designed to administer a course of fire that focuses on officer safety and tactical operation of department issued handgun, using WML or hand-carry flashlight.

Objective: To reinforce and cause to be applied, safe gun handling, movement off the force line, proper follow-through including, but not limited to: assess target, scan, move, and familiarization with WML or hand-carry flashlight.

Equipment: Duty pistol and three loaded magazines, duty belt equipped and worn as normally carried on duty, WML or hand-carry flashlight.

Standard: To successfully complete this course, officer must demonstrate safe gun handling skills, perform follow-through including assessing the target after it is down, scan for additional threats, move off the force line, hit hostile targets, and correctly utilize flashlight of choice.

Disqualifiers: Repeated failure to perform follow-through, any safety violation.

HANDGUN QUALIFICATION COURSE OF FIRE
Low Light

Purpose: To establish the necessary skills required of an officer’s response in a tactical situation.

Objective: To reinforce and cause to be demonstrated the essential tactical and marksmanship skills correlated with the safe and effective deployment of department-issued firearms in a low light setting.

Equipment: Duty pistol and three loaded magazines, duty belt equipped and worn as normally carried on duty.
SONOMA STATE UNIVERSITY POLICE DEPARTMENT

FIREARMS TRAINING

OFF-DUTY HANDGUN QUALIFICATION COURSE OF FIRE

Purpose: To establish the necessary skills required of an officer’s response in a tactical situation

Objective: To reinforce and cause to be demonstrated the essential tactical and marksmanship skills correlated with the safe and effective deployment of personally-owned firearms

Equipment: Off-duty pistol and loaded magazine, off-duty holster, extra magazines if applicable (remove duty belt if worn)

Standard: To successfully complete this course, officer must demonstrate safe gun handling skills, demonstrate proper reloading and clear stoppages, hit hostile targets with an 80% or higher rate to achieve a PASS/FAIL score

Disqualifiers: Qualifying score under 80%, any safety violation
Sonoma State University Police
Firearms Training
Low Light Drill 1

Purpose:
This course of fire is designed to focus on tactical operation of department issued handgun in low light conditions.

Objective:
To reinforce and cause to be applied, safe gun handling, target recognition and shooting in low light conditions. This drill will be scored, adding the element of stress and accuracy.

Equipment:
Duty handgun with three magazines
Flashlight or weapon mounted light

Standard:
To successfully complete this course, officers must demonstrate the following

- Proper presentation of weapon
- Safe gun-handling skills
  - Muzzle Control
  - Finger off trigger while moving
- Proper tactical reloads, as appropriate and after follow-through
- Proper use of flashlight or weapon mounted light
- Identification of hostile targets

Disqualifiers:

- Any unsafe gun-handling
- Shooting “Friendly Targets”
- Keeping finger on trigger while moving
Sonoma State University
Firearms Training

Low Light Course of Fire 2

**Equipment:**
Duty pistol and three (3) magazines loaded with range ammunition as normally carried on duty. Foul Weather Jacket / Cover-up. Pistol mounted or hand-held flashlight.

**Purpose:**
To establish the necessary skills required of an officer’s response in a tactical situation wearing a foul weather jacket or cover-up, and shooting in a low-light environment during and after exiting a vehicle.

**Objective:**
To reinforce and cause to be demonstrated the essential tactical and marksmanship skills of pistol shooting, drawing and holstering while wearing a foul weather jacket or cover-up, the use of a pistol-mounted or hand-held flashlight and safely engaging a hostile target after exiting a vehicle.

**Standard:**
To successfully complete this course the officer will be required to demonstrate safe gun handling, safe movements and hit all hostile targets while wearing a foul weather jacket or cover-up.

**Disqualifiers:**
Repeated rounds off the target. ANY safety violation.

**Course Setup:**
(Simulated) Patrol car at the 10 yard line. Barricade on the left of patrol car at 7 yard line. To simulate darkness, ALL range lights off, except the very rear light by the tables
Sonoma State University Police

Firearms Training
Low Light Drill 3

| Equipment: | Duty belt as worn on duty, pistol with three fully-loaded magazines, weapon mounted and/or hand-held flashlight. |
| Purpose: | To establish and reinforce the necessary skills required of an officer’s response in a tactical situation using the pistol to engage hostile targets, train in low light conditions, clearing malfunctions, and properly respond to a down officer. |
| Objective: | To reinforce and cause to be demonstrated the essential tactical, weapon handling, use of the flashlight or weapon mounted light, clear malfunctions, and marksmanship skills of pistol. |
| Standard: | To successfully complete this course, the officer will be required to demonstrate safe gun handling, use appropriate cover, demonstrate proper loading and reloading, use their light effectively, successfully clear a malfunction, respond to an officer down, and hit all hostile targets. |
| Disqualifiers: | Any safety violation identified by Firearms Instructors. |