



## Target Sports

**Council Approval:** Required

**Activity Permitted For:** See Target and Shooting Sports—Master Progression Chart

**Includes:**

- Air guns
- Skeet
- BB
- Rifle
- Muzzle
- Pistol
- Paintball (target paintball)

### About Target Sports

Why teach target sports? Handling a gun and good marksmanship develop positive traits such as patience, discipline, determination, focus, attention to detail, and persistence. Since these skills are key elements of leadership and confidence, we encourage girls to take what they learn from any sport or activity and apply it in their lives, communities, and the world.

Learning how to handle guns properly and safely is of paramount importance, as is the healthy respect girls will develop when properly trained in shooting sports. There are a variety of styles and sizes of guns, each appropriate for specific grade levels. The guns girls will be learning on are for the express purpose of safe target shooting. Girls are not permitted to hunt.

**Note:** Girls are not permitted to use firearms unless they are 12 years old or older. Written permission must be obtained by your council in advance of the activity. Once approved, you must have written permission from a parent/guardian before a girl is permitted to participate in target shooting.

**Learn More:**

- Safety re: various shooting sports/events, and youth videos: [USA Shooting](#)
- More safety information: [National Rifle Association](#)
- Safety at home and on the range: [National Shooting Sports Foundation](#)
- Trap and skeet shooting for high school girls: [USA High School Clay Target League](#)
- Safe shooting certification: [USA Clay Target Safety](#)
- Learn how to shoot: [Revolutionary War Veterans](#)

### Include Girls with Disabilities

Talk to girls with disabilities and their caregivers, and ask about needs and accommodations.

### Safety Activity Checkpoints

**Verify instructor knowledge and experience.** One adult needs to be a certified National Rifle Association Range safety officer or USA Shooting Sports instructor, or have equivalent certification or documented experience and skill teaching/supervising firearm safety or shooting sports according to your council's guidelines.

**Note:** The instructor to participant ratio is not the same as the adult to girl ratio that is found in "Introduction to *Safety Activity Checkpoints 2019*." Both the instructor ratio and the adult to girl ratio must be complied with when girls are participating in target sports.

**Connect with your Girl Scout council for approved sites.** Groups are required to use council approved indoor and outdoor firing ranges. Council must approve all sites in advance.

**Keep in mind that safe sites include those where:**

- Equipment is stored in a box, closet, or cabinet and locked when not in use.
- Ammunition and firearms are stored in separate locked containers or areas with different locks and combinations.
- Caliber firearms have working trigger locks for storage (exceptions: BB and air guns).
- Clear safety signals and range commands to control the activity are posted and taught to all participants in advance of stepping on to the range.
- Backstops or a specific safety zone are set behind the targets.
- Clearly delineated rear and side safety buffers are known to the entire facility population.
- The shooting line is clearly defined.

At an outdoor range, check that:

- Targets are not placed in front of houses, roads, trails, or tents.
- Areas with pedestrian traffic are avoided.
- Areas are clear of brush. A hillside backstop is recommended.
- The shooting area and the spectator area behind the shooting area are clearly marked.
- In the shooting area, there is a safe distance at least 100 yards behind the targets and 30 yards on each side of the range.
- The range is not used after nightfall.

At an indoor range, check that:

- Targets are well-lit.
- Doors or entries to the range are locked or blocked from the inside.
- Fire exits are not blocked.
- Ensure equipment is properly sized for the girls.

**Assess participants' maturity level.** Participants must be old enough to understand safety procedures and handle equipment so as not to endanger themselves and others.

**Girls should learn about shooting.** Girls develop skills based on proper procedures and form, handling the equipment, getting the right stance, sighting, and observing safety practices.

**Ensure to always keep the firearm pointed in a safe direction.** This is the primary rule of target sport safety. A safe direction means that the firearm is pointed so that even if it were to go off it would not cause injury or damage. The key to this rule is to control where the front end of the firearm is pointed at all times.

**Ensure that equipment to be used is in good condition.** Make sure that the equipment is clean, in good working order, and nothing is broken or loose. Targets and backstops for targets are must be in good repair.

### **On the Day of Shooting:**

**Dress appropriately.** Make sure girls and adults avoid wearing dangling earrings, bracelets, and necklaces that may become entangled in equipment. Tie back long hair.

**Limit shooters' exposure to lead.** For firearm sports, be sure that the range safety officer and/or the instructor provide wet wipes for the girls to cleanse their hands and faces immediately after shooting.

In addition, the girls must return to a restroom facility and wash their hands and faces with soap and cold water. Cold water keeps pores closed so that less lead is absorbed into the blood stream. Girls should not take casings as souvenirs.

**Ensure the instructor reviews the rules and operating procedures with girls beforehand.** The instructor covers safety procedures, including:

- No dry firing, as it can damage equipment
- Keep the safety clip on until it is time to shoot
- Always keep the firearm pointed in a safe direction, away from self and others

### **Safety Gear**

- Firearm (automatic firearms are not permitted at any time)
- Ammunition
- Targets
- Safety glasses
- Ear protection
- Barrel-blocking device (sleeve) for paintball
- CO2 or compressed air tank for paintball
- Paintball hopper (loader) for paintball