

# Central Marin Police Authority



**NOTE THIS MATERIAL HAS BEEN REDACTED  
PER GOVERNMENT CODES SECTION 6254(f).**

## PATROL RIFLE

Course Outline

**POST**  
**RIFLE COURSE**  
**Penal Code section 33220(b)**

**COURSE TITLE:** RIFLE COURSE – 16 HOURS

Includes all shoulder-fired weapons that are not a shotgun

**COURSE GOAL:** To provide students with the information and hands-on experience needed to effectively use a Rifle

**AUDIENCE:** Sworn Peace Officers, including Level I and Level II Reserve Officers who are being introduced to a rifle and will qualify and carry it on duty in the scope of their employment

Successful completion of this course meets the Legislative Training Mandate for long and short barrel rifle per PC 33220b and the Commission Training Requirement as found in Commission Regulation 1081

## **COURSE GOAL:**

The 16 hour Basic Patrol Rifle Operator Course will provide the trainee with the necessary knowledge and basic techniques of operating, manipulating and the effective use of a patrol rifle. This course will also cover lethal force topics and their applicability as required by POST. The trainee will develop the necessary tactical knowledge and skills to survive and win a realistic lethal force encounter.

**Completion of the 16 hour format is a pre-requisite for all trainees prior to attending the 8 hour format.**

***The training may be presented in a 8 or 16 hour format allowing for flexibility based upon specific agency or trainee group needs, and as long as the minimum topics are contained within each format independently.***

The 8 hour Patrol Rifle Qualification Course will provide officers with the minimum topics of tactical firearms and lethal force required in the POST Perishable Skills Training Program (PSP). The 8 hour course consists of hands-on and practical patrol rifle skills training for in-service officers.

## **TACTICAL FIREARMS**

### **Minimum Topics/Exercises:**

- a. Use of Force considerations (options)
- b. Policy and/or legal issues
- c. Moral obligations
- d. Safety guidelines/orientation
- e. Target recognition and analysis
- f. Sight Alignment, Trigger Control, Accuracy
- g. Basic Tactical Firearms Situations, Judgment & Decision Making Exercise Live Fire
- h. Live Fire Tactical/or Simunitions Tactical
- i. Class Exercises/Student Evaluation/Testing
- j. Weapons Clearing

## **COURSE OBJECTIVES:**

The trainee will:

1. Demonstrate knowledge of the Central Marin Police Authorities Use of Force / Firearms and all other applicable policies.
2. Identify the tactical analysis key points related to tactical firearms as reported in the POST Law Enforcement Officers Killed and Assaulted (LEOKA) Studies (1994 to Present).
3. Demonstrate a minimum standard of tactical rifle proficiency with every technique, exercise, and course-of-fire, to include:
  - A. Judgment and Decision Making
  - B. Weapons Safety
  - C. Basic Presentation Technique
  - D. Fundamentals of Shooting
  - E. Target/Non-Target Identification
  - F. Speed, Accuracy and Effectiveness under stress and movement conditions
  - G. Shot Placement: Stopping Power / Multiple rounds

## EXPANDED COURSE OUTLINE 16 HOURS:

### I. REGISTRATION AND ORIENTATION

D, I

#### A. Administrative Duties:

1. POST Rosters
2. Course Objectives
3. Safety Protocols
  - Universal Safety Precautions
  - NRA Firearm Safety Guidelines

#### B. Course Overview:

1. Introduction
  - Instructors
  - Training Facility Orientation
2. Course Requirements
  - Equipment Needs
  - Safety
  - Range Commands
  - Live Fire Qualification Requirements
  - Written Test

### II. LETHAL FORCE USE, LAW AND POLICY OVERVIEW

A, B, C, D, G

#### A. Legal/Moral/Ethical Issues involving Use of Force/Lethal Force

1. Safety of the officer, innocent third parties

#### B. Civil Implications of using Force/Lethal Force

1. Officer is accountable for every round fired

2. Liability issue may be reduced due to increased accuracy/stopping power
- C. Report Writing and Preliminary Investigation Overview
1. Articulate the specific reasons deadly force was used
- D. Constitutional Authority and Guidelines for Use of Force
1. 10<sup>th</sup> Amendment of the US Constitution
  2. 4<sup>th</sup> Amendment of the US Constitution
- E. Case Law Updates / Review
1. Graham vs. Connor
    - Reasonable Force
  2. Tennessee vs. Garner
    - Deadly Force
    - Fleeing Felon
- F. State Law Updates / Review
1. Penal Code section 32610(b)
    - Possession of Within Scope of Employment
  2. Penal Code section 33220(b)
    - Training requirement
- G. Department Policy
1. Reasonable Cause to Believe
  2. Imminent Threat
  3. Death or Great Bodily Injury
  4. Fleeing Violent Felon Specifications
  5. Other policy areas and issues
    - Warning Shots

- Shooting from or at Moving Vehicle
- 6. Local Policies
  - CMPA G.O. 300 Use of Force
  - CMPA G.O. 312 Firearms and Qualification
  - CMPA G.O. 432 Patrol Rifles

H. Combat Triad

1. Mindset: Combat vs. Target Practice
2. Marksmanship
3. Manipulations

I. Use of Force Options

1. Lethal Force within the spectrum of force options
2. Verbal, Hands, Less-than-Lethal, Lethal Force
3. Escalation and De-escalation Process

**III. POST CALIFORNIA LAW ENFORCEMENT OFFICERS KILLED/ASSAULTED (LEOKA) STUDIES1994 – Present** **A, D**

A. 1995-1999 and 2000-2004

1. 56 CA Peace Officers killed feloniously by gun fire

B. Vital Statistics from LEOKA Reports

1. 33 % killed by rifle fire

C. Conclusive Tactical Analysis

1. 55 % of Officers killed during hours of darkness or low light
2. Majority of gun battles occur between 0-5 feet

3. Most Officers killed with two shots or less
4. Occur within one minute of Officer contact with Suspect
5. 30 % of killed Officers were able to return fire
6. Officer Accuracy: averages 10-20 %
7. [REDACTED]

#### IV. WEAPONS DEVELOPMENT AND TACTICAL CONSIDERATIONS

B

##### A. History of the AR Rifle

1. Rifle Development
  - 1954, AR15 designed as a lighter version of the AR10
2. Military Application
  - AR15 adopted by the US Military under the designation M16
3. Police Application
  - Today's criminal better armed and protected – soft armor / plate armor
  - North Hollywood Bank Robbery / Dallas, TX Ambush
  - Active Shooter Considerations
4. Tactical Considerations
  - Rifle caliber rounds will penetrate soft armor and standard armored cars
  - The rifle affords increased effective range and accuracy over duty pistols
  - The rifle affords an increased magazine capacity over duty pistols
  - Any decision to fire a weapon must abide by ethical, legal and policy guidelines.
  - Any decision to fire a weapon must be made based on that officer's abilities and limitations, as well as those of the weapon system.



## V. WEAPONS SAFETY ORIENTATION& REVIEW OF RANGE SAFETY:

### 1. Safety Rules

- All weapons are considered to be loaded
- Never point the muzzle at anything you are not willing to destroy
- Keep your finger off the trigger until you have made the decision to fire
- Be sure of your target and background
- Safety is “on” until you are on target

### 2. Range and Tactical Safety

- Follow Range Rules
- Follow Instructor Commands
- Follow Emergency Procedures
- Strict Weapon Discipline and Muzzle Control-no lasering of self or others
- Movement only on Safe

## VI. BALLISTICS / TRAJECTORIES

A, E, F

### A. Ballistic Classification

1. Internal
2. External
3. Terminal

### B. Twist Rates and Bullet Weights

1. Rate of twist in rifle barrel groves
  - 1:7 equals one full rotation in seven inches, etc.
  - Twist rate determines best bullet weight

### C. Arc of Flight

1. Bullet trajectory

## VII. MECHANICAL FEATURES

D, I

### A. Cycle of Operation

1. Feeding
2. Chambering
3. Locking
4. Firing
5. Unlocking
6. Extracting
7. Ejecting
8. Cocking

### B. Disassembly

1. Safety Procedures
2. Disassembly Procedures
  - Upper Receiver
  - Bolt Assembly Group
  - Lower Receiver

### C. Assembly

1. Assembly Procedure
2. Function Check

## VIII. WEAPONS MAINTENANCE

D, I, J

### A. Cleaning Techniques

1. Industry Standards
2. Proven Cleaning Methods
3. Function Check

### B. Product Selection

1. Proven Products

2. Armorer's Duties

**IX. WEAPONS OPERATION**

**D, I, J**

- A. Loading Procedures
  1. Weapons Type
  2. Magazine Design
  3. Loading Tools
- B. Unloading Procedures
  1. Range Safety Protocol
  2. Weapons Type
- C. Stoppages and Malfunctions
  1. Failure to Chamber
  2. Failure to Fire
  3. Failure to Extract
  4. Failure to Eject

**X. SLING SYSTEMS**

**D**

- A. Military Carry Straps
  1. Leather
  2. Canvas
  3. Nylon
- B. Types of Slings
  1. Loop Slings
  2. Hasty Slings

3. Tactical Slings

## **XI. SIGHTING SYSTEMS**

**D, F, I**

### **A. Weapon Design**

1. Mechanical
2. Optical
3. Specialized

### **B. Adjustments**

1. Procedures
2. Safe Guards

## **XII. FUNDAMENTAL OF SHOOTING/PRINCIPLES OF MARKSMANSHIP**

**E, F, H, I**

### **A. Stance**

1. Strong, Balanced, Ready Position
  - Bone Support
  - Muscle Relaxation
  - Natural Point of Aim
2. Isosceles (pros)
3. Weaver (cons)
4. Mobility

### **B. Mounting the Rifle**

1. Toe of stock in pocket of shoulder
2. Cheek weld
3. Shooting hand grips rifle firmly
4. Support hand provides relaxed support only
5. Elbows down
6. Claw and Overhand Grip
7. Rollover Grip

- C. Breathing
  - 1. Importance
  - 2. Natural Respiratory Pause
- D. Sight Picture
  - 1. Sight Alignment
  - 2. Rapid Target Acquisition
- E. Trigger Control
  - 1. Importance of Sear Reset on Accuracy and Follow-Up Shots
  - 2. Dry Fire Drills
- F. Follow-Through
  - 1. Confirmation

### **XIII. SHOOTING POSITIONS**

**I, D, F, H**

- A. Weapons Support System
  - 1. Standing supported
  - 2. Standing unsupported
  - 3. Kneeling supported
  - 4. Kneeling unsupported
  - 5. Seated
  - 6. Prone
  - 7. Use of barricade
  - 8. Support side shooting / eye dominance
  - 9. Unconventional
  - 10. Vehicle operations - Familiarity with retrieving and replacing fire in veh

A. Range Orientation and Safety Briefing

1. Central Marin Police Authority Range Safety Briefing

B. All Courses emphasize:

1. Weapons Safety
2. Muzzle and Fire Discipline
3. Fundamentals of Shooting

C. Weapons Loading

1. Magazines
  - Follower has a simulated round molded into it.
  - Ammunition loaded from the top and pushed downward
  - Load two rounds below max capacity
  - Loaders and stripper clips
2. PUSH-PULL-TILT-RACK
  - PUSH the magazine into the magazine well, cartridge nose towards the muzzle, straight up, until an audible click is heard
  - PULL on the magazine to ensure it is locked in position
  - TILT the rifle to the side and downward (for gravity assist)
  - RACK the charging handle to the rear, and release allowing the strength of the buffer spring to close the action

D. Weapons Clearing/Unloading

1. Safety on
2. Press the magazine release and remove the magazine
3. Rack the charging handle – but DO NOT RELEASE IT

4. Press the bolt stop button, release the bolt slowly, locking it open
5. MVP Check the Chamber, Ejection Port and Magazine Well
  - MECHANICALLY (Rack)
  - VISUALLY (Look)
  - PHYSICALLY (Insert Finger)

E. Trigger Reset Drill

1. Sear Reset
  - Dry Fire Drills
  - Live Fire Drills

F. Dry Firing Exercises

1. Done on the range under the direct supervision of the instructors.
2. Dry fire each primary position (standing, kneeling, sitting, and prone).

G. Rifle Zeroing/Sighting in Procedures – Precision Fire

1. Mechanical Zeroing
  - Bull's-eye Target
2. Optical Zeroing
  - Bull's-eye Target

H. DRILLS AND COURSES-OF-FIRE QUALIFICATION COURSE

**First Drill: From the 7 yard line.** Course of Fire “Static Line”. This will be a primary side standing position. [REDACTED]

**Second Drill: From the 7 yard line.** Course of Fire “Failure Drill”. This will be a primary side standing position. Fire two rounds high chest area, suspect fails to go down. [REDACTED]

**Third Drill: From the 7 yard line.** Course of Fire “Slicing the Pie”. From a low-ready position behind cover, shooter will begin “slicing the pie” until the target is visible. [REDACTED]

**Fourth Drill: From the 15 yard line.** Course of Fire “Spread Fire” This will be a standing position with multiple targets. From the low-ready position, engage target [REDACTED]

**Fifth Drill: From the 15 yard line.** Course of Fire “Barricade Drill.” Shooter will be behind a barricade. From a standing position, shooter will engage target with 5 rounds using a supported firing technique “Claw Grip.” [REDACTED]

**Sixth Drill: From the 15 yard line.** Course of Fire “Roll, Tap, Rack Drill”. This will be a shooter/coach style drill. Coaches will load the shooters magazine with 5 dummy rounds and 20 live rounds in any order. Shooter will engage target with two rounds to the high chest area of the target. If shooter encounters a failure to fire, [REDACTED]

**Seventh Drill: Starting from the 15 yard line.** Course of Fire “Shooting while moving.” From the low-ready, walking “Groucho Style” towards targets scanning while moving. Shooter will engage the target at the threat command while continuing to move forward. [REDACTED]

**Eighth Drill: from the 15 yard line.** Course of Fire “Entry Drills”. Shooters will break into two man teams. [REDACTED]

**Ninth Drill: From the 15 yard line.** This Course will be a shoot house scenario with both shoot and no shoot targets. Instructors will set up a course of fire to resemble a hallway, and multiple rooms of a house where shooter(s) will enter and engage the threats with a specified number of rounds. Shooter(s) will run this course of fire two times with both shoot and no shoot targets rotated through the house.



**Tenth Drill: From the 50 yard line.** Course of Fire “Static Line”. This will be a primary side standing position. Fire five rounds [REDACTED]

**Eleventh Drill: From the 50 yard line.** Course of Fire “Kneeling Position”. From the low-ready position, move to a kneeling position. Fire five rounds at the target’s [REDACTED]

**Twelfth Drill: From the 50 yard line.** Course of Fire “Prone Position”. From the low-ready position, move down to prone position maintaining muzzle discipline. [REDACTED]

**Thirteenth Drill: From the 50 yard line.** Course of Fire “Support Hand”. This will be a standing transition drill to the support side. Transition rifle to the support side. [REDACTED]

**Accuracy Shot: Starting at 50 yard line.** Shooters will engage a steel target with one round within 3 seconds from the low ready position safety on. If the shooter fails to hit the target he will be eliminated. Shooters who hit the target will move back 10 yards and continue shooting until one shooter remains.

**XV. TESTING PROCEDURES**

**D, E, G, I**

**A. Demonstrative Testing**

1. Live Fire Qualification Course

***Testing: Any student scoring below 70% on a qualification course will be remediated and tested until standard is achieved. Continued performance failures will be subject to Central Marin Police Authority Policy 312 - Firearms and Qualification.***

**CMPA Rifle Qualification Course**

[REDACTED]

Each course of fire ends with shooter performing a threat assessment before returning to low-ready position, or holstering pistol.

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

2. Written Firearms Test

## **XVI. COURSE EVALUATION**

1. Written Evaluations
  - P.O.S.T. Evaluation
  - Individual Instructor Evaluation
  - Debriefing

## EXPANDED COURSE OUTLINE 8 HOURS:

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- G. Department Policy
1. Reasonable Cause to Believe
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  3. Death or Great Bodily Injury
  4. Fleeing Violent Felon Specifications
  5. Other policy areas and issues
    - Warning Shots

- Shooting from or at Moving Vehicle
- 6. Local Policies
  - CMPA G.O. 300 Use of Force
  - CMPA G.O. 312 Firearms and Qualification
  - CMPA G.O. 432 Patrol Rifles

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1. Mindset: Combat vs. Target Practice
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I. Use of Force Options

1. Lethal Force within the spectrum of force options
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**Third Drill: From the 7 yard line.** Course of Fire “Slicing the Pie”. From a low-ready position behind cover, shooter will begin “slicing the pie” until the target is visible. [REDACTED]

**Fourth Drill: From the 15 yard line.** Course of Fire “Spread Fire” This will be a standing position with multiple targets. [REDACTED]

**Fifth Drill: From the 15 yard line.** Course of Fire “Barricade Drill.” Shooter will be behind a barricade. From a standing position, shooter will engage target with 5 rounds using a supported firing technique “Claw Grip.” [REDACTED]

**Sixth Drill: From the 15 yard line.** Course of Fire “Roll, Tap, Rack Drill”. This will be a shooter/coach style drill. [REDACTED]

[REDACTED]

**Seventh Drill: Starting from the 15 yard line.** Course of Fire “Shooting while moving.” From the low-ready, walking “Groucho Style” towards targets scanning while moving [REDACTED]

**Eighth Drill: from the 15 yard line.** Course of Fire “Entry Drills”. Shooters will break into two man teams. One team at a time will make entry through a doorway and engage three suspects inside the room using [REDACTED]

**Ninth Drill: From the 15 yard line.** This Course will be a shoot house scenario with both shoot and no shoot targets. Instructors will set up a course of fire to resemble a hallway, and multiple rooms of a house where shooter(s) will enter and engage the threats with a specified number of rounds. Shooter(s) will run this course of fire two times with both shoot and no shoot targets rotated through the house.

**Tenth Drill: From the 50 yard line.** Course of Fire “Static Line”. This will be a primary side standing position. [REDACTED]

**Eleventh Drill: From the 50 yard line.** Course of Fire “Kneeling Position”. From the low-ready position, move to a kneeling position. [REDACTED]

**Twelfth Drill: From the 50 yard line.** Course of Fire “Prone Position”. From the low-ready position, move down to prone position maintaining muzzle discipline. Shooter will engage the target in [REDACTED]

**Thirteenth Drill: From the 50 yard line.** Course of Fire “Support Hand”. This will be a standing transition drill to the support side. [REDACTED]

**Accuracy Shot: Starting at 50 yard line.** Shooters will engage a steel target with one round within 3 seconds from the low ready position safety on [REDACTED]



## V. TESTING PROCEDURES

D, E, G, I

### A. Demonstrative Testing

#### 1. Live Fire Qualification Course

***Testing: Any student scoring below 70% on a qualification course will be remediated and tested until standard is achieved. Continued performance failures will be subject to Central Marin Police Authority Policy 312 - Firearms and Qualification.***

#### **CMPA Rifle Qualification Course**

1 silhouette target. 2 magazines-50 rifle rounds on shooter and 1 duty loaded pistol. All strings of fire begin with rifle on safe at the low-ready position and duty pistol secured in holster. Shooter conducts reloads and correct malfunctions as necessary, without prompting.

#### **Courses of fire begin**

**Each course of fire ends with shooter performing a threat assessment before returning to low-ready position, or holstering pistol.**

Stage 1 at 50 yards: Engage target's high chest area with 2 rounds from the Standing, Kneeling and Prone positions.

Stage 2 at 50 yards: Engage target's high chest area with 2 rounds from the standing position. Conduct a speed reload as shooter moves to kneeling position. 2 rounds from the kneeling position.

Stage 3: Tactical movement from 50-25 yard mark. At 25 yard line, engage target's high chest area with 2 rounds from the standing position and 2 rounds from the kneeling position.

Stage 4 at 25 yards: Shooter will engage the target with a single headshot.

Stage 5: Shooting on the move forward from the 25 to the 15 yard line, shooter will engage the target with 6 rounds rapid fire to the high chest area.

Stage 6 from 15 yards: Shooter engages the high chest area of the target with 6 rounds rapid fire.

Stage 7: Shooting on the move forward from the 15 to the 10 yard line, shooter will engage the target with a [REDACTED]

Stage 8: Shooting on the move rearward from the 10 to the 15 yard line, shooter will engage the target with 4 rounds [REDACTED]

Stage 9 from 10 yards: Shooter will engage the target with 4 rounds to the high chest rapid fire.

Stage 10: Shooting on the move forward from 10 to 3 yard line, shooter will engage the target with [REDACTED]

Stage 11: Shooting on the move rearward from 3 to 7 yard line, shooter will engage the target with a double [REDACTED]

Stage 12: Shooting on the move forward from 7 to 3 yard line, shooter will engage the target with [REDACTED]

\* [REDACTED] \*

Score target: 47 shots to body / 3 shots to head. 50 rounds - 100 points possible.

2. Written Firearms Test

**VI. WEAPONS MAINTENANCE**

**D, I, J**

A. Cleaning Techniques

1. Industry Standards
2. Proven Cleaning Methods
3. Function Check

B. Product Selection

1. Proven Products
2. Armorer's Duties

**VII. COURSE EVALUATION**

1. Written Evaluations
- P.O.S.T. Evaluation

- Individual Instructor Evaluation
- Debriefing