



Joining Instructions for RFMA Pistol Level 1

Introduction

Pistol I- Practical Handgun Management- is designed to introduce shooters to the principles of pistol employment in various situations and environments. The course starts from the ground up and is taught in such a way that experience and time behind a pistol have no bearing on the ability of the shooter to enjoy the course. The content of Pistol 1 is delivered through a progressive manner, that ensures a detailed understanding of what is being taught and why, with a heavy emphasis on safety. It is the mission of RFMA to standardize the methods of firearm employment and manipulation for our students, which facilitates the evolution of future training, and ensures a safe environment for all in attendance.

The course will be held at the **Sherwood Park Fish and Game Association Range**. Participants will be furnished with specific dates, times, and locations for initial contact with our staff.
If you have any questions or concerns, please contact us anytime.

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Course Outline

This package includes the following components:

-Mindset- safety and performance

-Mechanics- stance, grip, sight management, trigger manipulation, holster drills

-Practical Skills- stoppage/reload drills, hand transition/one-handed shooting, incorporation of movement, shooting from awkward positions.



Dress and Equipment

The dress for this course is what is comfortable for you. The training will be on the range no matter what the weather is like, so dress according to the weather. We will be outside 8-10 hours depending on range applications. Conditions can include dust, mud, rain, snow, wind and extremes of temperature. Dress should be appropriate to weather conditions.

Recommended clothing is listed below:

- Hiking style boots
- Shooting gloves
- Heavier pants
- Knee pads (optional)
- Rain wear
- Cold weather clothing
- Cap or Toque
- Hat (for sun protection)
- *Water bottle*
- Day pack

Equipment need while on course:

- Pistol or Revolver- Centerfire
- -At least 3 magazines for semi-auto pistols or a minimum of 2 speed loaders/moon clips for revolver.
- -Magazine pouches
- -suitable pistol belt and holster- (no cross-draw, drop-leg, shoulder holsters, or Serpa-style holsters)
- -500 rds of ammunition
- Writing material (pencil, pens & paper)
- Cleaning supplies for your firearms
- Hearing protection(electronic is preferable)
- Eye protection
- Dump pouch for mags



Safety

This is our number one concern when instructing. Our instructors have complete control of the range when instructing, and directions must be followed by participants to ensure the safety of everyone. RFMA reserves the right to remove a participant(s) from course who is determined to be a risk to safety. If you observe any unsafe actions, or feel uncomfortable conducting any of the drills or shooting exercises, please advise the nearest RFMA instructor.

Meals and Accommodations

Meals and accommodations will be the responsibility of the participants. We recommend that you bring something for lunch each day, as there is only one hour given for lunch.

Transportation

All participants are expected to have their own transportation for use during the course.

Photography equipment

We encourage all participants to bring a camera to capture your experiences while on course, but taking photographs must only be done when safe to do so, and must not interfere with course instruction.

Forms and I.D.

On Saturday morning, during the meet and greet, we will be handing out the following forms that must be completed before start of training. Once the form is completed we will also require two pieces of government ID. i.e: PAL, Driver's license, or Alberta Health.

- Personal Information and Emergency Notification Form
- Assumption of Personal Risk Agreement