

FIREARMS ORIENTATION and TRAINING

1. The course outline for all firearms orientation and training shall include:
 - a. Review of Use of Force Policy and legal mandates;
 - b. Range terminology;
 - c. Firearms Safety - General;
Firearms Safety for each weapon utilizing inert weapon;
 - d. Firearms Nomenclature;
 - e. Firing Position;
 - f. Fundamentals of Marksmanship:
 1. Grip;
 2. Stance;
 3. Trigger Control;
 4. Sight Alignment;
 5. Sight Picture; and
 6. Breathing Control;
 - g. Range Rules and Regulations;
 - h. Targets (Type);
 - i. Load - Unload - Reload;
 - j. Dry Firing:
 1. Follow Through; and
 2. Concentration;
 - k. Range Firing - Procedures; and
 - l. Scoring of Targets.

The Law Enforcement P.O.S.T. Handgun Qualification Course (effective January 1, 2009) must be conducted by a POST Certified Firearms Instructor.

Stage One *25 yards 6 rounds standing, strong side barricade, strong hand
6 rounds standing, barricade, strong hand or off-hand, off side (60 seconds)

* NOTE: Movement to barricade required, maximum distance of 5 yards

** NOTE: With verbal command – “**POLICE, DON'T MOVE**”

Stage Two *15 yards 3 rounds right side low barricade kneeling on both knees position
3 rounds left side low barricade kneeling position

(35 seconds for outdoor range)
(30 seconds for indoor range with no movement
from 25-yard line to 15-yard line)

*NOTE: Movement of 10 yards required, from 25 yards
to 15 yards.

Stage Three *7 yards

Phase One - 6 rounds strong hand only from holster (10
seconds)

Phase Two - 6 rounds off-hand only from ready gun (10
seconds)

*Phase Three – 6 rounds standing
6 rounds kneeling – reload while kneeling (25
seconds)

*NOTE: Mandatory reloading for all weapons during
Phase III.

Stage Four 4 yards

Phase One - 3 rounds, one or two hands (3 seconds) (2 shots
to body mass and 1 shot to head).
Instinct shooting technique from holster with one
step to the right AFTER rounds are fired.
Ready gun and return to original position.
Repeat once and holster.

Phase Two - 3 rounds, one or two hands (3 seconds) (2 shots
to body mass and one shot to head).
Instinct shooting technique from holster with one
step to the left AFTER rounds are fired.
Ready-gun and return to original position.
Repeat once and holster.

Stage Five 2 yards 2 rounds, one or two hands (2 seconds)

Close quarter shooting position from holster with
one full step to the rear.
Repeat Twice

Target: Possible points: 120
Qualification: 96 = 80%
Scoring: Inside ring - 2 points
Outside ring - 1 point

* NOTE: P.O.S.T. course is fired using a "HOT LINE"