

Name: \_\_\_\_\_

**2018**

Date: \_\_\_\_\_

Sas Number: \_\_\_\_\_

Place: \_\_\_\_\_

## Sports Adventure Shooting Packing List and Skills Test

### Level 1

This is the entry level Basic Individual Readiness Test.

It will test your mindset, fitness, kit, shooting skills as well as the ability to maintain your firearm in the field.

									Checklist					
Level 1 Packing List	Primary firearm type:	BOLT	MSR	PUMP	OTHER	Sights:	IRON	RDS	SCOPE	Self		C/O	Points	
		Rifle: .223 and above/Sub-Carbine 9mm,38sp,357, .22lr/Shotgun 12g					Model:							
	Ammunition: Rifle 150 rounds; Sub-carbine 200; Shotgun 100 of LG; .22lr 500					Calibre:								
NB! 25 rounds minimum must be in stripper clips/magazines or held on an ammo belt /bandolier. For semi's Minimum 50 rounds must be held in magazines!														
	2 litres of water													
	Cleaning kit for rifle													
	Broad-brimmed hat or peaked cap with neck protector (no baseball caps)													
	Boots													
	2 sealed wound dressings													
	Toilet paper/tissues													
	Waterless hand cleanser													
	Black plastic bin bag (not orange)													
	R50.00 (in small denominations)													
	One-way air valve for C.P.R.													
	Space blanket													
	Latex gloves													
	Knife (can be multitool/fixed blade/folder/pocket knife – no canvas scabbards)													
	Lighter / fire making kit													
	Hand held 2 way radio, preferable dual band and face programmable											Optional		
	Tourniquet (suitable for one-handed self-application - demonstration may be required)													
	Whistle													
	Pencil / pen													
	Notebook													
	Compass with sighting mechanism													
If the participant has flint steel or magnesium block they must demonstrate the ability to light a fire within 5 minutes														

LEVEL 1 Skills Test	Level 1 Kit (as per Packing List)	Weight of kit:	kg	Weight of rifle:	kg		P	F
		Hike 3.2km in 40 minutes	Start:	Stop:	Time:			P
	Retry if unsuccessful	Start:	Stop:	Time:		N/A	P	F
	10 shots on 230mm target @100m / 50m (circle applicable distance) in 4 min.						P	F
	Retry if unsuccessful - 30 seconds					N/A	P	F
	Field strip and clean firearm, present for inspection and reassemble within 15 min.						P	F
	Retry if unsuccessful - fire ten shots and then 10 min.					N/A	P	F
	Bandage an extremity on self						P	F
	Light fire within 5 minutes (if applicable)					N/A	P	F

Coordinator:

Name and No.

Signature

**RESULT:**

Level 1 Qualification

Witness:

Name and No.

Signature

PASS	FAIL
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**Level 2**

Whilst Level 1 prescribes a minimum of kit and skills and demands an average physical ability of an individual, level 2 sees the addition of primarily what could be called support or hiking equipment and tests ones endurance.

Further to this additional skills of navigating by compass, communicating by radio are also tested as well as basic first aid skills.

		Checklist		
		Self	C/O	Points
<b>Level 2 Packing List</b>	All level 1 kit			
	Poncho			
	Sleeping bag or blanket			
	4" fixed blade knife			
	Pocket knife or multitool (if exchanged for fixed blade in L1 kit)			
	Torch with red and white lamps			
	50 extra rounds of extra ammo for the primary arm			
	25 metres of paracord / twine / string (capable of supporting the weight of L1 and L2 kit)			
	3 tins of food (125g min each) or 1 MRE (24hr)			
	Radio and spare battery for the hand held 2 way radio			
	Ground sheet / bivvy bag			
	Stove and fuel			
	Tin cup / mug			
	Tin plate / bowl			
	Eating implement (spork/spoon/fork/knife)			
	Spade (small)			
	R50.00 in small denominations			
	Lighter			
<i>Level 2 kit must be carried in such a manner that it can be dropped when needed, BUT the level 1 kit must still remain on the individual.</i>				

Optional - 5 points  
 Optional - 3 points  
 Optional - 3 points  
 Optional - 1 point  
 Optional - 1 point  
 Optional - ½ point

		Kit Points earned:					
<b>LEVEL 2 Skills Test</b>	Level 1 Kit (as per Packing List)	Weight of kit: _____ kg	Weight of rifle: _____ kg	P	F		
	Level 2 Kit (as per Packing List)	Weight of L2 kit: _____ kg		P	F		
	Hike 6.4km	Start: _____	Stop: _____	Time: _____	P	F	
	5 shots min. on 230mm target @ 50m	Shots fired: _____	Hits counted: _____		P	F	
	5 shots min. on 230mm target @ 100m	Shots fired: _____	Hits counted: _____		P	F	
	Retry if unsuccessful: start @ 700m (FT Clubhouse), shoot at 50 and 100m and return under 21 minutes				N/A	P	F
	5 shots min. on 230mm target @ 50m	Shots fired: _____	Hits counted: _____		N/A	P	F
	5 shots min. on 230mm target @ 100m	Shots fired: _____	Hits counted: _____		N/A	P	F
	Field strip and clean firearm, present for inspection and reassemble within 15 min.					P	F
	Retry if unsuccessful - fire ten shots and then 10 min.				N/A	P	F
Bandage an extremity on fellow competitor					P	F	
Light fire within 5 minutes (if applicable)					N/A	P	F

**Total Time:** \_\_\_\_\_ *Less Kit points* \_\_\_\_\_ *Less extra hits (x.25) max 10* \_\_\_\_\_

**Coordinator:**   
*Name and No.*

*Signature*

**RESULT:**

**Witness:**   
*Name and No.*

*Signature*

*Level 2 Qualification*

<b>PASS</b>	<b>FAIL</b>
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### Level 3

*Purpose: to enable the competitor to be self-supportive in terms of food, clothing, water and ammo for a period of 3-5 days*

<b>Level 3 Packing List</b>	<i>To be carried:</i>		
	All level 1 kit	<input type="checkbox"/>	<input type="checkbox"/>
	All level 2 kit (including optional items)	<input type="checkbox"/>	<input type="checkbox"/>
	<i>Support kit (not to be carried):</i>		
	Spare set of clothes:		
	2 x long sleeve shirt	<input type="checkbox"/>	<input type="checkbox"/>
	2 x trousers	<input type="checkbox"/>	<input type="checkbox"/>
	3 x socks	<input type="checkbox"/>	<input type="checkbox"/>
	3 x underwear	<input type="checkbox"/>	<input type="checkbox"/>
	2 x t-shirts	<input type="checkbox"/>	<input type="checkbox"/>
	2 x shorts	<input type="checkbox"/>	<input type="checkbox"/>
	Sandals or takkies (No Crocs!)	<input type="checkbox"/>	<input type="checkbox"/>
	Wash kit:		
	Soap	<input type="checkbox"/>	<input type="checkbox"/>
	Shampoo	<input type="checkbox"/>	<input type="checkbox"/>
	Toothpaste	<input type="checkbox"/>	<input type="checkbox"/>
	Nailbrush	<input type="checkbox"/>	<input type="checkbox"/>
	Toothbrush	<input type="checkbox"/>	<input type="checkbox"/>
	Deodorant	<input type="checkbox"/>	<input type="checkbox"/>
	Nail clippers	<input type="checkbox"/>	<input type="checkbox"/>
	Towel	<input type="checkbox"/>	<input type="checkbox"/>
	Face cloth	<input type="checkbox"/>	<input type="checkbox"/>
	2 x toilet paper	<input type="checkbox"/>	<input type="checkbox"/>
	100 rounds of extra ammo for primary arm	<input type="checkbox"/>	<input type="checkbox"/>
	5 litres of water	<input type="checkbox"/>	<input type="checkbox"/>
	9 tins of food (125g min each) or 3 MRE (72hr minimum)	<input type="checkbox"/>	<input type="checkbox"/>
	Axe or panga	<input type="checkbox"/>	<input type="checkbox"/>
	Spare batteries for torch	<input type="checkbox"/>	<input type="checkbox"/>
	2 x field dressing	<input type="checkbox"/>	<input type="checkbox"/>
	Dish washing liquid	<input type="checkbox"/>	<input type="checkbox"/>
Waterless hand cleanser	<input type="checkbox"/>	<input type="checkbox"/>	
Extra fuel for stove	<input type="checkbox"/>	<input type="checkbox"/>	
Rehydrate	<input type="checkbox"/>	<input type="checkbox"/>	
Duct tape and cable ties	<input type="checkbox"/>	<input type="checkbox"/>	
Antibiotics	<input type="checkbox"/>	<input type="checkbox"/>	
Sunscreen	<input type="checkbox"/>	<input type="checkbox"/>	
Ziplock bags	<input type="checkbox"/>	<input type="checkbox"/>	
Notebook	<input type="checkbox"/>	<input type="checkbox"/>	
Pencil/pen	<input type="checkbox"/>	<input type="checkbox"/>	
	<b>Optional - ½ point</b>	<input type="checkbox"/>	
	<b>Optional - ½ point</b>	<input type="checkbox"/>	
	<b>Optional - 5 points</b>	<input type="checkbox"/>	

*Level 3 kit must be kept in a suitcase / trunk / plastic bag or backpack. Ideally kept in a carry bag and stored in a locked and marked suitcase or trunk. If locked then the competitor must have spare keys available. This kit remains at the admin area for the competitor's use as support during competitions.*

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**Level 3 test report**

<b>LEVEL 2 Skills Test</b>	Level 1 Kit (as per Packing List)	Weight of kit: _____ kg	Weight of rifle: _____ kg	P	F	
	Level 2 Kit (as per Packing List)	Weight of L2 kit: _____ kg		P	F	
	Hike 6.4km	Start: _____	Stop: _____	Time: _____	P	F
	5 shots min. on 230mm target @ 50m	Shots fired: _____	Hits counted: _____	P	F	
	5 shots min. on 230mm target @ 100m	Shots fired: _____	Hits counted: _____	P	F	
	Retry if unsuccessful: start @ 700m (FT Clubhouse), shoot at 50 and 100m and return under 21 minutes			N/A	P	F
	5 shots min. on 230mm target @ 50m	Shots fired: _____	Hits counted: _____	N/A		
	5 shots min. on 230mm target @ 100m	Shots fired: _____	Hits counted: _____	N/A		
	Field strip and clean firearm, present for inspection and reassemble within 15 min.				P	F
	Retry if unsuccessful - fire ten shots and then 10 min.			N/A	P	F
Bandage an extremity on fellow competitor				P	F	
Light fire within 5 minutes (if applicable)				N/A	P	F

**Total Time:** \_\_\_\_\_ *Less Kit points* \_\_\_\_\_ *Less extra hits (x.25) max 10* \_\_\_\_\_

**RESULT:** \_\_\_\_\_ *Level 2 component:*

PASS	FAIL
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<b>LEVEL 3 Skills Test</b>	Level 2 Kit optional items	P	F
	Level 3 Kit (as per Packing List)	P	F
	Prepare shelter/bivouac that will stay dry for 12 hours	P	F
	Stand guard and patrol area	P	F
	Prepare a latrine (30cm x 30cm x 30cm hole)	P	F
	Warm a tin of food or MRE, brew a hot drink and clean implements	P	F
	Wash self, change clothes and pass basic inspection	P	F

**Notes:**

- 1 The bivouac must not be visible from 200 meters.
- 2 Competitor must be prepared to spend the night in the shelter unsupported.
- 3 Level 1 kit to be worn at all times except when washing.
- 4 Primary firearm to be carried at all times.
- 5 All litter is to be carried out and bivouac site returned to its original state.
- 6 Any breach of rules, unsafe or unsportsmanlike behaviour will result in disqualification.
- 7 Coordinator has final say as to what constitutes note 6 (as above).

**FINAL RESULTS**

PASS	FAIL
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*Level 2 Component*

PASS	FAIL
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*Level 3 Component*

PASS	FAIL
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*Final Result (Level 3)*

**Coordinator:**

*Name and No.*

*Signature*

*Date*

**Witness:**

*Name and No.*

*Signature*

*Date*

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