

Name: _____

2019

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			
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!												
Level 1 Packing List	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											
	Tourniquet (suitable for one-handed self-application - demonstration may be required)											
	Whistle											
	Pencil / pen											
Notebook												
Compass with sighting mechanism												
USB with NB info												
<i>If the participant has flint steel or magnesium block they must demonstrate the ability to light a fire within 5 minutes</i>												

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	F
	10 shots on 230mm target @100m / 50m (circle applicable distance) in 4 min.				Shooting score: _____			P	F
	Retry if unsuccessful - 50m DASH and 30 seconds shooting only				Makeup score: _____	N/A		P	F
					% marksmanship: _____			P	F
	Field strip and clean firearm, present for inspection and reassemble within 15 min.					N/A		P	F
Bandage an extremity on self							P	F	
Light fire within 5 minutes (if applicable)						N/A	P	F	

Total Time: _____ **Shooting Score:** _____ **% MARKSMANSHIP:** _____

Coordinator:

Name and No.

Signature

RESULT:

Level 1 Qualification

Witness:

Name and No.

Signature

PASS	FAIL
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NB: Documentation must be completed in full and signed off to be valid: THIS IS THE PARTICIPANTS RESPONSIBILITY. NB

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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
Level 2 Packing List	All level 1 kit		
	2 litres of water		
	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 beams		
	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/matches/flint			
<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.</i>			

		Kit Points earned:					
LEVEL 2 Skills Test	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 End hike at 200m	Start: _____	Stop: _____	Time: _____	P	F	
	5 shots min. on 230mm target @ 50m	Shots fired: _____	Hits counted: _____		P	F	
	10 shots min. on 230mm target @ 100m	Shots fired: _____	Hits counted: _____	Score: _____	P	F	
	5 shots min. on 230mm target @ 200m	Shots fired: _____	Hits counted: _____	%: _____	P	F	
	Retry if unsuccessful: start @ 200m run forward and shoot at 50m, 100m, 200m under 10min				N/A	P	F
	5 shots min. on 230mm target @ 50m	Shots fired: _____	Hits counted: _____		N/A	P	F
	10 shots min. on 230mm target @ 100m	Shots fired: _____	Hits counted: _____	Score: _____	N/A	P	F
	5 shots min. on 230mm target @ 200m	Shots fired: _____	Hits counted: _____	%: _____	N/A	P	F
	Field strip and clean firearm, present for inspection and reassemble within 15 min.				P	F	
	Bandage an extremity on fellow competitor				P	F	
Light fire within 5 minutes (if applicable)				N/A	P	F	

Total Time: _____ **Shooting Score:** _____ **% MARKSMANSHIP:** _____

Coordinator:
Name and No.

Signature

RESULT:

Witness:
Name and No.

Signature

Level 2 Qualification

PASS	FAIL
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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

Level 3 Packing List	<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>		
	Bucket with sealable lid (minimum 10L volume)	<input type="checkbox"/>	<input type="checkbox"/>
	<i>Spare set of clothes:</i>		
	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"/>
	<i>Wash kit:</i>		
	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"/>
	60 rounds of extra ammo for EDC	<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 and washing cloth	<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/or cable ties	<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"/>	

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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2019

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Sas Number: _____

Place: _____

Level 3 test report

LEVEL 2 Skills Test	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: _____ Shooting Score: _____ % MARKSMANSHIP: _____

RESULT: _____ Level 2 component:

PASS	FAIL
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LEVEL 3 Skills Test	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

Name: _____

2019

Date: _____

Sas Number: _____

Place: _____

Resupply bag

The idea of a resupply bag is to help have a go to bag which one can replenish Level one and Level two kit. The bag should be rugged and durable. The minimum items required in a resupply bag is listed below. Additional items are most welcome.

	Checklist		
	Self	C/O	Points
Resupply bag Packing List 2 litres of water 60 extra rounds of extra ammo for the primary arm 30 extra rounds of extra ammo for the secondary arm 3 tins of food (125g min each) or 1 MRE (24hr) Ruggedness test: I deem this resupply bag tough enough even when dumped from a moving vehicle. <i>Resupply bag should be packed in such a manner that it can be dropped off/roughly dumped when needed and easily identified by the owner.</i>			

Coordinator:

Name and No.

Signature

RESULT:

Resupply bag

Witness:

Name and No.

Signature

PASS	FAIL
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