

# Sports adventure Shooting

Frequently asked questions (FAQ)

2018

## What is “Sports adventure shooting”?

Sports adventure shooting (acronym Sas, not SAS!) is a crossover shooting sport that seeks to incorporate realistic training and sport shooting.

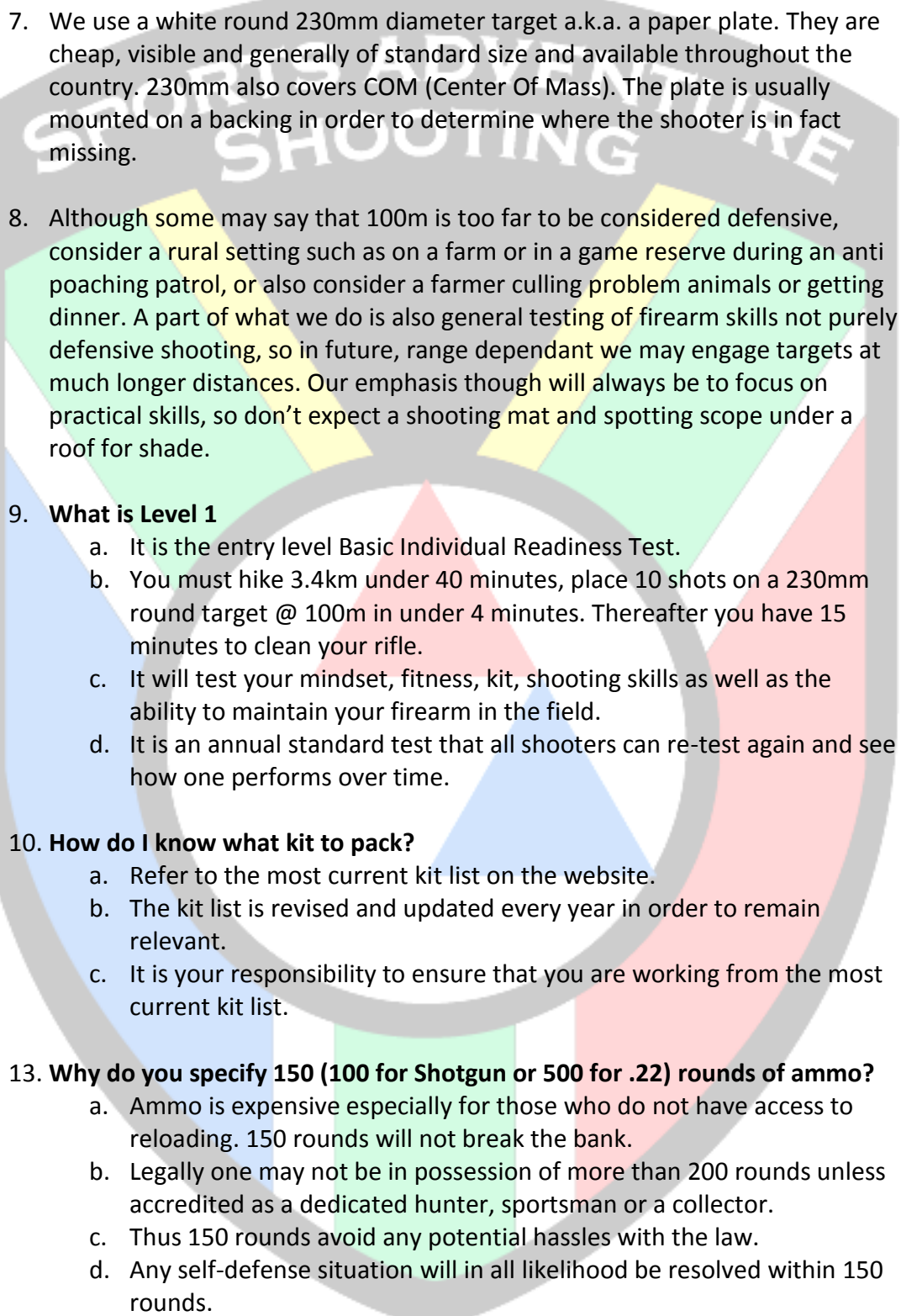
The principles of Sas are Shooting Moving, Communicating and Support and a positive mindset.

Skills that need to be acquired to be competent involve the use of empty hands, contact weapons and distance weapons.

All these skills are tested in our annual competition.

## Why do we shoot from a 100m?

1. The primary purpose of a rifle is to create space between oneself and any opponents. 100m should be as close as one gets. Further would be better and we do shooting from 200 and 300m at times.
2. For 30-06, .303 and .308 if zeroed at 100m is within an inch or two at 30m: thus if it is zeroed for 100m you should be good to go for closer urban type scenarios.
3. For all practical purposes civilians are unlikely to be shooting further than 100m in self-defense situations. Refer to point 10.
4. The opportunity to conduct Sas style training scenarios, walks/hikes and then shoot at 100m is generally not possible with existing shooting ranges nor welcomed by their administrators.
5. Shooting from prone at 100m and longer ranges is generally not practical for Sas because the target will be obscured by conditions on the range. Conditions are not arranged to suit the participant. *The participant must be able to adapt to the conditions.* Thus technique and fitness have a major role to play in one's performance, which improves over time with training when one participates.
6. We do practice shooting from closer ranges up to 5m. If one can hit from 100m the theory is that one should be able to do so from close up, provided you know where your impact point is.

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7. We use a white round 230mm diameter target a.k.a. a paper plate. They are cheap, visible and generally of standard size and available throughout the country. 230mm also covers COM (Center Of Mass). The plate is usually mounted on a backing in order to determine where the shooter is in fact missing.
8. Although some may say that 100m is too far to be considered defensive, consider a rural setting such as on a farm or in a game reserve during an anti poaching patrol, or also consider a farmer culling problem animals or getting dinner. A part of what we do is also general testing of firearm skills not purely defensive shooting, so in future, range dependant we may engage targets at much longer distances. Our emphasis though will always be to focus on practical skills, so don't expect a shooting mat and spotting scope under a roof for shade.
9. **What is Level 1**
- It is the entry level Basic Individual Readiness Test.
  - You must hike 3.4km under 40 minutes, place 10 shots on a 230mm round target @ 100m in under 4 minutes. Thereafter you have 15 minutes to clean your rifle.
  - It will test your mindset, fitness, kit, shooting skills as well as the ability to maintain your firearm in the field.
  - It is an annual standard test that all shooters can re-test again and see how one performs over time.
10. **How do I know what kit to pack?**
- Refer to the most current kit list on the website.
  - The kit list is revised and updated every year in order to remain relevant.
  - It is your responsibility to ensure that you are working from the most current kit list.
13. **Why do you specify 150 (100 for Shotgun or 500 for .22) rounds of ammo?**
- Ammo is expensive especially for those who do not have access to reloading. 150 rounds will not break the bank.
  - Legally one may not be in possession of more than 200 rounds unless accredited as a dedicated hunter, sportsman or a collector.
  - Thus 150 rounds avoid any potential hassles with the law.
  - Any self-defense situation will in all likelihood be resolved within 150 rounds.
  - One may carry more ammo if legally permitted to do so, and, in fact many participants do.

- f. We encourage member to achieve dedicated status in order to have more ammo
- g. On average one uses 20 rounds to complete the level 1, so the participant still has sufficient rounds to go home with.

**14. Why do you specify two liter of water?**

- a. Sas experience has shown that 2 liters be considered minimum to remaining hydrated during training.
- b. The purpose of water is to allow one to participate more effectively in competitions. When the adrenalin is pumping and the COF (Course OF Fire) is physically demanding then it is best to have water on hand.
- c. Heatstroke is a real possibility. Unfit participants or those not accustomed to heat whilst wearing their gear, be it a day pack, chest rig or both, are at higher risk of heatstroke.
- d. Water is bulky. One can carry more if able to, however two liters is minimum required.

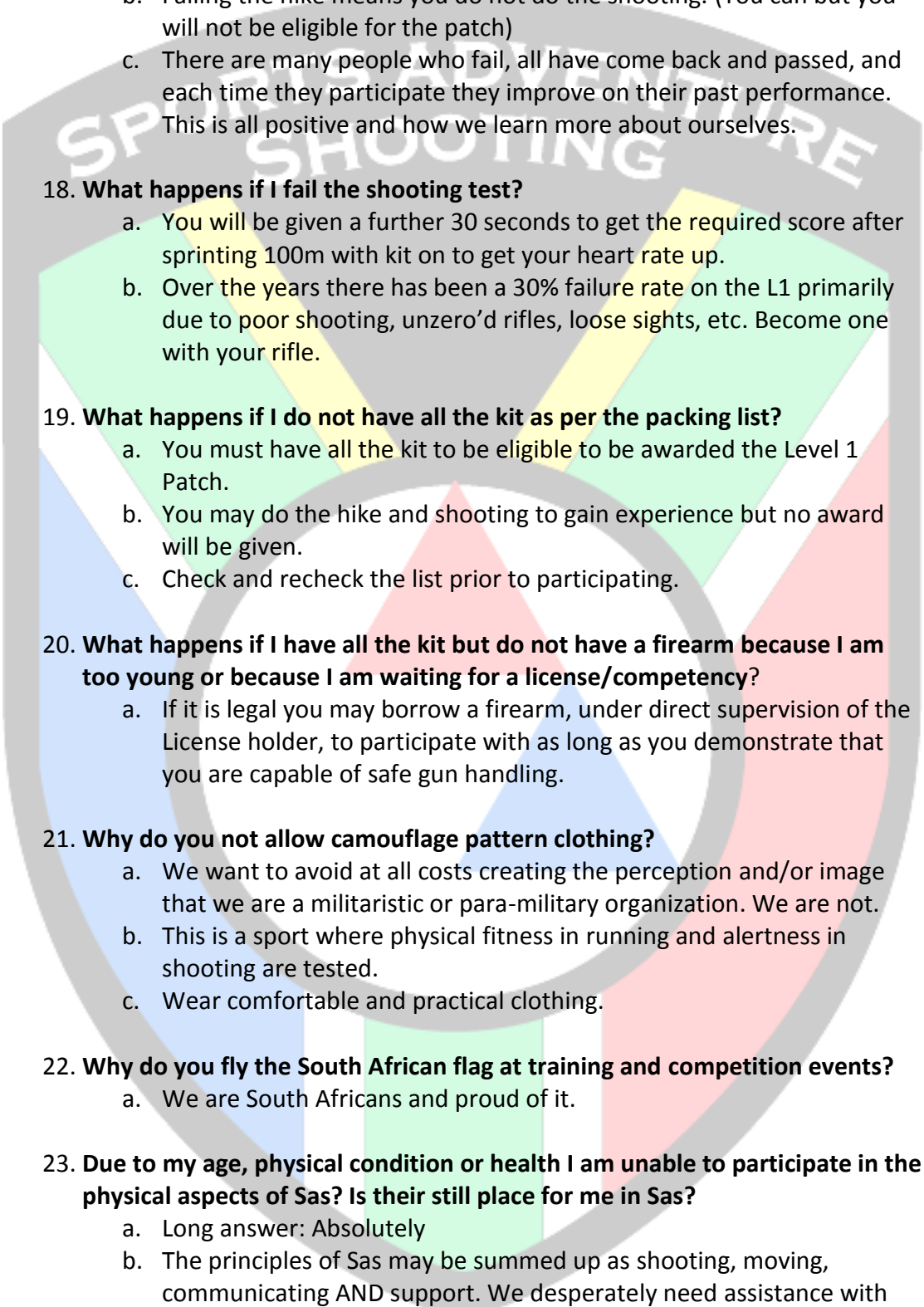
**15. Why do you specify 3.4km in less than 40 minutes?**

- a. 3.4km is not far, nor is a time limit of 40 minutes unreasonable, however, it require that the participant walk at a stiff pace to meet the time limit.

**16. How fit do I have to be to complete Level 1 and participate in Sas activates?**

- a. Short Answer: Not Very
- b. The fitter you are the more comfortable you will be and your shooting scores reflect this.
- c. We have had participants who are 50 year old office workers through to 13 year old sporty kids and a pregnant mother
- d. If your age, physical ability and lifestyle are against you rather get a check up before participating.
- e. The average for completing the hike is 35-39 minutes. The quickest time officially was 22 minutes.
- f. Even if you are super fit the fact that you are carrying a firearm and rig will alter your ability to keep cool and be comfortable and then to control your shooting. Joggers etc usually carry nothing except the clothes they are wearing, so being fit will help, but is no guarantee of success.
- g. Shooting any target after running is a new challenge and it is advised you are confident with your rifle shooting at 100m. Zero your rifle!
- h. We have had one heart attack during the August 2011 session. The gentleman in question recovered well.
- i. You know your body best. This is an excellent combined platform to test your physical ability and shooting skills.

**17. What happens if I fail the hike?**

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- a. If in the opinion of the co-coordinator you are capable of it you will be given a reasonable time to recuperate and then re-do the hike and shoot within the allotted time.
- b. Failing the hike means you do not do the shooting. (You can but you will not be eligible for the patch)
- c. There are many people who fail, all have come back and passed, and each time they participate they improve on their past performance. This is all positive and how we learn more about ourselves.

**18. What happens if I fail the shooting test?**

- a. You will be given a further 30 seconds to get the required score after sprinting 100m with kit on to get your heart rate up.
- b. Over the years there has been a 30% failure rate on the L1 primarily due to poor shooting, unzero'd rifles, loose sights, etc. Become one with your rifle.

**19. What happens if I do not have all the kit as per the packing list?**

- a. You must have all the kit to be eligible to be awarded the Level 1 Patch.
- b. You may do the hike and shooting to gain experience but no award will be given.
- c. Check and recheck the list prior to participating.

**20. What happens if I have all the kit but do not have a firearm because I am too young or because I am waiting for a license/competency?**

- a. If it is legal you may borrow a firearm, under direct supervision of the License holder, to participate with as long as you demonstrate that you are capable of safe gun handling.

**21. Why do you not allow camouflage pattern clothing?**

- a. We want to avoid at all costs creating the perception and/or image that we are a militaristic or para-military organization. We are not.
- b. This is a sport where physical fitness in running and alertness in shooting are tested.
- c. Wear comfortable and practical clothing.

**22. Why do you fly the South African flag at training and competition events?**

- a. We are South Africans and proud of it.

**23. Due to my age, physical condition or health I am unable to participate in the physical aspects of Sas? Is there still place for me in Sas?**

- a. Long answer: Absolutely
- b. The principles of Sas may be summed up as shooting, moving, communicating AND support. We desperately need assistance with regards to support and administration both in the field and in the office.

- c. Once you have completed the “Level 1 support” you would have demonstrated both your willingness and ability to participate in Sas.

**24. Do you have rules for competition and training events?**

- a. Yes. We are in the process of testing and refining these rules with a view to safety and achieving the objectives of Sas.

**25. Do you have a constitution?**

- a. Yes
- b. If you would like a copy, please request it.

**26. Does Sas have certified dedicated status from the CFR?**

- a. No. Not yet.
- b. We are in the process of getting ourselves certified.
- c. Application was submitted to SAPS/CFR in August 2015
- d. We urge prospective members to gain Dedicated Status (DS) through NHSA (National Hunt and Shoot Association). It is relatively cheap and quick.
- e. Go to: <https://natshoot.co.za/>

**27. Where do you hold your training and competitions?**

- a. At any shooting range that is willing and able to accommodate us.
- b. Private land with the permission of the owner, and, where it is both legal and safe to conduct shooting and moving exercises.

**28. I am new to firearms and have not much training and or experience with firearms, can I still participate?**

- a. This is a problem.
- b. Whilst Sas provides opportunity to train and compete, it is expected that the participant bring at least intermediate gun handling skills to the sessions: i.e. the ability to shoot and move whilst at all time remaining safe wrt to muzzle direction, trigger finger and safety catch.
- c. However to get you “trained up” we have made arrangements with other training organizations, Big T’s training or Tactical Defense Institute, wherein attendance at Sas will qualify you for a 10% discount off their training.
- d. If you are guilty of unsafe firearms handling skills you MIGHT be warned ONCE, then be Asked-Told-Made to leave. (It has been done before and will be done again).

**29. Do you pray before training/Competitions?**

- a. Yes
- b. Sas is not a faith debating forum: Be respectful of others faith.
- c. Golden rule: Treat others, as you would like to be treated. Period!