

Name: _____
 Sas Number: _____

2021

Date: _____
 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.

Level 1 Packing List	Primary firearm type	BOLT	MSR	PUMP	OTHER	Sights:	IRON	RDS	SCOPE	Checklist			
	Rifle: .223 and above/Sub-Carbine 9mm,38sp,357, .22lr/Shotgun 12g					Model:				Self		C/O	Points
	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 (minimum)													
Cleaning kit for rifle													
Broad-brimmed hat or peaked cap with neck protector (no baseball caps)													
Boots													
2 sealed wound dressings (minimum)													
Toilet paper/tissues													
Waterless hand cleanser													
Black plastic bin bag (not orange) or large ziplock bags for rubbish													
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													
Energy food (gels, profein bar etc)													
Notebook, pencil / pen													
Compass with sighting mechanism													
USB with personal 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
Retry if unsuccessful	Start: _____	Stop: _____	Time: _____			N/A	P	F
10 shots on 230mm target @100m in 4 min.	Shots fired: _____	Shots hit: _____	% hits: _____				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
All level 1 kit			
2 litres of water (minimum)			
Poncho			

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Level 2 Packing List	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		
	30 extra rounds of ammo for EDC		
	60 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)		
	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) and toilet paper		
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 the individual.</i>			

LEVEL 2 Skills Test	Level 1 Kit (as per Packing List)	Weight of kit: _____ kg	Weight of rifle: _____ kg	Kit Points earned:			
	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: **RESULT:**

Name and No. Signature

Witness: **Level 2 Qualification**

Name and No. Signature

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

To be carried:	All level 1 kit			
	All level 2 kit (including optional items)			
	Support kit (not to be carried):	Bucket with sealable lid (minimum 10L volume)		
		Spare set of clothes:		
		2 x long sleeve shirt		
		2 x trousers		
		3 x socks		
		3 x underwear		
		2 x t-shirts		
		2 x shorts		
		Sandals or takkies (No Crocs!)		
		Wash kit:		
		Soap		

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Level 3 Packing List	Shampoo		
	Toothpaste		
	Nailbrush		
	Toothbrush		
	Deodorant		
	Nail clippers		
	Towel		
	Face cloth		
	2 x toilet paper		
	100 rounds of extra ammo for primary arm		
	60 rounds of extra ammo for EDC		
	5 litres of water		
	9 tins of food (125g min each) or 3 MRE (72hr minimum)		
	Axe or panga		
	Spare batteries for torch		
	2 x field dressing		
	Dish washing liquid and washing cloth		
	Waterless hand cleanser		
	Extra fuel for stove		
	Rehydrate		
Duct tape and/or cable ties			
Personal meds such as broadband antibiotics or painkillers or anti-inflammatory			
Sunscreen			
Ziplock bags			
Notebook, pencil/pen			

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.

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: _____ **Less Kit points** _____ **Less extra hits (x.25) max 10** _____

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

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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
<i>Level 2 Component</i>	

PASS	FAIL
<i>Level 3 Component</i>	

PASS	FAIL
<i>Final Result (Level 3)</i>	

Coordinator:

Name and No.

Signature

Date

Witness:

Name and No.

Signature

Date

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.

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.

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.

Checklist			
Self		C/O	Points

Coordinator:

Name and No.

Signature

RESULT:

Witness:

Name and No.

Signature

PASS	FAIL
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Resupply bag

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