

VOLUME 1 CHAPTER 13
Army Nordic Biathlon Shooting Training Policy

[DTrg(A)/PhysDev/10/01(PD)]

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Annexes:

- A. [British Army Nordic Ski Committee \(BANSC\) Terms of Reference.](#)
- B. [Biathlon Safe System of Training.](#)
- C. [Biathlon Weapon Handling Tests \(BWHT\).](#)
- D. [Progressive Biathlon Live Firing Practices \(BLFP\).](#)
- E. [Specimen Biathlon Range Standing Orders.](#)

References:

- A. [Status of Sports in the Services](#) (2010DIN01-209 and successors).
- B. [Army European Winter Activity Instruction](#) (2011DIN07-150 and successors).
- C. [AWSA Nordic Ski Competition Rules.](#)
- D. [International Biathlon Union \(IBU\) Event and Competition Rules.](#)
- E. [JSP 375 Vol 2, Leaflet 11, Annex A: Safety in Military Training and Exercises.](#)
- F. [2008DIN07-117 Defence Personal Weapon Handling and Shooting Training Policy.](#)

Introduction

13.001. Nordic Skiing in the British Army encompasses the separate international winter sports disciplines of cross country skiing (XC skiing) and biathlon (XC skiing and rifle shooting) as well as the unique Military Patrol Race. Classified at [Reference A](#) as Individual Military Training, the competitive phases are conducted in accordance with National Governing Body (NGB) regulations; entirely separate from ski-touring, it is not Adventurous Training (AT).

13.002. The aim of Nordic skiing includes challenging athletic Army personnel in an accessible but profoundly unfamiliar environment of uncompromising climate and terrain in order to:

- a. develop tough, resilient, and highly motivated officers and soldiers, capable of adapting to extremes of environment;
- b. raise military standards, under competitive pressure, of endurance and marksmanship and the leadership of young officers and NCOs;

in order to contribute to land operational capability.

13.003. Biathlon combines cross country skiing and .22" Rim Fire (RF) rifle shooting in the same event; the biathlon rifle is carried throughout each competition. The biathlon rifle may also be used in the Military Patrol Race, although it is not carried throughout the competition; ideally the SA80A2 with a .22" conversion kit (when available) should be used and will be carried. 50m purpose-designed and built ranges are used with metal biathlon and, for training, paper targets. Off-snow, biathlon may be conducted with running or roller-skiing replacing the skiing element.

Governing Bodies

13.004. International Biathlon Union (IBU). The IBU is the International Governing Body (IGB) for Biathlon. Related sport forms are roller skiing and shooting (= Summer Biathlon), cross-country running and shooting (= Cross Biathlon), mountain biking and shooting (= Mountain Bike Biathlon). The IBU website (www.biathlonworld.com) has links and detailed information on all aspects of Biathlon, including the full Competition Rules.

13.005. British Biathlon Union (BBU). The BBU is the NGB for the Olympic winter sport of Biathlon. The BBU selects British teams at all levels, the great majority of whom have been and continue to be Service personnel. The BBU website (www.britishbiathlon.com) carries results and information throughout the year.

13.006. Director Training (Army) (DTrg(A)). DTrg(A) publishes the Army HQ authority for Nordic Skiing to be conducted as Individual Military Training ([Reference B](#)) and authorizes the exercises that personnel may train for and compete in as such an activity. The poc is [SO1 Physical Development](#).

13.007. Army Winter Sports Association (AWSA). The AWSA is responsible to Director Army Sports Control Board for the administration and organization of Army winter sports, including, through a Management Plan, *inter alia*: overseeing the technical conduct; ensuring that there is a close link to the respective National Governing Body (NGB); and organizing competitions as appropriate. Contact details for the Secretary AWSA are below and further details of all AWSA events and activities will be regularly published on the AWSA website at www.awsa.org.uk:

Secretary AWSA
Army Sport Control Board
Mackenzie Building, Fox Lines
Queen's Avenue
Aldershot
Hampshire GU11 2LB

Telephone: +44 1252 78 7077 (Mil 94222 7077)
Fax: +44 1252 78 7079 (Mil 94222 7079)
Email: secretary@awsa.org.uk

13.008. British Army Nordic Skiing Committee (BANSC). Acting under the authority of the Army Winter Sports Association (AWSA) and Director Training (Army), BANSC is responsible for the policy, management and development of Army Nordic Skiing. The BANSC Terms of Reference are at [Annex A](#). Further information on all aspects of Army Nordic skiing may be obtained from [Secretary BANSC](#).

13.009. Army Rifle Association (ARA). Small-bore target rifle shooting courses are run by the ARA at: Hythe Lodge, National Shooting Centre, BISLEY, Surrey GU24 0NY, Tel: Mil 94211 8084, Civ 01483 798084/798924.

Policy Statement

13.010. The rules for the conduct of biathlon are published in the Army Winter Sports Association (AWSA) Nordic Ski Competition Rules ([Reference C](#)), which follow the International Biathlon Union (IBU) Event and Competition Rules ([Reference D](#)), with any changes endorsed by BANSC. All Army Biathlon training is to adhere to the Safe System of Training ([Reference E](#)).

13.011. The Army Biathlon Shooting Training Policy applies to all training and competition shooting on ranges using a biathlon rifle in biathlon events and the Military Patrol Race. It does not apply to the use of any weapon of the SA80 family, including the Cadet Rifle or with an inserted .22" Conversion Kit, in the Military Patrol Race. It also does not apply to the use of a biathlon rifle on MOD Ranges, for which the sole authority is the appropriate Range Standing Orders.

Statement of Requirement

13.012. All military biathletes require the expertise to handle a loaded .22" biathlon rifle safely and to fire it effectively in a competitive environment. This Biathlon Shooting Training Policy details the minimum training requirement for safe and effective biathlon weapon handling and shooting and allocates responsibilities for ensuring that standards are validated and achieved.

Context

13.013. The Defence Land Ranges Safety Committee (DLRSC), the MOD focus for all aspects of safety of land ranges¹, recommended² that BANSC, acting on behalf of the Combined Services Winter Sports Association, should be the Service authority for the shooting element of biathlon. The terms and conditions for competitions and associated practices are to be laid down by BANSC, in conjunction with IBU and BBU governing bodies and have no direct connection with MOD publications governing Joint or Single Service training on ranges. However these terms and conditions should be modelled on applicable Joint Service best practice.

13.014. All military biathletes are assumed to be trained servicemen/women before starting biathlon shooting; this implies that they have been trained to shoot a military rifle and therefore have a basic understanding of marksmanship principles and, most importantly, weapon and range safety.

Safe System of Training

13.015. On behalf of all 3 Services, BANSC maintains a Safe System of Training (SST) for biathlon, within the overall SST for competitive Nordic skiing, encompassing:

- a. Safe People:* Servicemen and women who have been trained appropriately for the shooting that they will undertake and the challenges that they will face.
- b. Safe Place:* Firing will be conducted only on approved ranges.
- c. Safe Process:* Range procedures are to be strictly aligned to IBU Event and Competition Rules ([Reference D](#)), supported by appropriate MOD standards; ski training and competition must be organised and controlled by appropriately experienced, trained and qualified leaders.
- d. Safe Equipment:* Biathlon weapons are subject to an annual check by a trained biathlon rifle armourer; rifle maintenance is to be taught to biathletes.

13.016. Details of all elements are included at [Annex B](#).

Principles

13.017. Drawing on [Reference F](#), the concept and application of biathlon weapon training is underpinned by the following principles:

¹ Joint Services Publication (JSP) 403 (Handbook of Defence Land Ranges Safety) Volume I Para 0204.

² DLRSC/10/7/4 dated 21 Jul 08.

- a. All military biathletes are to be validated as capable of handling a loaded .22" RF biathlon rifle safely.
- b. All military biathletes are to be capable of firing a .22" RF biathlon rifle correctly.

Performance Statement

13.018. Military biathletes must be able to fire a .22" RF biathlon rifle safely, accurately and quickly, under the physical and mental pressure of a physically competitive environment, at standard paper and metal targets over a 50m range. In biathlon competitions the prone and standing positions are used; in the Military Patrol Race prone, sitting, kneeling/squatting and standing positions, both supported and unsupported, may be tested.

13.019. The training task is defined as:

- a. *Handle loaded biathlon rifle safely.* Pass Biathlon Weapon Handling Test (BWHT) at [Annex C](#). It is mandatory for all biathletes to have completed the BWHT successfully to prove their competency prior to their first live firing of a biathlon rifle, in order to ensure a minimum standard of safety.
- b. *Fire biathlon rifle correctly.* Using the correct techniques, at the end of a skiing loop hit 45mm targets from the prone position and 110mm targets from the standing position, balancing speed of firing and accuracy. Expertise gained through training, and experience gained through competition, will enable biathletes to be more successful by hitting more targets in a shorter time.

Types of Training

13.020. Weapon Handling. Biathlon weapon handling training must take place prior to any firing. It must culminate in students passing the BWHT at [Annex C](#). Annually, before re-commencing firing, military biathletes must pass the BWHT. Biathlon weapon handling training, and BWHTs, should take place in a classroom prior to deployment to on-snow training. Continuation handling training and practice throughout the season will be invaluable to enable slick and quick individual procedures.

13.021. Dry Training. Dry shooting training is the practice of range procedure and shooting techniques without live ammunition. It may take place in any safe location, preferably indoors or outdoors on a range. Target sizes are reduced appropriately to match the distance from the rifle; at short distances indoors they may be hand-drawn.

13.022. Live Firing. Live firing must only take place on a formal range, designated in [Annex B](#). Progressive Biathlon Live Firing Practices (BLFP) are at [Annex D](#). Although initial introductory shoots and pre-season in barracks training can take place over 25m, the majority of shooting should take place over 50m whenever possible; all competitions will be conducted over 50m. Grouping and zeroing shooting should be conducted against roundel paper targets³, but all competitions will use metal biathlon targets (for details see [Annex B](#)). Any firing that takes place on MOD Ranges, e.g. 25m Barrack Range, must comply with MOD Range Standing Orders and weapon handling regulations⁴. Students start firing without involving movement on and off the firing point; they will progress to conducting 'combination training', that is replicating biathlon competition by running, roller-skiing or skiing between shooting bouts.

Supervision of Training

13.023. Weapon Handling. Biathlon weapon handling can be taught by personnel with any of the following minimum qualifications (see [Annex B para 6](#)):

- a. Unit Skill at Arms instructor, who has familiarised him/herself with the weapon and the drills at Annex C.
- b. Joint Service Biathlon Shooting Coach (JSBSC), Joint Service Biathlon Shooting Instructor (JSBSI) or Biathlon Rifle Trainer (BRT).
- c. An NCO or officer, with at least one season's biathlon experience, specifically authorised by his/her commanding officer.

13.024. Dry Training. Dry firing should ideally be supervised by an experienced biathlete in order to correct drills and marksmanship errors, but can be undertaken with value by the trained individual biathlete alone. Dry firing must not take place where live ammunition is available except as if live ammunition was being used: e.g. near an open range, dry firing must only occur on the firing point in the direction of the targets and when the range is cleared for firing.

³ E.g. NRSA 50m Target Card MM13/59 (50m): NH 6920 99 931 7795.

⁴ JSP 403 Volume 1 and Infantry Training Volume 4, Pamphlet 21.

13.025. Live Firing Conduct. Live firing must be conducted by a qualified Range Conducting Officer (RCO) (see [Annex B, para 8a](#)): static shooting, that is without moving onto and off the firing point, can be conducted by an National Small-bore Rifle Association (NSRA) RCO; static shooting and combination training, incorporating skiing/running onto the range, shooting a standard practice and then skiing/running off, can be conducted by a Biathlon RCO; a military RCO with biathlon experience can conduct any biathlon range. Specimen Biathlon Range Standing Orders are at [Annex E](#).

13.026. Live Firing Instruction.

- a. Initial live firing (BLFP 1 – 3) must be taught by personnel with any of the following minimum qualifications:
 - (1) JSBSC, JSBSI or BRT.
 - (2) Unit Skill at Arms instructor, who has familiarised him/herself with the weapon and the drills at Annex C.
 - (3) An NCO or officer, with at least one season’s biathlon experience, specifically authorised by his/her commanding officer.
 - (4) NSRA/Army Rifle Association small-bore instructor or coach.
- b. Continuation live firing (BLFP 4) should be supervised by personnel with any of the following minimum qualifications:
 - (1) JSBSC or JSBSI.
 - (2) Unit Skill at Arms instructor, who has familiarised him/herself with the weapon and the drills at Annex C.
 - (3) An NCO or officer, with at least one season’s biathlon experience, specifically authorised by his/her commanding officer.

Training Records

13.027. Units are to maintain a shooting record for each of their current biathletes. This must record the results of BWHTs and training undertaken. Unit Nordic ski teams and individual biathletes are strongly urged to maintain a full shooting record, consisting of the results of every firing practice and competition in order to track progress and assist the individual’s marksmanship improvement.

Evaluation of Training Concept

13.028. Unit team captains are to use championship post exercise reports to provide comment and feedback on this training policy. Championship secretaries are to collate such comments and to forward them to the BANSC Policy Member for analysis. He/she is responsible for reporting to BANSC on the success or otherwise of this policy and for recommending amendments.

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ANNEX A TO CHAPTER 13
TERMS OF REFERENCE FOR THE BRITISH ARMY NORDIC SKIING COMMITTEE (BANSC)

(Para [13.008](#) refers)

- 1. Role.** The British Army Nordic Skiing Committee (BANSC) is responsible for the policy, management and continuing development of Biathlon, Cross-Country skiing and the Military Patrol race in the Army, under the guidance of the Chairman Army Nordic.
- 2. Vision.** To promote Nordic Skiing as a core military activity and sporting opportunity that links directly to operational output.
- 3. Structure.** The Committee will consist of the following posts:
 - a. Chairman (Chairman Army Nordic).* Direct all Army Nordic and BANSC Activity under the authority of the Chairman AWSA.
 - b. [Secretary \(Secretary Army Nordic\).](#)* Coordination for all aspects of Army Nordic Skiing.
 - c. Biathlon Rules and Policy Member (Chief of Race Ex SPARTAN HIKE).*
 - (1) Coordinate revisions, update and issue by 1 Sep each year the Biathlon Training and Coaching Policy.
 - (2) Coordinate revisions, update and issue by 1 Oct each year the AWSA Nordic Rule Book.
 - d. Biathlon Training Member (Chief of Race Ex RUCKSACK supported by Ladies Rep).* Lead on developing Summer Biathlon Training Courses.
 - e. Biathlon Weapon Supervising Officer (UK). (Secretary Ex SPARTAN HIKE).* Oversee Biathlon Weapon Storage, Maintenance, Issue and Receipt.
 - f. Biathlon Weapon Supervising Officer (BFG). (Secretary BFG Sport Board supported by Sec Ex PIPEDOWN).* Oversee Biathlon Weapon Storage, Maintenance, Issue and Receipt.
 - g. Other Committee Members:*
 - (1) Vice Chairman Army Nordic.
 - (2) Secretary General British Biathlon Union (BBU).
 - (3) National Athletes Manager.
 - (4) Sec Ex PIPEDOWN.
 - (5) Manager UK Biathlon Weapon Pool.
 - (6) Ladies Representative.
 - (7) Any other representative as requested by the Chairman.
- 4. Appointment of Committee Members.** Committee members are appointed by Chairman Army Nordic under authority of the Chairman AWSA. The Committee may co-opt advisors as deemed necessary and establish sub-committee working groups for particular issues.
- 5. BANSC Meetings.** The committee will meet at least once a year in May and at other times as directed by the Chairman.
- 6. BANSC Responsibilities.**
 - a. Training Courses.* BANSC will provide an overview of and policy guidance on Nordic ski and biathlon training.
 - b. Rules.* BANSC will issue the AWSA Nordic Rules.
 - c. Weapons.* BANSC will provide policy on the storage and maintenance of Biathlon Weapons.

7. Standing Agenda.

Ser	Item
(a)	(b)
1.	Introduction – Chairman.
2.	PXR points from previous Season: <ul style="list-style-type: none">• Ex PIPEDOWN.• Ex SPARTAN HIKE.• Ex RUCKSACK.
3.	Biathlon Shooting and Training Policy.
4.	Biathlon Training Courses.
5.	Biathlon Weapon Policy.
6.	AWSA Nordic Rules.
7.	Commercial Update.
8.	National Update.
9.	Dates for the Next Season.
10.	AOB / DONM.

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ANNEX B TO CHAPTER 13
BIATHLON SAFE SYSTEM OF TRAINING

(Paras [13.016](#), [13.022-23](#) and [13.025](#) refer)

1. All biathlon training is to be conducted within the Safe System of Training amplified in this Annex, which captures Biathlon best practice in one document.

Investigation of Incidents/Accidents

2. In accordance with [2011DIN06-028 dated Oct 11](#), any incident involving death, injury, a near miss which has the potential to cause harm, or ammunition is to be reported to the [Army Incident Notification Cell](#). Where an accident is life-threatening, the Land Accident Prevention and Investigation Team (LAIT) is likely to be called in.

3. Separately, all serious or potentially serious accidents are to be investigated to prevent recurrence:

- a. By commanding officers when it occurs during unit teams' training.
- b. By the Exercise Director when it occurs during a corps, regional or Army championship.

4. Recommendations that may impact on the Biathlon Shooting Training Policy are to be communicated to the [BANSC Policy Member](#) for consideration.

Safe Persons

5. Competitors.

a. All competitors are to pass the BWHT at [Annex C](#) before starting to fire; except for international biathletes competing on the European/World Cup circuit, they are to re-pass it annually before recommencing firing in-season. International competitors shoot regularly throughout the year and are considered to be fully proficient.

b. All firers are to be supervised by an instructor until they achieve the 'Safe Biathlon Competitor' standard. Thereafter instruction should continue to enable them to develop marksmanship skills.

6. Instructors. Biathlon shooting instructors are trained on the following courses:

a. Unit Skill at Arms instructors are taught on official courses run by the School of Infantry. They will transfer their skills to the biathlon rifle through familiarisation with this instruction.

b. The 2-day Biathlon Rifle Trainer (BRT) course, organised by BANSC, will train officers/NCOs, or biathletes with one season's experience, to teach their team members to handle and care for the Biathlon rifle, and to shoot safely. The content includes:

- (a) Assembly of Biathlon Rifle.
- (b) Biathlon Rifle Cleaning and Maintenance.
- (c) Fitting of Biathlon Rifle to the firer.
- (d) Biathlon Weapon Handling Tests (BWHT) – see [para 18 below](#).
- (e) Basic Zeroing and Grouping (initial Biathlon Live Firing Practices (BLFP)) – see [para 19 below](#).
- (f) Overview of Biathlon.
- (g) Introduction to Range Drills.

c. Joint Service Biathlon Shooting Instructor (JSBSI) and Joint Service Biathlon Shooting Coach (JSBSC) courses are organised by BANSC and taught by contracted NSRA coaches. Currently (July 2012) they are in abeyance; when re-instigated, they will be announced by DIN:

(1) The JSBSI is a 5-day course for competent biathletes to develop competition marksmanship and shooting instructor skills. The content includes:

- (a) Fitting of Biathlon Rifle to the firer.
- (b) Prone and Standing positions.
- (c) Zeroing and Grouping.
- (d) Range Drills.

- (e) Introduction to Combination Training.
- (f) Biathlon Rifle Cleaning and Maintenance.
- (g) Basic Biathlon Rules.
- (h) BWHT and BLFP.

(2) The JSBSC is a 5-day course focused on development of more advanced marksmanship skills and shooting performance coaching in the . The content includes:

- (a) Analysis of fall of shot and rectifying common errors.
- (b) Understanding and correcting the effect of wind on the shot.
- (c) Shooting in different light conditions.
- (d) Advanced Combination Drills.
- (e) Rhythm Shooting.
- (f) Design Combination Training.
- (g) Full Biathlon Rules.

7. Rifle Maintenance. Biathlon Rifle Maintenance Courses are half-day's training on the care and maintenance of Anschutz rifles conducted either as part of the BRT and JSBSI courses, or at the same time that rifles are issued to units.

8. Officials.

a. Range Conducting Officer (RCO). All firing on biathlon ranges is to be controlled by a qualified or authorised RCO:

- (1) Range Military Qualification (RMQ) 1-3. Before controlling a biathlon range, the military RCO must have prior biathlon experience.
- (2) The NSRA RCO qualifies the holder to control only a 'static' biathlon range.
- (3) The BBU/IBU qualified RCO can conduct an 'open' biathlon range.

b. Chief of Range. Each championship is to appoint a Chief of Range, who should be a qualified RCO. He/she should have 1- 3 assistants, who are either RCOs or officers/SNCOs, to share the workload. During competition they may supervise 8 – 12 assistant range officials, who score targets and check safety; during training they may supervise 12 – 24 team safety supervisors, who are responsible for the conduct and safe practice of their teams.

c. Chief of Competition. Each championship is to appoint a Chief of Competition to oversee all aspects of the competition. He/she should be an experienced biathlete, who knows the competition rules comprehensively.

d. Technical Delegate. A Technical Delegate may be appointed to a championship by a superior organisation (e.g. BANSC for divisional or corps championships, BBU for Army and National championships). He/she ensures organisational and competition standards, and compliance with competition rules.

Safe Equipment

9. Technical weapon, ammunition and target specifications are detailed in [Reference D](#), Annex A para 3.1.6 (Rifles), 3.1.7 (Ammunition) and 3.2.1 (Target Systems).

10. Rifles. All biathlon weapons are magazine-fed, single shot, muscle-powered bolt-action rifles firing .22" RF ammunition only.

a. Most weapons used by the Armed Forces have been procured centrally and are loaned to units on a seasonal basis. These are variants of the Anschutz biathlon rifle. They are inspected on issue and return by a trained Anschutz armourer, who is responsible for ensuring that the weapons are correctly maintained. They are held on account at the Army Rifle Association, Bisley and at HQ 1 Arm'd Div and issued to units against a F1033, which is the UK national licence to hold the rifles. They will only be issued to units with a trained biathlon rifle maintainer ([para 7](#)).

b. Competitors may own and use their own or private club biathlon rifles, as long as they conform in every way to Reference D. Those owning private weapons must hold a national firearms certificate issued by a UK local Police Force, with a European Firearms Pass if travelling abroad. They may be held in unit armouries or in private

accommodation under the terms of the firearms certificate. All private weapons used in military competition must be inspected annually by a trained Anschutz armourer, who will issue a certificate to be held with the rifle.

c. Competitors should have access to a trained Anschutz armourer at regional and Army level competitions.

11. Ammunition. MOD .22" RF ammunition, manufactured by Eley, is available for issue (General Training ammunition ADAC 11501 .22" Ball Mk2 & Advanced Training/ Competition ammunition ADAC 10502 .22" Ultimate EPS Tenex). Commercial ammunition may be bought, as long as it conforms to Reference D (article 3.1.7 in Appendix 1); all Eley .22" RF long rifle ammunition does so.

12. Targets. Target dimensions are:

Prone: Aiming: 115mm Scoring: 45mm

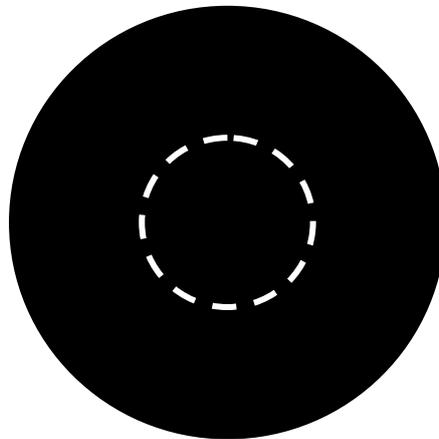
Standing: Aiming: 115mm Scoring: 115mm

a. Paper targets should be used for all initial live firing and for much of the continuation firing in order to identify the exact fall of shot. Suitable MOD targets are available (NRSA 50m Target Card MM13/59 (50m): NH 6920 99 931 7795) but those that replicate the biathlon metal target layout are only available in biathlon nations. Units may also reproduce their own paper targets from the examples at para 13.

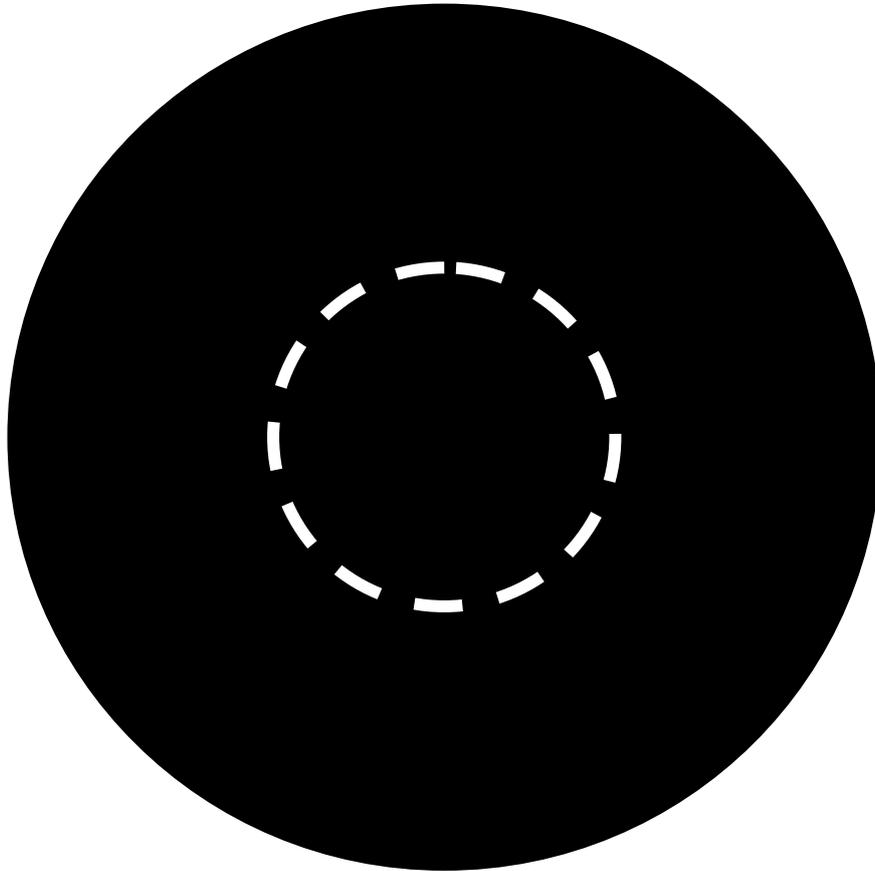
b. The full material specifications of the falling plate metal target sets are in [Reference D](#). The Army owns 26 metal targets: 23 situated at Serre Chevalier for Ex SPARTAN HIKE; 2 at Bisley Ranges; and one spare in store. International biathlon centres used by the Army Championships will have their own IBU-compliant targets.

13. Specimen Biathlon Paper Targets. When printed on A4 paper:

a. *25m Target (57mm diameter):*



b. 50m Target (115mm diameter):



Safe Place

14. 2★ approval has been given for British Armed Forces biathlon live firing training and competition to take place on the following biathlon ranges:

- a. Given the advanced status of biathlon in the following countries, any of their biathlon ranges that are used for regional or national competitions: Norway, Sweden, Finland, Germany, Austria, Switzerland, Italy, France, USA and Canada.
- b. All ranges that host international competitions under IBU regulations.
- c. The only certified UK biathlon ranges are at East Grange Biathlon Centre, near Forres; Glenmore Lodge, near Aviemore and Budleigh Farm Target Shooting Centre, near Exeter.
- d. Persons wishing to fire on other biathlon ranges should contact BANSC in order to investigate gaining safety approval for that range.

15. Regardless of the intrinsic safety of these ranges, RCOs are responsible for withdrawing their firers from shared ranges if the practice of other users is not considered to be safe enough.

16. MOD ranges may be used in accordance with their Range Standing Orders, which may preclude the use of metal targets and will require the use of normal military weapon handling practices.

Safe Practice

17. Ear Protection. Measurement of the sound of an Anschutz biathlon rifle firing Eley .22" RF ammunition outdoors on an open range has shown that it falls below the level for which ear protection is legally required. However, in accordance with NSRA rules, it is recommended that all personnel on a biathlon range use simple hearing protection whenever possible. Coaches must not spend prolonged periods in close proximity to firers without ear protection. Ear protection is mandatory for any indoor firing.

18. Biathlon Weapon Handling Tests (BWHTs). It is mandatory that the BWHTs at [Annex C](#) have been passed by all firers prior to live firing a Biathlon rifle in order to ensure a minimum standard of safety. RCOs must confirm that all firers have completed the BWHT prior to firing. BWHTs are to be taught by qualified personnel ([para 13.023](#)).

19. Progressive Live Fire Training. The progressive Biathlon Live Firing Practices (BLFP) are shown at [Annex D](#). All live firing must be conducted by a qualified Range Conducting Officer (RCO) ([para 13.025](#)) and taught by qualified instructors ([para 13.026](#)).

20. Biathlon Drills. Practices and Drills for use on a Biathlon range/practice are clearly detailed in [Reference C](#), of which the key safety elements are:

a. 3.4.2.2.1 Start Equipment Inspection. The competition Start Equipment Inspection shall check that:

(4) There is no live round in the chamber or in an inserted magazine.

(5) The rifle's trigger resistance is a minimum of 500g.

b. 3.4.2.2.4 Final Check Before Start. Between one and two minutes before the competition start, a further check shall be made by opening and closing the rifle action to ensure that there is no round in the chamber or inserted magazine.

c. 3.4.2.3 Finish Inspection. On arriving at the competition finish or handover zone, a check shall be made by officials that the rifle does not contain live ammunition in the chamber or inserted magazine.

d. 3.7.3.3 Rifle Repair, Exchange and Ammunition. Assistance to repair a rifle is only permitted on the range by the Competition Armourer or a Range Official; a rifle may only be exchanged on the range. Competitors are permitted to receive ammunition on the course and the range.

e. 3.8.5.1 General Safety Regulations. Shooting is only permitted on the range and at officially authorized times. Rifle movements which might, or could be perceived to, endanger other people are forbidden. The rifle muzzle must be over the forward edge of the firing point throughout the shooting phase; no one shall be permitted to be forward of this line when the range is open for shooting. At all times the competitor is responsible for the safety of his actions and rifle.

f. 3.8.5.2 Loading and Unloading. The rifle may be loaded and unloaded only with the barrel pointing in the direction of the targets. Inserting a magazine containing ammunition is part of the loading procedure. When moving from one shooting lane to another, the competitor must first unload his rifle and place it on his back in the normal carrying position.

g. 3.8.5.2.1 Safety Check on the Range after Shooting.

(1) After each competition and combination training shooting bout, the rifle must be unloaded, that is no round may be left in the chamber or in the inserted magazine. However it is permitted to leave the empty cartridge case in the chamber and the empty magazine in the rifle after the last shot with the rifle then placed on the competitor's back. On completion of the session, the rifle is then safety checked, either at the competition finish, or by the competitor back on the range.

(2) At the end of each static training and zeroing bout, the competitor must perform a safety check before leaving the firing point by opening the bolt and removing the inserted magazine, with the barrel pointing in the direction of the targets.

h. 3.8.5.3 Aimed Shots. All shots must be aimed and fired only at the targets.

i. 3.8.5.4 Removal of Rifle on Range. A competitor may not remove a strap of his rifle carrying harness from his shoulder before he has reached the firing lane from which he will shoot. He must enter the firing lane and lay both ski poles on the ground prior to removing his rifle from the carrying position.

j. 3.8.5.5 Safety at the Finish. At all competitions a finish area official will open the rifle action of every competitor, when the rifle is pointing upwards, in order to check that it does not contain a live round in the chamber or inserted magazine. The official will inspect the cartridge case ejected from the chamber. (See also 3.4.2.3).

k. 3.8.6.1 Misfires, Lost Rounds or Magazines and Damaged Rifles. Misfires, lost rounds or magazines may be replaced by a competitor if he is carrying spares. If he is not, replacements may be obtained from his team's reserve rifle or support staff behind the range through a Range Official. The Range Official will deliver them to the competitor. Competitors are permitted to receive ammunition and magazines on the course as well.

l. 3.8.6.2 Damaged Rifles. If a rifle needs to be repaired, the competitor may do the repairs or accept assistance only from the Competition Armourer or a Range Official. If the rifle cannot be made functional, it may be exchanged for the team's reserve rifle.

m. 3.8.6.2.1 Reserve Rifle. A rifle which has been damaged during the competition or malfunctions for technical reasons to such an extent that it cannot be used to continue the competition may be exchanged for a team reserve rifle, which has been inspected and marked at the equipment check and deposited in the designated rifle rack on the range. The competitor must then continue the competition with the reserve rifle.

n. 3.8.6.2.2 Rifle, Magazine and Ammunition Exchange Procedure. If a rifle has been damaged or a magazine lost on the course, the competitor may ski to the team reserve rifle in the rack on the range and exchange his rifle or replace his magazine prior to going to a *shooting* lane. During shooting the competitor shall only replace his rifle through a Range Official, who will deliver it to the competitor.

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**ANNEX C TO CHAPTER 13
BIATHLON WEAPON HANDLING TESTS (BWHT)**

(Paras [13.019a](#) and [13.020](#) refer)

Test	Subject	Stores	Conditions	Marking
1	Demonstrate Normal Safety Precautions (NSPs)	Rifle with carrying harness and sling; loaded with empty magazine; bolt cocked, safety catch set at 'SAFE'; lying on the ground.	<ol style="list-style-type: none"> 1. Order student to pick up the rifle in order to take it back to the armoury. Without direction, the student is to: <ol style="list-style-type: none"> a. Pick up the rifle, pointing it in a safe direction. b. Remove the magazine, place it in holder on stock. c. Release safety catch. d. Open the bolt and ensure that the chamber, face of the bolt and body of the rifle are clear (by look and feel). e. Close the bolt, point the rifle in a safe direction and operate the trigger. f. Close the muzzle cover and rear sight. g. Empty all magazines, replace back in holder on stock; hand ammunition to officer. h. Place rifle on back. 2. Order the student to hand over the rifle. The student is to: <ol style="list-style-type: none"> a. Take the rifle off his back. b. Point rifle in a safe direction and hold the bolt open, showing that the rifle is clear. c. Close the bolt and operate the trigger, pointing in a safe direction. d. Remove the magazines to show that they are empty. 	<p>Standard:</p> <p>Pass – All actions correct.</p> <p>Fail – Any error.</p>
2	Stripping, Cleaning and Assembling	Rifle unloaded, weapon tools, flannelette and oil.	<ol style="list-style-type: none"> 1. Order the student to strip the rifle as for daily cleaning. He is to: <ol style="list-style-type: none"> a. Carry out NSPs. b. Open muzzle cover. c. Remove bolt, release firing pin spring tension and lay in a clean dry place. The standard Anschutz bolt may be dismantled, but the Fortner bolt must not be. d. Remove magazines. 2. Ask the following questions: <ol style="list-style-type: none"> a. What size flannelette is used to clean the barrel? ANS: 25x25mm b. What size flannelette is used to oil the barrel? ANS: 25x25mm c. What are the differences to normal daily cleaning in the following conditions: 	<p>Standard:</p> <p>Pass – 1 or 2 mistakes that don't affect safety.</p> <p>Fail – more than 2 mistakes, or any mistake that affects safety.</p>

Test	Subject	Stores	Conditions	Marking
			<p>(1) Heavy rain/snow and damp conditions. ANS: Dry all parts of the rifle thoroughly.</p> <p>(2) Dry cold conditions. ANS: Ensure rifle is at normal room temperature before cleaning.</p> <p>d. What essential cleaning must be carried before firing and why? ANS: Dry clean the barrel to avoid causing barrel bulges due to excess pressure caused by oil.</p> <p>3. Order the student to demonstrate cleaning. The student should:</p> <ol style="list-style-type: none"> Use barrel rod, and breech guide if available. Clean breech face, bolt and top of the magazines. Oil all metal surfaces, especially bolt guides. <p>4. Order the student to assemble the rifle and check the functioning of the weapon. The student should:</p> <ol style="list-style-type: none"> Re-tension bolt and replace. Check smooth operation of bolt 3 or 4 times; operate trigger. Close muzzle cover; replace empty magazines. Check security of: <ol style="list-style-type: none"> Hand stop. Carrying harness. Barrel retaining bolts. 	
3	Load & Make Ready	Rifle, 2 empty magazines in holder on stock, representative targets	<ol style="list-style-type: none"> Student standing, rifle on back. Nominate either prone or standing firing position. Student given the command “<i>Adopt {nominated} position and make ready</i>”. Student carries out the following actions: <ol style="list-style-type: none"> Takes rifle off back correctly, pointing barrel down range at all times. Opens muzzle cover and rear sight cover. Extracts the magazine and fits it into the rifle; checks that it is secure. Adopts nominated firing position. Operates bolt to chamber a round. 	<p>Standard:</p> <p>Pass – Without error, other than variation to the sequence of 4(a) to (d).</p> <p>Fail – Any other error, particularly carrying out (a) incorrectly or (e) too early.</p>
4	Immediate Actions - Misfire	Rifle ready from Test No 3, representative targets.	<ol style="list-style-type: none"> Student instructed that on operating the trigger the rifle does not fire. Student is to: <ol style="list-style-type: none"> Gently work the bolt to re-cock without extracting any round in the chamber; operate the trigger, aiming at a 	<p>Standard:</p> <p>Pass – Actions carried out safely.</p> <p>Fail – Any action that affects safety.</p>

Test	Subject	Stores	Conditions	Marking
			<p>target. (<i>Note: the most likely cause with the Fortner rifle is that the bolt was not locked fully forward</i>).</p> <p>b. If the rifle still does not fire, remove the magazine and pull the bolt rearwards gently in order to control the ejection of any round.</p> <p>c. Inspect round:</p> <p>(1) If struck, hand to range official and use spare round carried or obtained from team (a competitor must fire the required number of rounds). Replace magazine and continue firing at targets.</p> <p>(2) If not struck, suspect broken firing pin. Either try a further round or immediately call for spare team rifle.</p> <p>d. If no round ejected, check breech.</p> <p>(1) If empty, and no rounds in magazine, kick himself for not counting rounds correctly; continue practice with spare rounds if required to by competition rules.</p> <p>(2) If empty and rounds in magazine, no round was fed into breech: replace magazine fully, close bolt and operate the trigger aiming at a target. Ensure that the bolt is pulled fully to the rear in future.</p> <p>(3) If round in breech, leave rifle on ground, pointing down range with bolt open, for armourer to clear, inform Range Official and call for spare team rifle.</p>	
5	Immediate Actions - Misfeed	Rifle ready from Test No 3, representative targets.	<ol style="list-style-type: none"> 1. Student instructed that on operating the bolt it does not close fully. 2. Student is to: <ol style="list-style-type: none"> a. Remove the magazine. b. Pull the bolt sharply rearwards in order to eject the trapped round, but retain it for inspection. c. Prepare to use spare round carried or obtained from team (a competitor must fire the required number of rounds). d. Inspect the breech: <ol style="list-style-type: none"> (1) If round in breech, check if struck: <ol style="list-style-type: none"> (a) If struck, suspect broken ejector(s). Close bolt firmly 	<p>Standard:</p> <p>Pass – Any action carried out safely; if student is at any stage uncertain he should call for assistance from a range official.</p> <p>Fail – Any action that affects safety.</p>

Test	Subject	Stores	Conditions	Marking
			<p>and re-open to try to eject empty case. If that fails leave rifle on ground, pointing down range with bolt open, and call for spare team rifle.</p> <p>(b) If not struck, a double feed may have occurred. Close bolt firmly, replace magazine and continue firing.</p> <p>(2) If no round in breech, check further rounds are correctly seated in magazine; replace magazine and carry on firing. If same incident re-occurs either continue firing by hand loading each round into the breech or call for spare team rifle.</p>	
6	Unload	Rifle ready from Test No 3	<p>1. Order student to “Unload”. Student is to:</p> <ol style="list-style-type: none"> Keep the rifle pointing in a safe direction. Remove the magazine and place in holder on stock. Open the bolt to eject any chambered round under control: <ol style="list-style-type: none"> If an empty case, dispose of it correctly. If an unfired round, retain for subsequent use. Ensure the chamber, bolt face and body of the rifle are clear (by look and feel). Close the bolt, point the rifle in a safe direction and operate the trigger. Close the muzzle cover and rear sight. Place rifle on back. <p>2. If the student has completed firing, the magazines are to be unloaded and any ammunition handed to an officer.</p>	<p>Standard:</p> <p>Pass – Actions carried out safely.</p> <p>Fail – Any action that affects safety.</p>

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**ANNEX D TO CHAPTER 13
PROGRESSIVE BIATHLON LIVE FIRING PRACTICES (BLFP)**

(Para [13.022](#) refers)

BLFP 1: Introductory Shoot

Practice	Range/ Position	Ammo	Target/Exposure	Instructions
1. Familiarization	25 or 50m, Prone	5 rds	Paper Roundel	1. Fire five rounds to get feel of weapon and position.
2. Initial Grouping (Fired Twice)	25 or 50m, Prone	5 rds	Same as Prac 1	1. Fire five round group. 2. Identify and record group dimensions. Discuss sight picture. 3. Repeat; discuss differences between groups. 4. Result: group size = 40/80mm (@ 25/50m).
3. Familiarization (Fired Twice)	25 or 50m, Standing	5 rds	Paper Roundel	1. Fire five rounds to get feel of weapon and position. 2. Identify fall of shot and record. 3. Repeat. 4. Result: 60% of rounds on paper.

BLFP 2: Grouping

Practice	Range/ Position	Ammo	Target/Exposure	Instructions
1. Grouping	25 or 50m, Prone	5 rds	Paper Roundel	Fire five round group for familiarization.
2. Grouping (Fired Twice)	25 or 50m, Prone	5 rds	Paper Roundel	1. Fire a five round group. 2. Identify and record MPI and group dimensions. Discuss pattern of fall of shot and possible causes. 3. Repeat. If MPI consistent after both shoots, adjust for elevation and deflection. 4. Result: group size = 30/60mm (@ 25/50m).
3. Confirmatory Grouping (Fired Twice)	25 or 50m, Prone	5 rds	Same as Prac 2	1. Fire a five round group. 2. Identify fall of shot, record MPI and group dimensions. 3. If MPI is consistent after both shoots, adjust as appropriate. 4. Result: consistent MPI within 20/40mm (@ 25/50m).
4. Application (Fired Twice)	25 or 50m, Standing	5 rds	Paper Roundel	1. Fire five rounds. 2. Identify and record fall of shot. Discuss sight picture. 3. Repeat. 4. Result: 20% of rounds on target.

BLFP 3: Grouping and Zeroing

Practice	Range/ Position	Ammo	Target/ Exposure	Instructions
1. Grouping	25 or 50m, Prone	5 rds	Paper Roundel	Fire five round group for familiarization.
2. Grouping (Fired 3 Times)	25 or 50m, Prone	5 rds	Same as Prac 1	<ol style="list-style-type: none"> 1. Fire a five round group. 2. Identify and record fall of shot, MPI and group dimensions. Resolve fall of shot errors. 3. Repeat twice. When MPI consistent (within 15/30mm (@ 25/50m)), start to adjust for elevation and deflection. 4. Result: group size = 25/50mm (@ 25/50m).
3. Zeroing (Fired Twice)	25 or 50m, Prone	5 rds	Paper Roundel	<ol style="list-style-type: none"> 1. Fire a five round group. 2. Identify and record fall of shot, MPI group dimensions. 3. Student to adjust for elevation and deflection under supervision. 4. Repeat and compare MPI. 5. Result: group size = 20/40mm & MPI within 10/20mm (@ 25/50m).
4. First Application	25 or 50m, Prone	2 x 5 rds	2 x Paper Roundel side by side	<ol style="list-style-type: none"> 1. Fire five rounds at one target, break position and repeat at second target. 2. Result: consistent MPI and groups on both targets.
5. Application (Fired Twice)	25m or 50m Standing	5 rds	Paper Roundel	<ol style="list-style-type: none"> 1. Fire five rounds. 2. Identify and record fall of shot. Discuss sight picture. 3. Repeat. 4. Result: 40% of rounds on target.

BLFP 4: APPLICATIONS OF FIRE

Practice	Range/ Position	Ammo	Target/ Exposure	Instructions
1. Zeroing (Fired daily before every practice and when conditions change)	50m Prone	2 x 5 rds	Paper Roundel	<ol style="list-style-type: none"> 1. Fire a five round group. 2. Identify MPI and adjust for elevation and deflection. 3. Repeat to confirm consistent MPI.

Practice	Range/ Position	Ammo	Target/ Exposure	Instructions
2. Application 1 (repeat as required)	50m Prone	5 rds	Paper Roundel	<ol style="list-style-type: none"> 1. Fire five rounds within limited time; start at 40 secs from first to last shot, working down to 30 secs. 2. Identify and record fall of shot, MPI and group dimensions. 3. Discuss marksmanship challenges. 4. Result: group size = 45mm & no effect on MPI.
3. Application 2 (repeat as required)	50m Prone	5 rds	2 – 5 Paper Roundels	<ol style="list-style-type: none"> 1. Fire each successive round at a different target. Limit time for whole practice from taking up position, starting at 50 secs working down to 30 secs 2. Identify and record fall of shot, MPI and group dimensions. 3. Discuss marksmanship challenges. 4. Result: combined group size = 45mm & no effect on MPI.
4. Application 3 (repeat as required)	50m Prone	5 rds	Paper Roundel	<ol style="list-style-type: none"> 1. Two or more firers on adjacent lanes compete against each for accuracy racing each other. Add 20 secs for each shot outside 45mm target. 2. Fire five rounds. 3. Identify and record fall of shot, MPI and group dimensions. 4. Discuss marksmanship challenges. 5. Result: group size = 45mm & no effect on MPI.
5. Application 4 (repeat as required)	50m Prone	5 rds	Paper Roundel	<ol style="list-style-type: none"> 1. Conduct cardiovascular training to raise heart rate to 70% max heart rate (recommended run/roller ski or ski) working up to 5 min. Use heart rate monitor if available. 2. Fire five rounds. 3. Identify and record fall of shot, MPI and group dimensions. 4. Discuss marksmanship challenges. 5. Result: 40% prone hit.
6. Application 5 (repeat as required)	50m Standing	5 rds	Paper Roundel	<ol style="list-style-type: none"> 1. Fire five rounds within limited time; start at 50 secs from first to last shot, working down to 25 secs. 2. Identify and record fall of shot. 3. Discuss marksmanship challenges. 4. Result: 20% of rounds on target.

Practice	Range/ Position	Ammo	Target/ Exposure	Instructions
7. Application 6 (repeat as required)	50m Standing	5 rds	2 – 5 Paper Roundels	<ol style="list-style-type: none"> 1. Fire each successive round at a different target. Limit time for whole practice from taking up position, starting at 75 secs working down to 45 secs 2. Identify and record fall of shot. 3. Discuss marksmanship challenges. 4. Result: 40% of rounds on target.
8. Application 7 (repeat as required)	50m Standing	5 rds	Paper Roundel	<ol style="list-style-type: none"> 1. Two or more firers on adjacent lanes compete against each for accuracy racing each other. Add 20 secs for each shot off target. 2. Fire five rounds. 3. Identify and record fall of shot. 4. Discuss marksmanship challenges. 5. Result: 40% of rounds on target.
9. Application 8 (repeat as required)	50m Standing	5 rds	Paper Roundel	<ol style="list-style-type: none"> 1. Conduct cardiovascular training to raise heart rate to 70% max heart rate (recommended run/roller ski or ski) working up to 5 min. Use heart rate monitor if available. 2. Fire five rounds. 3. Identify and record fall of shot, MPI and group dimensions. 4. Discuss marksmanship challenges. 5. Result: 40% Stand hit.

The next practices are to be carried out on Metal Biathlon targets:

10. Application 9 (repeat as required)	50m Prone	5 rds	Metal Biathlon Target set at prone	<ol style="list-style-type: none"> 1. Fire five rounds. 2. Record targets hit and where missed shots fell. 3. Discuss marksmanship challenges. 4. Result: all 60% targets hit.
11. Application 10 (repeat as required)	50m Standing	5 rds	Metal Biathlon Target set at standing	<ol style="list-style-type: none"> 1. Fire five rounds. 2. Record targets hit and where missed shots fell. 3. Discuss marksmanship challenges. 4. Result: 40% targets hit.

The test in each Application may be combined with others to increase the physical and psychological pressure i.e. three firers concurrently ([Application 7](#)).

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**ANNEX E TO CHAPTER 13
SPECIMEN BIATHLON RANGE STANDING ORDERS**

(Para [13.025](#) refers)

References:

- A. [International Biathlon Union \(IBU\) Event and Competition Rules.](#)
- B. [AWSA Nordic Ski Competition Rules.](#)

General

1. All firers and officials must read and observe these orders. All firers will be required to certify that they have done so, understand the procedures and will comply with them.
2. The rules are based on international biathlon procedures detailed in Reference A, which are repeated in Reference B.

Universal Rules

3. A Range Conducting Officer (RCO) will be appointed for each firing practice conducted by military biathletes, be it a race or training. Where a range is shared with other users, the RCO is responsible both for the lanes occupied by military biathletes and for liaison for safety with all other users. If there is any doubt about the safe practice of other users, the RCO is to withdraw military biathletes from the range until the situation is resolved..
4. The RCO is responsible for ensuring that all firers have completed within the previous 12 months the appropriate Biathlon Weapon Handling Tests (BWHT).
5. The RCO will designate the types of firing practice that may take place during each session.
6. Each Team Captain is responsible for controlling the issue of ammunition to his/her team. There is to be only one nominated person in each team who is responsible for holding ammunition off the Range. Ammunition is only to be issued to firers on arrival at the Range.
7. Unused ammunition is to be retrieved from firers before leaving the Range at the end of a firing session. Firers are to pick up their empty cases from the firing point at the end of each practice. Empty cases and ammunition containers are to be collected in separate bags designated by the RCO.
8. In accordance with Queen's Regulations team captains are to remind firers that it is an offence to leave the range with live rounds or empty cases. Team captains are to inspect all magazines, weapons, pockets and bags and take a declaration from their firers that they have no live rounds or empty cases, except for the nominated person who holds the ammunition. They are then to report that this action has been completed to the RCO before they will be allowed to leave the Range.
9. All personnel firing on the range during practice sessions are to be under the immediate safety supervision of a qualified or authorised officer or SNCO of his/her team, who is to be declared to the RCO. Safety supervisors for races will be nominated and briefed by the Chief of Range.
10. Whenever you pick up a weapon always check, by visual inspection, that there is no round in the chamber.
11. Whenever you hand a weapon to anyone, hand it over with the breech open and magazine removed. Additionally ensure that the recipient sees for him/herself that the breech is clear and the magazine has been removed. Insist that the same procedure is conducted when taking over a weapon.
12. Never, ever, point a weapon, even if unloaded, at anyone, even in jest.
13. Rifles may only be loaded and unloaded on the firing point when authorized by the RCO and must be pointing in the direction of the targets. Inserting a loaded magazine into the magazine housing is part of the loading procedure; placing a loaded magazine in a carrying position is not. Do not insert a loaded magazine into the magazine housing other than when on the firing point. Having loaded your weapon, keep the muzzle pointing in the direction of the target.

14. All shots must be aimed and fired only at indicated targets. There is to be no deliberate shooting across lanes. In competition, shots on incorrect targets are not counted as hits, but firers are not stopped unless safety is threatened or they are interfering with other firers.

15. Before leaving the firing point, ensure that there is no round in the chamber.

16. Should the need arise to stop shooting at any time, the RCO or a Safety Supervisor will order "STOP". On this order firers will immediately stop firing, remove the inserted magazine, unload any chambered round, lay their rifles down on the ground and await further orders.

17. No one is permitted forward of the firing point without permission of the RCO, which will only be given when the range is clear. For this to occur all cleared weapons are either to be placed on the ground with the bolt open or to be carried in the correct position on the skier's back.

18. All spectators are to remain behind the firing point at all times.

19. Smoking is not permitted on the firing point.

20. In order to preserve the pisted surface skiers should not take off their skis on the firing point; non-skiers are to wear flat-soled shoes/boots on the firing point.

Biathlon Rules

21. It is forbidden to make movements with a rifle which might endanger other people, or which may be perceived by them to be dangerous; rifles must never, even when unloaded, be pointed in the direction of other people. Rifles must be unloaded and on the firer's back in the normal carrying position when moving onto and off the range. When moving the rifle to and from the carrying position, care must be taken to ensure that it always points down the range.

22. After each competition and combination training shooting bout the rifle must be unloaded; that is, no round may be left in the chamber or in the inserted magazine. However it is permitted to leave the fired cartridge case in the chamber and the empty magazine in the magazine housing after the last shot with the rifle then placed on the competitor's back.

23. At the end of each static training and zeroing bout, the firer must clear his/her weapon before leaving the firing point by opening the bolt, removing the inserted magazine and checking that the chamber is empty, with the barrel pointing in the direction of the targets. The bolt is to be closed before an empty magazine is placed back on the rifle, if required. Unit safety supervisors are to oversee this procedure and to ensure that it is carried out prior to firers finishing their practice. On completion of combination training (skiing and shooting), firers are to return to the firing point in order to undertake this procedure.

24. A competitor may not remove a strap of the rifle carrying harness from his/her shoulder before he/she has reached the firing lane from which he/she will shoot. Both ski poles must be placed horizontally on the ground prior to moving the rifle from the carrying position. If required to move from one firing lane to another, the competitor must first unload his/her rifle and place the rifle on his/her back in the normal carrying position.

25. In biathlon competitions safety checks will be carried both before the competitor starts and after each one has finished:

a. The competition Start Equipment Inspection shall check that there is no live round in the chamber or in an inserted magazine and that the rifle trigger resistance is at least 500g. Between one and two minutes before the competition start, a further check shall be made by opening and closing the rifle action that there is no round in the chamber or inserted magazine.

b. On arriving at the competition finish or handover zone, a finish area official will open the rifle action of every competitor, when the rifle is pointing upwards, in order to check that it does not contain a live round in the chamber or inserted magazine. The official will inspect the cartridge case ejected from the chamber to ensure that it has been fired; if it has not, the penalty is disqualification. The official will inform the competitor that the inspection has been completed. If this safety check is not carried out for any reason, the competitor must do it him/herself.

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