

# Utah 4-H Shooting Sports State Plan

## Safety, Education, Responsibility, and

## FUN . . . . Learn By Doing!



### Utah 4-H Mission Statement

Assist youth in acquiring knowledge, building character, and developing life skills in a fun learning environment that will enable them to become self-directing, productive members of society.

### National 4-H Shooting Sports Code of Ethics

A complete 4-H shooting sports program must convey life skills development and be presented in a way that is safe, technically competent, and helps instill 4-H values in participants through teaching and example. Certified shooting sports instructors and volunteers must be cognizant of their role as a moral and ethical mentor, as well as teacher, to youth and adults in their state and community.

#### As a 4-H shooting sports instructor or volunteer:

- ⇒ I will respect the participants, volunteers and property associated with the 4-H shooting sports program.
- ⇒ I will set a good example as a mentor and role model for 4-H shooting sports youth and volunteer leaders.
- ⇒ I will conduct myself and my 4-H shooting sports program in a professional and ethical manner.
- ⇒ I will strive to be knowledgeable of the life skills embodied in the 4-H shooting sports program and aid positively in the development of youth through adherence to those principles.
- ⇒ I will strive to be technically competent in the subject matter I teach and adhere to the National 4-H shooting sports guidelines and curriculum.
- ⇒ I will respect the dignity of each participant in the 4-H shooting sports program regardless of gender, origin, ability, or achievement.

### Utah State 4-H Shooting Sports Committee

The Utah 4-H Shooting Sports Committee is made up of the state 4-H shooting sport director, the a state 4-H shootings sport contact, three 4-H Extension Agents from three of the 29 counties in Utah, and one representative of the Utah Hunter Education Program from the Utah Division of Wildlife Resources. Input is also solicited from volunteer leaders participating in the State 4-H Shooting Sports Contests.

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## **Program Philosophy**

The primary goal of Utah's 4-H Shooting Sports Program is to promote youth development and education. Shooting sports is the subject matter used to provide young people essential life skills in the areas of safety, education, responsibility, and fun. Fun is not the most important life skill, but is essential for youth to continue a life-long involvement in shooting sports.

## **Utah 4-H Shooting Sports Objectives**

1. Promote positive advocacy roles for youth to emulate as responsible stewards of the environment.
2. Develop responsibility, sportsmanship, ethical behavior, and respect for shooting sports activities.
3. Promote the safe use, handling, transportation, and storage of firearms and archery equipment.
4. Promote shooting sports as life-long leisure and career opportunities for youth and families.
5. Encourage 4-H membership and the involvement of adult volunteers.
6. Promote safety, education, and FUN in all aspects of life.

## **4-H County Extension Agents Are In Charge of Shooting Sports**

The initial certification, continued certification, and recertification of Shooting Sports Instructors; the scheduling and direction of county shooting sports programs; and the participation of youth in the State 4-H Shooting Sports competitions, are the responsibility and under direct control of the local County Extension Agent and/or local 4-H Extension Agent. Volunteers must involve the local Extension Agent in all aspects of 4-H Shooting Sports Activities and the Agents are both responsible and have authority over their County 4-H Shooting Sports Programs.

## **Instructor Certification Requirements**

To become certified as a Utah 4-H Shooting Sports Instructor there are two options. In option 1, individuals nominated by their local Extension Agent and approved by the Utah State Shooting Sports Committee may attend one of the week-long National 4-H Shooting Sports Workshops and complete the certification requirements to teach in rifle, shotgun, archery, or muzzleloading. In option 2, an individual must complete any two of the four-hour Utah State Shooting Sports training programs in (a) 4-H Shooting Sports, (b) Rifle Instruction, (c) Shotgun Instruction, (d) Archery Instruction, or (e) Muzzleloading Instruction, . . . . AND . . . . . complete the 12 hour class to be certified as a Utah Hunter Education Instructor. Each of the Utah 4-H training programs for shooting sports spend two of the four hours on the range shooting. All youth who compete in Utah's State 4-H Shooting Sports Competitions, must be paid 4-H members and have a valid Hunter Education Blue Card. Also, all 4-H employees and/or volunteer leaders who serve as the lead instructor at public shooting ranges in Utah must be certified Hunter Education Instructors.

## **Continued Certification and Recertification of Instructors**

Individuals that train youth and teams to compete in the State 4-H Shooting Sports Competition and/or the Youth Hunter Education Challenge annually, remain certified as 4-H Shooting Sports Instructors. If an instructor does not train youth on an annual basis and participate in an annual competition, they are required to attend one of the instructor training workshops each year to remain certified.

The Utah 4-H Shooting Sports Program

## **National 4-H Shooting Sports Guide**

The National 4-H Shooting Sports Guide is the primary reference used in Utah's 4-H Shooting Sports discipline. This reference contains the objectives of the 4-H Shooting Sports Program and lesson plans for each discipline. Program leaders should also refer to the Utah 4-H Shooting Sports Plan, the Utah Hunter Education Manual and the current copies of the Utah Hunting Proclamations.

Information on becoming a Certified 4-H Shooting Sports Instructor can be obtained at:

<http://extension.usu.edu/cache/htm/4hshooting>

Information on becoming a Certified Hunter Education Instructor or earning Hunter Education Certification (Blue Card) can be obtained at: <http://wildlife.utah.gov/huntereducation/>

## **Utah Shooting Sports County Programs**

County shooting sports programs in Utah are organized under the direction of the county 4-H agent. The 4-H volunteer leaders must be registered through the county 4-H office. Leaders are encouraged to become 4-H Shooting Sports Instructors. Leaders are encouraged to have experienced adults assist with the 4-H shooting sports programs. Handguns and centerfire rifles are not used in the Utah 4-H shooting sports program. Junior (youth in grades three through five) 4-H members participate in archery, air rifle, and other aspects of the program, but they do not shoot 22 rifles, shotguns, and/or muzzleloading rifles until they have completed the requirements and have earned a Hunter Education Blue Card. Intermediate participants (youth in grades six through eight) and senior participants (youth in grades nine through twelve) are required to have completed the requirements and have earned a Hunter Education Blue Card and may participate in all aspects of the program. All youth participation is based on the approval of the 4-H agent and volunteer program leader.

All 4-H Shooting Sports activities should be supervised by trained adults. Activities that involve shooting 22 rifles, shotguns, and/or muzzleloading rifles must meet the following criteria. The minimum training requirements for the adult who will oversee firearm shooting during a Utah 4-H Shooting Sports Program include the county requirements to be a registered adult leader with the local 4-H office and that they are a certified Utah Hunter Education Instructor. Following the initial start up of a county program, shooting sports leaders should attend the Utah 4-H Leadermet training to become certified in 4-H Shooting Sports. The shooting sports program leader should utilize experienced adults to assist instructional activities and insure safety. One or more adult assistants are recommended for each six youth participants actually shooting firearms.

### **Responsibilities of 4-H Volunteer Leaders**

The 4-H volunteer leader's primary responsibility is to help youth members learn skills. The 4-H youth are to "learn by doing" and have fun. When youth participate in hands-on activities they have much greater knowledge retention. Volunteer leader should teach 4-H members how to think, not what to think. Emphasize creative thinking in young people by giving them a chance to make decisions on their own. They will learn from their own choices and mistakes. Encourage each 4-H member with praise, attention, or compliments, letting them know they are important and what they have done is worthwhile. Connect youth to the community in which they live. Community service projects, exchange trips, and visits with other clubs, are effective ways to open new horizons for youth.

### **Shooting Sports Age Categories for Youth Participants**

Junior 4-H Shooting Sports Participants: Youth in grades three through five

Intermediate 4-H Shooting Sports Participants: Youth in grades six through eight

Senior 4-H Shooting Sports Participants: Youth in grades nine through twelve

### **The 4-H Motto**

"To Make the Best Better!"

### **The 4-H Pledge**

I pledge: My HEAD to clearer thinking, My HEART to greater loyalty, My HANDS to larger service and My HEALTH to better living, For my Club, my Community, My Country and my world.

### **The 4-H Creed**

I believe in 4-H club work for the opportunity it gives me to become a useful citizen. I believe in the training of my Head for the power it will give me to think, plan and reason. I believe in the training of my Heart for the nobleness it will give me to be kind, sympathetic, and true. I believe in the training of my Hands for the ability it will give me to be helpful, skillful, and useful. I believe in my country, my state, my community, and in my responsibility for their development. In all these things I believe and I am willing to dedicate my efforts to their fulfillment

## **The 4-H Ethics Statement**

I will be worthy of trust, honor and confidence

I will respect all people, including myself

I will be responsible, accountable; self disciplined (in pursuit of excellence)

I will be just, fair and open

I will be caring in my relationships with others

I will be a contributing and law abiding citizen

I understand that all my choices and decision affect others.

## **How Does the 4-H Program Work?**

The 4-H volunteers encourage youth to gain knowledge and learn practical life skills, and apply them in their project area and beyond. Members learn to work together as a team and develop a sense of fairness. The 4-H members learn decision-making skills through project work, judging contests, and other 4-H activities. The 4-H members have opportunities to learn and practice leadership skills within their own club and at county and state activities. The 4-H members develop an appreciation and understanding of their community through individual or club service projects.

## **Transport of 4-H Members**

Volunteers should obtain written permission from parent/guardian before transporting 4-H members to any activity or event including club field trips and activities. A Parent/Guardian Field Trip Notification Form may be used for this purpose. Personal transportation to and from 4-H activities is the responsibility of the parent/guardian, 4-H member, volunteer, or other driver, and is not covered by USU or the state of Utah liability. Permission - Pickup of youth participating in 4-H activities or events in which they are dropped off and picked up, are allowed to leave ONLY with individuals indicated by parent/guardian, as indicated on the form.

## **Above Suspicion Policy**

One-on-one situations of an adult with a youth should be avoided as reasonably feasible. Avoid potential child abuse issues by having at least three people present at all times. The purpose is to provide a safe and caring environment in all aspects of the 4-H program, and to protect paid and volunteer staff from situations where there is potential for being accused of abuse. It is recognized that there will be occasions where one-on-one situations are unavoidable. ALL staff, both paid and volunteer, should, whenever possible, avoid such situations with youth.

Developing Youth Curriculum Using the  
**Targeting Life Skills Model**  
 Incorporating Developmentally Appropriate Learning Opportunities to Assess Impact of Life Skill  
 Development



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[www.extension.iastate.edu/4H/lifeskills/previewwheel](http://www.extension.iastate.edu/4H/lifeskills/previewwheel)

# Content Outline of State 4-H Shooting Sports Workshops

Reference: 4-H Shooting Sports Guide – National Shooting Sports Committee

## **Introduction to 4-H Shooting Sports (2 hours of classroom & 2 hours of range instruction)**

- ⇒Objective of 4-H Shooting Sports, Youth programs, and Youth Development (p. 1)
- ⇒Introduction to the Rifle (p. 205)
- ⇒*Introduction to Archery: Archery Equipment, Safety and Range Commands* (p. 17)
- ⇒Basic Shotgun Knowledge (p. 293)
- ⇒Introduction to Muzzleloading: Muzzleloading and Muzzleloading Equipment (p. 91)
- ⇒Fact sheet 1: What is Shooting Sports (p. 355)
- ⇒Fact sheet 1: 10 Steps to a Successful Shooting Sports Program (p. 357)
- ⇒Fact sheet 1: Determining Eye Dominance (p. 359)
- ⇒Fact sheet 1: Non-threatening Hands-on Instruction (p. 361)

## **Rifle Instruction (2 hours of classroom & 2 hours of range instruction)**

- ⇒Introduction to the Rifle (p. 205)
- ⇒Dry Firing Rifles (p. 217)
- ⇒Shooting for Groups (p. 231)
- ⇒Teaching Sight Picture (p. 241)
- ⇒Shooting for Scores (p. 253)
- ⇒Standing Positions (p. 261)
- ⇒Kneeling Position (p. 269)
- ⇒Sitting Position (p. 275)
- ⇒Prone Position (p. 281)



## **Archery Instruction (2 hours of classroom & 2 hours of range instruction)**

- ⇒Using the Basic Archery Lesson Plans (p. 13)
- ⇒Archery Equipment, Safety and Range Commands (p. 17)
- ⇒Proper Archery Shooting Form (p. 31)
- ⇒Instinctive Shooting (p. 45)
- ⇒Shooting with Sights (p. 51)
- ⇒*Shooting Recurved Bows* (p. 57)
- ⇒Shooting Compound Bows (p. 63)
- ⇒*Types of Arrows* (handout)
- ⇒Bow Tuning (p. 74)
- ⇒Target Archery Games (p. 83)



## **Shotgun Instruction (2 hours of classroom & 2 hours of range instruction)**

- ⇒Using the Shotgun Lesson Plans (p. 289)
- ⇒Basic Shotgun Knowledge (p. 293)
- ⇒Safe Shotgun Handling (p. 307)
- ⇒Shotgun Shooting Fundamentals (p. 321)
- ⇒Firing the First Shot (p. 335)
- ⇒Caring for Your Shotgun (p. 345)

*Ride hard, shoot straight,  
and live so you can look  
anyone in the eye.*

## **Muzzleloading Instruction (2 hours of classroom & 2 hours of range instruction)**

- ⇒Muzzleloading and Muzzleloading Equipment (p.91)
- ⇒Muzzleloading Safety (p. 105)
- ⇒Shooting and Cleaning Muzzleloading Rifles (p. 105)
- ⇒*Improving Accuracy* (handout)

*Aim small,  
miss small!*