Regina Biathlon Club

Dry Firing Procedure

1. 10 - Standing (senior girls/boys and up)
2. 10 – Prone
3. 5 - Trigger load, Trigger squeeze
4. 5 - Follow through (hold trigger down – 1 second)
5. 5 – Breathing
6. 5 - Back sight/Front sight
7. 5 - One shot set-ups (optional)
8. Switch to live bullets (zero in 15 shots)