

Name: \_\_\_\_\_  
 Sas Number: \_\_\_\_\_

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.

									Checklist				
Level 1 Packing List	Primary firearm:	BOLT	MSR	PUMP	OTHER	Sights:	IRON	RDS	SCOPE	Self		C/O	Points
	<b>Rifle:</b> .223 and above/Sub-Carbine 9mm,38sp,357, .22lr/Shotgun 12g					<b>Model:</b>							
	<b>Ammunition:</b> Rifle 150 rounds; Sub-carbine 200; Shotgun 100 of LG; .22lr 500						<b>Calibre:</b>						
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 multi-tool/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, protein 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	<b>Start:</b> _____	<b>Stop:</b> _____	<b>Time:</b> _____			P
	Retry if unsuccessful	<b>Start:</b> _____	<b>Stop:</b> _____	<b>Time:</b> _____		N/A	P	F
	10 shots on 230mm target @100m in 4 min.	<b>Shots fired:</b> _____	<b>Shots hit:</b> _____	<b>% hits:</b> _____			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*

**Witness:**   
*Name and No.*

*Signature*

**RESULT:**

*Level 1 Qualification*

<b>PASS</b>	<b>FAIL</b>
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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
<b>Level 2 Packing List</b> All level 1 kit 2 litres of water (minimum) Poncho Sleeping bag or blanket 4" fixed blade knife Pocket knife or multi-tool (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 para-cord / 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>			

		Kit Points earned:						
<b>LEVEL 2 Skills Test</b>	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	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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Date: \_\_\_\_\_  
 Place: \_\_\_\_\_

### 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*

<b>Level 3 Packing List</b>	<i>To be carried:</i>		
	All level 1 kit	<input type="checkbox"/>	<input type="checkbox"/>
	All level 2 kit (including optional items)	<input type="checkbox"/>	<input type="checkbox"/>
	<i>Support kit (not to be carried):</i>		
	Bucket with sealable lid (minimum 10L volume)	<input type="checkbox"/>	<input type="checkbox"/>
	Spare set of clothes:		
	2 x long sleeve shirt	<input type="checkbox"/>	<input type="checkbox"/>
	2 x trousers	<input type="checkbox"/>	<input type="checkbox"/>
	3 x socks	<input type="checkbox"/>	<input type="checkbox"/>
	3 x underwear	<input type="checkbox"/>	<input type="checkbox"/>
	2 x t-shirts	<input type="checkbox"/>	<input type="checkbox"/>
	2 x shorts	<input type="checkbox"/>	<input type="checkbox"/>
	Sandals or takkies (No Crocs!)	<input type="checkbox"/>	<input type="checkbox"/>
	Wash kit:		
	Soap	<input type="checkbox"/>	<input type="checkbox"/>
	Shampoo	<input type="checkbox"/>	<input type="checkbox"/>
	Toothpaste	<input type="checkbox"/>	<input type="checkbox"/>
	Nail-brush	<input type="checkbox"/>	<input type="checkbox"/>
	Toothbrush	<input type="checkbox"/>	<input type="checkbox"/>
	Deodorant	<input type="checkbox"/>	<input type="checkbox"/>
	Nail clippers	<input type="checkbox"/>	<input type="checkbox"/>
	Towel	<input type="checkbox"/>	<input type="checkbox"/>
	Face cloth	<input type="checkbox"/>	<input type="checkbox"/>
	2 x toilet paper	<input type="checkbox"/>	<input type="checkbox"/>
	100 rounds of extra ammo for primary arm	<input type="checkbox"/>	<input type="checkbox"/>
	60 rounds of extra ammo for EDC	<input type="checkbox"/>	<input type="checkbox"/>
	5 litres of water	<input type="checkbox"/>	<input type="checkbox"/>
	9 tins of food (125g min each) or 3 MRE (72hr minimum)	<input type="checkbox"/>	<input type="checkbox"/>
	Axe or panga	<input type="checkbox"/>	<input type="checkbox"/>
	Spare batteries for torch	<input type="checkbox"/>	<input type="checkbox"/>
2 x field dressing	<input type="checkbox"/>	<input type="checkbox"/>	
Dish washing liquid and washing cloth	<input type="checkbox"/>	<input type="checkbox"/>	
Waterless hand cleanser	<input type="checkbox"/>	<input type="checkbox"/>	
Extra fuel for stove	<input type="checkbox"/>	<input type="checkbox"/>	
Rehydrate	<input type="checkbox"/>	<input type="checkbox"/>	
Duct tape and/or cable ties	<input type="checkbox"/>	<input type="checkbox"/>	
Personal meds such as broadband antibiotics or painkillers or anti-inflammatory	<input type="checkbox"/>	<input type="checkbox"/>	
Sunscreen	<input type="checkbox"/>	<input type="checkbox"/>	
Ziplock bags	<input type="checkbox"/>	<input type="checkbox"/>	
Notebook, pencil/pen	<input type="checkbox"/>	<input type="checkbox"/>	

*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

<b>LEVEL 2 Skills Test</b>	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

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Name: \_\_\_\_\_  
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	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:*

<b>PASS</b>	<b>FAIL</b>
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<b>LEVEL 3 Test</b>	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

**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**

<b>PASS</b>	<b>FAIL</b>
<i>Level 2 Component</i>	

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

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

**Coordinator:**

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*Name and No.*

--

  
*Signature*

--

  
*Date*

**Witness:**

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*Name and No.*

--

  
*Signature*

--

  
*Date*

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## 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.

		Checklist		
		Self	C/O	Points
<b>Resupply bag</b>	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.			
	<i>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.</i>			

**Coordinator:**

*Name and No.*

*Signature*

**RESULT:**

*Resupply bag*

**Witness:**

*Name and No.*

*Signature*

<b>PASS</b>	<b>FAIL</b>
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