

CHECKPOINTS – PRONE

This is a supplement to the checklists in the Biathlon Canada Manual
POSITION – CARRY THROUGH – PULL THE TRIGGER

Rifle Fit: Adjust the sling, hand stop, cheek piece and stock length – with coach.

Left elbow - Aligned with wrist and shoulder, 5-7 cm from centre of rifle.

Dead skin - Left elbow out on “dead skin” flat area [NOT on point of elbow].

Lock Stock - Place stock at the right shoulder. Hand on pistol grip; tighten around.

Aggressive - On the sight, 3-5 cm from back sight.

Relax - Relax the left hand, allow the sling to support the left arm.

Direction – Point the barrel towards the target, lift the hip to prevent tension.

Stretch the sling – Slide the body backwards to get proper tension in the sling.

Head levelled – head placed on cheek piece so that eyes are level.

Body behind – body behind the rifle, barrel should be (approximately) in line with the right ankle.

Angle - Same angle on left and right arm, upper arm steep enough angle.

Breath Out - At perfect sight picture [stop on breathing out] approx.40-60% left.

Shoulders - Same height on both shoulders - T- shape on the back – relaxed muscles.

Finger placement – Trigger fits just in front of last finger joint.

Trigger point – Place finger and take up first slack immediately after loading.

Trigger squeeze – Steady, continuous trigger squeeze, time from final squeezing until pulling the trigger approximately 1.0-1.5 sec

Curve flatten – Most squeezing in the beginning [80%+], flattening of the pressure curve when pulling the trigger. (400 g in the first half, 100 g in the second half).

Calm - The body stays still and relaxed when firing and when reloading.

Centre - Keep all three aiming parts in centre. NB - Front sight centred in rear sight.

After pressure – Follow the shot the entire way to the target “ see the shot” with open eyes into the target. (0.3-0.5 sec after pulling the trigger). Maintain trigger pressure.

Wind flag – Look to the left and decide whether or not to make a correction

Mat – Correct angle into the mat for setup with rifle pointing at “C”

Range procedure – Minimize the number of movements needed, and overlap tasks as much as possible. Focus down range on Charlie.

Additional, Personal Check Points