

## NATIONAL SHOOTING CENTRE RANGES REGULATIONS

Version 3.0/2024 on 21<sup>st</sup> June 2024

### General

1. These Regulations are published by the National Shooting Centre, which is responsible for the operation of the Bisley Ranges, and governs the safe conduct of shooting on those ranges. They apply to all users of the ranges except HM Forces and Government agencies, which operate under their own NSC approved procedures. These Regulations must be read in conjunction with the current Rules of Shooting published annually by the NRA. In particular, NRA Safety Rules (Section 52 NRA Handbook) apply on Bisley Ranges. In the interests of safety, any breach of these Regulations is to be reported immediately to Range Control.
2. The NSC has no responsibility for any accident, injury, loss or damage arising from non-compliance with these Regulations.
3. Only the Chief Executive (CE) of the NSC may approve the consumption of alcohol or the use of S.5 Firearms on Ranges. This authority cannot be delegated.

### Firearms and Ammunition

4. All shooters are responsible for ensuring that their firearms and ammunition are safe to use. Shooters are to make firearms and ammunition available for inspection and testing as requested by NSC staff.
5. The following ammunition is permitted on Bisley ranges:
  - a. Projectiles that are constructed of pure lead, lead alloy, or a lead core with a jacket of gilding metal or soft iron.
  - b. Non lead-based ammunition (NLA) that is designed to expand is permitted on specified Bisley ranges, to a maximum distance of 300 yards. The ranges authorised for use are: Butt Zero, Century, Short Siberia, Winans Bay B and C (Zero Range), British Sporting Rifle Club (BSRC) Static and Running Deer ranges. A check zero must be conducted as the first activity of any range session:
    - i. On Winans Bay C (Zero Range) using the range specific NLA zeroing target, which must be signed by both the firer and the RCO/RSO (or Range Office Supervisor)
    - ii. At 100 yds, using the special 100 yd/m zeroing target, under the supervision of a qualified NRA RCO/RSO
    - iii. The check zero procedure is as follows:
      - Before shooting at any distance greater than 100 yds, the shooter is to demonstrate that the firearm is correctly zeroed by firing a three shot group which must fall within the respective box / aiming mark of the issued target (25 yd/m / 100 yd/m)
      - The target is to be fixed on the vertical and horizontal centre lines
      - The RCO/RSO shall watch for the impact of the first shot and allow the shooter to continue only if the impact is seen on the stop butt or is recorded on the target. Rounds on target may be adjusted but only the three final rounds are to be counted for the group
      - After qualification the target is to be completed and signed by the shooter and the RCO/RSO (or Range Office Supervisor) and returned to the Range Office to be retained for 12 months
  - c. Further to sub-para b above other lead-free mono-metallic bullets may be used during specific events that are controlled and planned by the NSC. They are otherwise forbidden.

6. The following ammunition is prohibited on Bisley ranges:
  - a. Tracer; incendiary; armour piercing; armour piercing incendiary (API); depleted uranium; ammunition containing any igniferous or explosive substance.
  - b. Cartridges which, when normally loaded, would exceed the ME/MV limits of any specific range, may not be used, on that range, even if downloaded.

### Limits as to Calibre, Muzzle Velocity and Muzzle Energy

7. No firearm and ammunition combination which develops a muzzle energy exceeding 7000 J (5160 ft lb) may be used on any of the Bisley ranges without the specific permission of the CE which must be sought in writing well in advance of the planned use. The following limits apply:
  - a. **Rifle ranges**, no specific calibre limitation but:
    - i. a maximum muzzle velocity of 1000 m/s (3280 ft/s)
    - ii. a maximum muzzle energy of 4500 J (3319 ft lb);
  - b. **Gallery Rifle and Pistol ranges**, no specific calibre limitation but:
    - i. a maximum muzzle velocity of 655 m/s (2150 ft/s)
    - ii. a maximum muzzle energy of 2030 J (1496 ft lb)
    - iii. Shotgun as stated in specific range regulations
  - c. **High Muzzle Energy (HME) firearms** no specific calibre limitation but:
    - i. a maximum muzzle velocity of 1000 m/s (3280 ft/s)
    - ii. a maximum muzzle energy of 7000 J (5160 ft lb). Special zeroing procedures are required as explained in Para 9 below

### Additional Limits on Muzzle Loading/Black Powder Firearms

8. Muzzle Loading/Black Powder firearms are not to be discharged on any electronic scoring targetry, laterally moving target, or any of the clay, small-bore or air gun ranges.
  - a. Guidance for the handling of propellant powders is included on the NSC Range Regulations web page.
  - b. Permission to discharge firearms of large calibre whose ammunition is initiated by a black powder or equivalent charge, e.g. cannons, must be obtained from the CE in advance on each occasion.

### Additional Limits on High Muzzle Energy (HME) Firearms

9. A High Muzzle Energy (HME) Firearm is defined as any firearm which, using a particular round, develops a muzzle energy (ME) in excess of 4500 J (3319 ft lb). The HME zeroing procedure must be carried out before they may be fired on any range at Bisley, unless being used on consecutive days. The firearm may be zeroed:
  - a. on the Zero Range using a special target supplied by the Range Office.
  - b. under control of an RCO (HME) at the start of the practice for shooting at 200 yards or less.
  - c. at a distance of 200 yards on a special target under the direction of an RCO (HME) (see paragraph 39 below) prior to shooting at greater distances.
10. Rifles chambered for .338" may not be fired on the Bisley Ranges.

### Additional Limits on Section 5 Firearms

11. The use of Section 5 firearms is only permitted with written permission from the CE, personally. The request to fire Section 5 firearms must be in writing detailing the firearms to be used and personnel attending.

### Additional Limits on Shotguns

12. Solid shot or slug is not permitted on Clay Target ranges, unless specifically authorised by the CE.
13. Shotguns may be used in accordance with range specific regulations.
14. Shotguns may be used on Time Limit range with the prior permission of the Chairman of the BSRC.
15. Shotguns firing solid slug may be used on Stickle-down, Butt Zero, Century, or Short Siberia ranges provided that the intention to do so is notified to, and approved by, the Range Office in advance. Bird/Buck shot is only permitted on Winans Bay A and Butt Zero unless the match conditions of an authorised event requires their use elsewhere.
16. Shotgun ammunition with a plastic wad is prohibited unless:
  - a. The ammunition is fired on the NCSC layout; or
  - b. It is solid slug ammunition and the plastic wad is designed to remain attached to the projectile.

### Additional Constraints

17. Shooters who wish to use muzzle loading firearms or muzzle brakes must inform the Range Office at the time of booking. Any firer who does not give advance notice of such requirement may find that proximity of other shooters prohibits their desired activity.
18. Shooting from sporting stances (defined as positions other than prone, e.g. standing kneeling/squatting or sitting) is only permitted from distances of 100yds to 300yds, unless match conditions permit otherwise. Electronic targetry is restricted to 100yds only. Any deviation from this is to be requested and approved by Range Control prior to your booking.
19. Filming is not permitted for promotional/advertising purposes, unless prior authorisation has been given by the CE.

### Ranges and Permitted Firearms

#### Rifle Ranges

20. Ranges and the firearms permitted on them are as follows:
  - a. **Stickle-down** (FDA, 800 – 1200 yards). Rifles, Long Range Pistol (LRP). Shotguns and pistols by special arrangement only.
  - b. **Butt Zero** (5 – 75 metres, turning targets and moving target) All firearms within range limits may be fired. Firearms and courses of fire must be specified at time of booking; non-standard activity may be subject to additional constraints.
  - c. **Century** (Gallery, 100 – 600 yards). Rifles, Gallery Rifles. Shotguns and pistols by special arrangement only.
  - d. **300m Shed** (electronic) (Gallery, 300 metres only). Target rifles and rifles conforming to

ISSF Regulations not exceeding 8mm.

- e. **Short Siberia** (Gallery, 100 and 200 yards only). Rifles, Gallery rifles. Shotguns and pistols by special arrangement only.
- f. **Chobham Ridge** (FDA, 100 – 1200 yards). Single shot bolt action rifles only Maximum ME 4500J unless specifically authorised by the CE.
- g. **Winans**
  - i. **Bay A** (No Danger Area Range, up to 25 metres). Rifles and pistols (including airguns) (maximum muzzle velocity of 655 m/s (2150 ft/s), maximum muzzle energy of 2030J (1496 ft lb)). Shotguns up to and including 12 bore
  - ii. **Bay B** (No Danger Area Range, up to 25 metres)
    - **Rifles** - A maximum muzzle velocity of 1000 m/s (3280 ft/s)-A maximum muzzle energy of 7000J (5160 ft lb)
    - **Pistols** - A maximum muzzle velocity of 655 m/s (2150 ft/s) -A maximum muzzle energy of 2030J (1496 ft lb)
    - **Airguns** are permitted
    - **Shotguns** up to and including 12 bore – slug only
  - iii. **Bay C (Zero Range)** (No Danger Area Range, 71' 7"). Fullbore rifles from the prone, supine or benched positions only. **Note:** .22LR may be zeroed on this range when the member has a following booking on Century or Short Siberia Range

#### Gallery Rifle and Pistol Ranges (Max MV 655 m/s, max ME 2030 J)

- 21. Fullbore centre fire rifles, other than Gallery Rifles, are not to be used on Gallery Rifle & Pistol ranges. **Note:** .300 Blackout and .300 Whisper are not permitted on GR&P Ranges, excluding Winans Bay B and C.
  - a. **Melville** (Gallery Rifle and Pistol, turning targets up to 50 metres). Gallery Rifles and pistols. Muzzle loading firearms may be used with prior permission. Firearms exceeding the Gallery Rifle Muzzle Velocity and Muzzle Energy limits only in exceptional circumstances with prior written permission of the CE.
  - b. **Cheylesmore** (No Danger Area Range). (Gallery Rifle and Pistol, ISSF Targetry at 25m, turning targets at 25m, Overhead Retrievable Targets at 25m only). Rifles within Gallery Rifle Muzzle Energy and Muzzle Velocity limits. Pistols (air pistols by special permission). Muzzle loading firearms may be used with prior permission.
  - c. **Time Limit** (Gallery Rifle, 10, 25 and 50 metres). Gallery Rifles, ML firearms, air rifles/pistols and shotguns as stated within BSRC specific range regulations.

#### Moving Target Ranges

- 22. HME firearms are not to be fired at moving targets (special arrangement only). Permitted firearms:
  - a. **Butt Zero** - All firearms within normal range limits may be fired. Firearms and courses of fire must be specified at time of booking and may be subject to additional constraints.
  - b. **Running Deer** (Running and Static Targets). Administered by the British Sporting Rifle Club.

- c. **Running Boar** (Running and Static Targets at 50 metres only). GRCF, GRSB and small-bore rifles only. Administered by the British Sporting Rifle Club.
- d. **Running Target** (Running Target at 10 metres only). Air rifles only (in the Clubhouse). Administered by the British Sporting Rifle Club.

## Range Use

- 23. A person may only use an NSC Range with the prior permission of the Range Office. The allocation of range space by the Range Office constitutes permission for any use that does not require the consent of the CE.
- 24. Only NRA members, previously agreed commercial customers and members of organisations affiliated to the NRA may use the NSC Ranges (other than the Clay Target Ranges). Affiliated Members may also use the Zero Range on the day of, and the day preceding, an authorised range booking on Stickledown, Century or Short Siberia Ranges made by their affiliated organisation.
- 25. All users of NSC ranges must be in possession of a current Shooter's Certification Card issued by the NRA, or be supervised on a one-to-one basis by the holder of such a card (this does not apply to suspended card holders). The card must be valid for all the firearms that the user intends to fire. ROs are required to produce their SCC when signing on to the range. All shooters are to present their SCC on request. ROs are responsible for ensuring that all members of their group comply.
- 26. No shooting is permitted other than on approved ranges, except with the permission of the CE.
- 27. Shooters must only use the targets and the distances allocated to them by the Range Office. Any concerns or queries in connection with the targets provided must be reported to the Range Office before firing commences.
- 28. A firer whose equipment (including firearms) or dress is thought inappropriate or likely to bring the Association into disrepute may be instructed to withdraw from the range by the RO or NSC staff.
- 29. When shooting static and in echelon, all shooters are to wear clothing which ensures that they are visible to other shooters at greater distances.
- 30. Shooters are to ensure that they have an effective means of communication prior to commencing shooting.
- 31. Shooters are not to leave the firing point with a loaded/ready firearm under any circumstances.
- 32. Home Office Approval conditions require Approved clubs, of which the NRA itself is one, to maintain a record of members' attendance and of the firearms used. Individual NRA members are required by the Obligations of Membership published in the NRA Handbook, and by this range regulation, to enter their activity in the NRA membership database, either directly via the member's login or by completing and handing in a record slip in the Range Office. Para 44 below applies when a group of individual members share a target booking, thus there is a responsibility on the RO to ensure compliance in that situation. Range users operating with a HOA club other than the NRA should follow the procedure set out by their club.

## Dates and Times of Shooting

- 33. The Ranges, other than clay target ranges, are closed to non-commercial users on Mondays

(except Bank Holidays as notified), Good Friday and between Christmas Eve and New Year's Day inclusive. Other closure periods will be notified on the NSC website.

34. All ranges, less those listed at Para 32, are open for use at the following times:

a. **Low Season**

Weekdays: 08:30 to 12:30 and 13:30 to 16:00 (light dependent)

Weekends: 08:30 to 12:30 and 13:30 to 16:00 / 16:30 March

b. **High Season**

Weekdays: 08:30 to 12:30 and 13:30 to 16:30

Weekends: 08:30 to 12:30 and 13:30 to 17:30

35. Cheylesmore, Winans and Zero Range – must cease fire at 1230 and at the scheduled, seasonal, end of shooting. The following regulations apply:

- a. The Zero Range may recommence shooting at 1245 unless instructed otherwise by the Range Office.
- b. Cheylesmore and Winans ranges may request permission to recommence shooting at 1245 during NRA/Club events.

### **Signals Indicating Commencement and Cessation of Firing**

36. The commencement of each shooting period is announced by one blast of the siren. Firearms are not permitted on the firing point until the siren has sounded and the RO has given permission. The cessation of each shooting period is announced by two blasts of the siren. At the first sound of the siren all shooters must cease fire, unload and remove firearms from the firing point.

### **Emergencies: All ranges**

37. The unscheduled end of a shooting period is announced by no fewer than 4 blasts of the siren. All shooters must stop shooting immediately, on the first sound of the siren. All radio users must select the Control channel and await instructions. General permission to recommence firing will be announced by one long blast on the siren. Range Control may permit shooting to continue, or recommence, on specified individual ranges.

### **Restrictions on Targets**

38. Only NSC approved targetry may be used on the ranges. Targets must be used in the frames or holders provided and are only to be engaged from the recognised firing point for that target.
- a. Self-provided target faces may be used with permission from the Range Office but are not to be affixed above the designated Target Centre Height.
  - b. Hand held targets are to be exposed in, or in front of, target frames.
  - c. No laterally-moving target may be used on any range other than the moving target range.
  - d. Hard targets:
    - i. Minimum engagement distances:
      1. 100m: High velocity firearms (NRA specific events only)

2. 25m: Solid slug (NRA specific events only)
3. 10m: .22, pistol calibres & shotgun sizes above UK no 4 to include Buckshot of max size OO
4. 7m: No4 shot or smaller

- ii. Permission to use such targets is to be requested at the time of booking.
- iii. Users are not permitted to provide their own hard targets.

39. Shooters are not permitted to place equipment of any kind, including sensors and cameras, on the mantlet or targetry.

### **Restrictions on Firing**

40. Indiscriminate firing is forbidden. Shooters must prioritise the requirement to hit the target over the need to meet time constraints.
- a. When shooting on Stickledown, Century and Short Siberia ranges, firing is to be carried out from the prone or supine position or from a bench or as expressly provided by the conditions of a particular discipline or approved competition rules. The intention to fire from any other position must be notified to the Range Office at the time of booking to allow suitable target allocation on the range. Specific notification is required even if the booking expressly refers to a particular discipline or competition.
  - b. No shooter is to fire from a non-standard or improvised firing point, unless prior permission has been given by the Range Office
  - c. Courses of fire that involve movement (other than changing firing position eg from standing to kneeling) with a loaded firearm are forbidden except with prior NRA approval.
  - d. When using GR&P ranges, changes of position are permitted within any detail or practice outside competition providing all firers follow the same sequence, and in competition in accordance with the conditions.

### **Range Officer (RO) – appointment and duties**

41. Live firing on Bisley Ranges may only take place under the supervision of a Range Officer (RO). The minimum qualification to act as RO is to be aged 18 or over and hold a SCC valid for the type of firing to be supervised. A RO who is not a full individual NRA member may only act as RO for activity of an affiliated organisation of which they are a full member and when they have the approval of the organisation to do so. A person intending live firing must ensure that their activity is under the supervision of a Range Officer.
42. An Association, Club or group of persons intending to shoot on any range must appoint a Range Officer (RO). The RO must sign-on to the range at Range Control and be present while shooting is in progress. The RO is responsible for ensuring that all activity under their control is conducted safely and in accordance with these Regulations.
43. An individual shooter may act as their own RO if they are:
- a. shooting on Winans Bay C (Zero Range) or Winans Bay B when being used as an alternate zero range.
  - b. an individual member of the NRA and shooting a deliberate supported or static discipline.

A shooter acting as their own RO may not, during their practice, supervise another shooter.

44. Unless special restrictions are in place the RO must sign the register at the NSC Range Office prior to starting shooting. By signing the register the RO accepts responsibility for ensuring that range activity under their supervision is conducted in accordance with these Regulations and acknowledges their responsibility under orders of the CRO.
45. If RO duties are to be handed over it is to be recorded and conducted formally with time and names of individuals detailed within the record.
46. An RO is to carry out their duties and exercise authority in accordance with “Duties of the RO” included with Range Regulations on the NSC web page. In particular, the RO must:
  - a. Report all breaches of Regulations and all Range Occurrences to the Range Office as soon as practicable.
  - b. If a Range Incident occurs, defined as an unintended or unexpected range occurrence, the RO must:
    - i. Stop all shooting on targets under their control
    - ii. Ensure the situation is safe
    - iii. Isolate the persons and equipment involved
    - iv. Inform the Range Office and follow further instructions, mindful that the senior member of Range Office staff acts as NSC CRO
  - c. If a Range Accident occurs, defined as a range incident that leads to personal injury or damage to property, the RO must:
    - i. Stop all shooting on targets under their control
    - ii. Ensure the situation is safe
    - iii. Arrange/Provide first aid
    - iv. Inform the Range Office who will initiate the Range Action Safety Plan
    - v. Comply with Range Office instructions
    - vi. Do not handle or permit to be handled any items involved other than to make the situation safe and to give first aid
47. The RO is responsible for and has authority over any person assisting in the shooting activity, such as instructors, register keepers and range staff that are not employed or engaged by the NSC. The NSC will train and supervise its own staff and accepts the associated responsibilities. The RO should contact the Range Office in relation to any matter concerning the conduct of NSC staff, such as Markers, and must not reprimand them directly.
48. The RO is responsible both personally and as representative of their Association, Club or group for the training, competence and supervision of any person other than NSC staff employed to work in the butts on targets under their control.
49. The RO must ensure that persons under their control and who are not employed or engaged by the NSC are covered by insurance, including third party public liability cover. Members of affiliated clubs who are not individual NRA members may only shoot on the day when their club has booked the range space, (other than on the Zero Range as described in Para 22 above) either directly or through another club by mutual arrangement on an official club day.
50. If the RO intends to conduct zeroing practices with an HME firearm he must hold the RCO



(HME) qualification. Once the HME firearm has been correctly zeroed, firing at any other distance or on any other range may be conducted by any RO, who need not hold the RCO (HME) qualification.

## Safety Regulations

51. Alcohol is not permitted on any Range unless agreed by the CE. This authority cannot be delegated.
52. No shooter may place firearms on the firing point before the start of a shooting period. Shooters may place other equipment, including ammunition, on the firing point at the discretion of the RO.
53. No firearm shall be loaded or fired until the (C)RO has given the order to do so.
54. No person may aim or “snap” a firearm except:
  - a. As part of a properly organised course of instruction.
  - b. When in the firing position on a firing point and with the permission of the RO, which the RO shall give only if it would be safe to fire a live round.
55. At no time may any part of the body be placed in front of the muzzle of a loaded firearm.
56. Additional safety constraints unless specified within the conditions of a discipline or competition:
  - a. Firearms may not be placed on the firing point except under the direction of the RO and where it is safe, in all respects, to release a shot.
  - b. No firearm is to be loaded until the shooter is in the firing position on a recognised firing point, unless otherwise specified in an NRA controlled event/competition conditions/rules.
  - c. A loaded firearm must point directly towards the designated target at all times.
  - d. When loading, unloading or checking a firearm, the barrel must at all times be pointed directly towards the butts horizontally and laterally aligned within the target lane.
57. Individual firers are responsible for ensuring that their firearm is safe at all times. At the end of shooting, or on the order of the RO, shooters must:
  - a. Unload their firearm and inspect the chamber, action, bolt-face and any magazine to ensure that the firearm is clear.
  - b. Present their firearm to the designated person on the firing point, in a state that permits a clear view of the action body, chamber and barrel, and have them inspect and confirm that the firearm is clear.
  - c. Keep the bolt removed, insert a breech flag or both for any bolt-action rifle, or carry out the equivalent procedure for other firearms.
58. Shooters must carry firearms in the following manner:
  - a. A shooter using a bolt-action rifle must carry it either with the breech open and a breech flag inserted, or with the bolt removed from the rifle, except when on the firing point. Any breech flag must protrude into the chamber.
  - b. On a straight pull, CSR type, firearm a shooter may use a magazine fitted loading block which locks the working parts to the rear.
  - c. A shooter must carry firearms as specified and in accordance with the respective NRA

Handbooks - GR&P, TS, Classic and Historic or CSR/PR.

- d. All other firearms must be carried in a manner to demonstrate as clearly as possible for that type of firearm that it is unloaded.

- 59. Any person may, and should, report a shooter assessed as acting in a dangerous manner. The Range Office must be notified immediately, will investigate the circumstances and may permit the shooter to continue shooting or ask them to leave the range. Range office staff will submit a report for further action.
- 60. Care must be taken when changing distance or crossing a range. Any person can, and must, call an emergency cease fire ("Stop, Stop, Stop") and inform Range Control if a person or animal is identified within, or about to enter an area of the range danger area whilst shooting is in progress.

### **Safe Custody**

- 61. No person may leave firearms or ammunition unattended. When not in use all firearms and ammunition must be secured in accordance with firearms legislation. Responsibility for the security of firearms and ammunition rests with the owner at all times.

### **Butts**

- 62. The RO is responsible for any Marker that is not provided by the NSC.
  - a. Markers are to enter and leave the butts by the designated approaches. All persons in the butts must remain within the protection of the gallery and under the mantlet while shooting is in progress.
  - b. All people working in the butts during shooting periods are strongly advised to wear hearing protection.
  - c. No person may place any object on the face of the butt or mantlet.
  - d. Each Marker must ensure the area around their target is clean and tidy prior to leaving the Butts.
  - e. A Marker who is being paid to mark targets must be at least 15 years of age.

### **Minors**

- 63. Persons aged 14 years or under must be supervised on the Ranges by a competent adult at all times.
- 64. Persons under 14 years of age may only shoot if they have the permission of the CE or they are shooting as a cadet or with a recognised youth organisation.

### **Spectators**

- 65. Spectators must remain behind the firing point at all times and comply with all instructions given by the RO or any NSC official. The RO must ensure that all spectators wear hearing protection and eye protection in accordance with these Regulations.

### **Animals**

- 66. Owners are responsible for any animal they bring onto the NSC grounds and must not allow it on or forward of the firing points during shooting periods or to cause a nuisance at any time. Dogs must be kept on a leash at all times in the domestic area of the Camp and on the ranges whilst the ranges are live. Animals are explicitly prohibited from any enclosed range. Owners must clean up after their animal and make good any damage it causes. Failure to comply with

these rules may result in the CE banning the animal from Camp.

### Use of Radios and Emergency Procedures

67. The Range Office issues radios for communication on the ranges. To change to the Control Channel, turn the channel selector knob fully clockwise. To change to the Butts Channel, turn the channel selector knob fully anti-clockwise. If there is an emergency, turn the radio to the Control Channel and send this message:

**"Emergency, Emergency, Emergency"**

wait for the Range Office to acknowledge and send

**"Control this is \*\*\*\*\* Range, I am on Lane \*\*\* at \*\*\* yards, [state nature of emergency e.g. "firer injured and requires medical attention]"**.

68. All other radio use is suspended until the emergency is concluded.

69. The Range Office has trained first aid staff and first aid equipment. The RO must report all injuries, accidents and incidents to the Range Office and complete an incident report.

70. The Control Channel is monitored continuously when the Ranges are open, and is the simplest and fastest method to contact the Range Office and obtain help.

### Health

71. All shooters and all persons in close proximity to ranges must wear hearing protection when shooting is taking place.

72. All persons using Shotguns and GR&P firearms and all persons on ranges where such firearms are in use should wear eye protection. Eye protection is mandatory in the circumstances set out in the NRA Eye Protection Policy at Appendix III to the NRA Handbook.

73. Recreational drugs are not permitted within the bounds of the National Shooting Centre. Persons found to be in possession of recreational drugs will be reported to the relevant authority.

74. *LYME DISEASE.*

*Lyme disease is an uncommon infection transmitted by some tick species. Lyme disease can be contracted anywhere in the UK but is more common in the South of England. Being bitten by a tick does not necessarily result in Lyme disease, however the following precautions should be taken to minimise the risk of infection:*

- a. When moving around ranges use established paths / access tracks
- b. Use insect repellent such as DEET
- c. Avoid walking through long grass or vegetation
- d. Consider wearing full length trousers
- e. Thoroughly check yourself and your clothing on return home
- f. Remove any attached tick as soon as you find it using a tick removal tool or fine-tipped tweezers

*A bull's-eye type skin rash surrounding the bite area remains a characteristic symptom of Lyme disease. Other symptoms include a non-specific flu-like illness, facial droop, nerve pains and numbness or tingling in the hands or feet. If symptoms develop, it is important to seek medical attention.*

AJ MERCER

CE NSC