Adaptive Shooting

World Shooting Para Sport events are:

🌟 Rifle
- Air Rifle Standing (10m)
- Air Rifle Prone (10m)
- Smallbore Rifle Prone (50m)
- Smallbore Three Position Rifle (50m)

🌟 Pistol
- Air Pistol (10m)
- Sport Pistol (25m)
- Free Pistol (50m)

🌟 Para Trap
- International is different from American
- Classifications different from Rifle/Pistol
Learn Life Skills

Benefits to Athletes

Men and women compete shoulder to shoulder at HS, NCAA and Paralympics

- Shooting has no age limits -

- Learn how to set and meet long and short term goals
- Learn how to handle adversity and setbacks when they occur
- Deal with challenges under both time and performance pressure
- Learn to overcome negative images and self-talk
- Learn both physical and psychic energy management
- Learn to concentrate

AND RECEIVE REAL TIME FEEDBACK
Benefits to Coach

Adaptive: to adjust to different conditions or a new environment. To fit, change, or modify to suit for a new or different purpose:

- Challenging
- Satisfying
- Fun

We are helping people do something they never thought they could do
Adaptive Shooting

Classification System

- **SH1**: Pistol and rifle competitors that must sit, but do not require a shooting stand
- **SH2**: Rifle competitors who have no ability to support the weight of the firearm with their arms and therefore require a shooting stand
- **SH3**: Rifle competitors with visual impairment.

Currently only SH1 and SH2 classes are represented in the Paralympic Games. Warrior Games also have Open
SH1 Rifle

- Tables
  - May be attached to chair or free standing
  - Horizontal (or same angle as floor) +/- 5°
- Chairs (supplied by competitor)
  - Can be wheelchair, stool or chair
  - Sitting and backrest angle are not regulated
  - Lots of other rules based on further classification
- Shooting Jackets may be used in Prone, Kneeling and Standing
- Slings may be used in Prone and Kneeling
- No shooting trousers or footwear
Rifle competitors with a disability that makes them unable to support the weight of the rifle

Spring Stands
- Rifle balance marked (+/-5cm)
- Hand position
  - Prone
  - Standing

SH2 Rifle
All you need to get started is a table and a chair. 😊

Start them on sandbags (prone-supported just like everyone else)

- As they get better (SH1), move them to Standing (no elbows) or Prone (with both elbows) on the table while still sitting in a chair
- If they need a spring stand (SH2), get them started on a rifle rest
- Add coat, glove and sling when they are ready
Tables can be a simple fold up table

Height adjustment
  ▪ Adjustable tables
  ▪ Bed risers
  ▪ Plastic pipe on legs
Chairs
Tables (1/2)

- Workmate
- Rugged Buddy
- Projector Table
- Walker Table
Tables (2/2)

AMU Table
HandiTasker
VT Table

More detail in handout
A competition in Innsbruck, Austria, in September 2017 is set to help continue the development of shooting for visually impaired athletes.

Athletes use an audio signal to guide them in their aiming, with the audio signal rising in pitch as the point of aim moves nearer to the center of the target.

A two-year review will now take place of the rules, regulations, and classification system.
On April 30 and May 1, 2017, the Arlington-Fairfax Chapter of the Izaak Walton League hosted a demonstration of various Visually Impaired Shooting systems.

- Ecoaims VIS500
- Michigan State University - Precision Aim
- Scatt MX-02
- VIASS was not represented.

**Ecoaims VIS 500 Aiming Device** is basically a sight set that replaces the current rear sight on a rifle and reads an infrared LED at the target.

**Precision Aim and Scatt** are cameras that look at the target.

**Only the VIS 500 has sight adjustment knobs.**

**All the systems need a way to tell the shooter where they are hitting.**
World Shooting Para Sport has announced that Para Trap is an official discipline. A two-year review of both rules will begin at the first-ever Para trap World Cup event 15-16 September in Lonato, Italy.
Only SH-1

- Loading device (if on Classification Card)
- Additional “small table” allowed (30cm X 30cm X 1m)
- Usually use range table
## Classification

### 6.8 Matrix of Adaptations in Competition

<table>
<thead>
<tr>
<th></th>
<th>Backrest support</th>
<th>Spring for rifle support</th>
<th>Loading assistant</th>
<th>Loading device</th>
<th>Trigger Adaptation</th>
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</thead>
<tbody>
<tr>
<td>SH1 Pistol</td>
<td>A/B/C</td>
<td>--</td>
<td>--</td>
<td>yes/no</td>
<td>yes/no</td>
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<tr>
<td>SH1 Rifle</td>
<td>A/B/C</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>yes/no</td>
</tr>
<tr>
<td>SH2 Rifle</td>
<td>A/B/C</td>
<td>a/b</td>
<td>yes/no</td>
<td>--</td>
<td>yes/no</td>
</tr>
</tbody>
</table>

- Backrest Support is a function of trunk stability (6.3)
- Spring insert for rifle support is a function of assessment of muscle power in shooting arm (6.4)
- Loading assistant (6.6), Trigger adaptation (6.5) and Loading Device (6.7) are a function of physical impairment

Details can be found at:
Who’s Eligible for Adaptive Sport Grant Programs

Adaptive Sports Grant: Authorizes the adaptive sports assistance for all disabled Veterans and disabled Servicemembers, regardless of whether disabilities are service-connected or non-service-connected and regardless of Veteran benefits status.

*One restriction:* Grants may not use funds to support or provide services to veterans or former Servicemembers who are barred from receiving VA benefits based on their service (38 U.S.C. 5303-5303A) and to veterans or former Servicemembers who, if otherwise eligible, would be barred from receiving VA pension, compensation or dependency and indemnity compensation based on character of their discharge from military service.
VA Adaptive Sport Grants (ASG) Program

ADAPTIVE SPORT GRANTS: Grant funds can be used for a wide-range of activities, from instruction and competition to training and equipping providers.

- Application period is generally announced in February and runs through April
- Staff from 68 VAMCs sent letters supporting many of these grant-funded programs (e.g., from Recreation Therapy, Physical Medicine & Rehabilitation, Mental Health, Blind Rehabilitation Services, etc.)
- Adaptive sports provide opportunities for VA facilities to partner with community organizations to complement VA care and encourage community integration.
Eligible & Ineligible Organizations

ELIGIBLE ENTITIES

• Must have managed large-scale adaptive sports program for two continuous years and served 50 disabled individuals or five congressional districts
• Veterans Services Organizations
• National Olympic, Paralympic, and Adaptive Sport Governing Organizations
• Colleges and Universities
• Non-Federal Hospitals and Healthcare Systems
• Paralympic and Adaptive Sports Clubs
• Nonprofit and For-Profit Entities Functioning as Nonprofit Organizations
• State, Regional, Community, and Tribal Governments

INELIGIBLE ENTITIES

• Individuals
• Federal Entities
• Organizations that Do Not Meet Minimal Eligibility Criteria
• Entities Not Registered in DUNS, SAM, Grants.gov, or other required systems
Adaptive Sports Grant Application Process

All applicants must use only authorized ASG application submission process:

- FY2017 ASG Notice of Funding Availability (NOFA) released 21 Feb 17 with application period 21 Feb-21 Apr 2017; all requirements are in NOFA

- Applications must include all required forms and meet all mandatory items in NOFA and Instructions, failure to comply means rejection during vetting

- ASG application & Instructions are at Grants.gov (http://www.grants.gov/)
Adaptive Sports Grant Application Process

- All other required forms and support information are at NVSP&SE’s ASG Program webpage ([https://www.va.gov/adaptivesports/](https://www.va.gov/adaptivesports/))
- Partnership letters are required to support nature of collaboration
- ASG applications must be submitted via Grants.gov by 11:59 (EST), 21 Apr 2017; no other means of submission is authorized
- VA partners can consult with ASG applicants, provide VA partnership letters, and develop mutually supporting partnerships regardless of results
Monthly Assistance Allowance for Disabled Veterans in Paralympic Sports

- Public Law 110-389, Sec. 703, authorized VA to pay a monthly allowance to disabled Veterans training and competing in Paralympics sports.

- The allowance was initially only authorized for Paralympic sports certified by the International Paralympic Committee with active programs in the United States.

- As of 1 Oct 2016, Public Law 114-223 authorized VA to pay a monthly allowance to qualified disabled Veterans competing on National Teams in Olympic sports.
Monthly Assistance Allowance Eligibility

- Active duty military personnel are not eligible for the monthly allowance, but may qualify immediately upon discharge from the service.

- VA partners directly with the U.S. Olympic Committee, National Olympic and Paralympic Committees of U.S. Commonwealths and Territories, National Governing Bodies, and High Performance Management Organizations to manage the program and certify a Veteran’s eligibility for the allowance.

- More than 295 disabled Veterans have qualified for the allowance in 29 Paralympic sport categories with 48 competing in the most recent Winter and Summer Paralympic Games. Qualifying Veterans have ranged up to 74 years old.
A sport governing body identifies a disabled Veteran who meets the eligibility criteria for that particular sport and collects necessary data to include:

- VA Form 0918a: Certifies active participation;
- VA Form 0918b: Certifies eligibility and payment rate; and,
- VA Form 10091: Enables direct deposit to the Veteran’s bank account

The governing body signs and submits documentation to VA (also maintains copies plus other relevant data such as Personal Monthly Performance Plan).

VA verifies eligibility and submits payment for processing.

Each month, VA and sport governing bodies contact allowance recipients and gather training data for national team members and emerging athletes.
VA Point of Contact

Visit [www.va.gov/adaptivesports](http://www.va.gov/adaptivesports) for additional information and follow @vaadaptivesport on twitter for news and updates.

**VA Contacts:**
Mr. Michael F. Welch  
Office: (202) 632-7136  
Cell: (202) 725-6423  
[Michael.Welch5@va.gov](mailto:Michael.Welch5@va.gov)

Mr. Joshua McCoy  
[Joshua.McCoy2@va.gov](mailto:Joshua.McCoy2@va.gov)
International governed by World Shooting Para Sport

- NRA is done by waiver (IAW Rule 13)
  - NRA Adaptive Positions
  - Disabled Awareness
  - The medical waiver application
    - Competitor Application
    - Medical Form

- Warrior Games have their own rule book (but mostly go by IPC)
The Goal

One Perfectly Executed Shot
If you need help please contact me:

Ciarulat@cox.net
703-599-9399

What are your questions?