



GUNS ON THE RAIL

NEWSLETTER OF THE SOUTH AFRICAN PIN SHOOTING FEDERATION – FEBRUARY 2015, VOL 2, No 1

Editorial

The SAPSF Executive will be meeting for its biennial summit in Warmbaths from 20 to 22 February. The points for discussion include:

- The SAPSF Constitution
- The SAPSF Rule Book
- Guidelines for SAPSF RO's
- Dedicated status & CFR
- Threats to ownership of firearms, especially SLR's
- Administrative procedures
- Membership of the nascent Sport Shooter Forum (SSF)
- A proposed international postal pin shoot
- Growing the sport in South Africa, including youth development
- The establishment of more clubs and provinces

Members who wish to make inputs regarding any of the above must do so via their provincial chairmen.

Firearms Control Act, etc. etc.

In the previous *Guns on the Rail* we referred to the working draft of a proposed Firearms Control Act Amendment Bill and indicated SAPSF's response on some of the issues. To our knowledge there has been no further developments regarding this draft bill. Rumours abound, however, of a crackdown on self-loading rifles and shotguns.

The parliamentary Portfolio Committee on Police is organizing a summit on gun control in March. Many stakeholders have been invited, but significantly, no pro-firearms groups. Those who tried to get invites (i.e. SAGA), were snubbed.

In response to the perceived threat to firearms ownership specifically for sport shooters, a Sport Shooter Forum (SSF) is currently being established, in parallel with the Hunters' Forum. SAPSF is playing a significant role in this and will do its best to protect the rights of its members through this initiative. The sole purpose will be to protect firearm ownership for sporting purposes. SSF aims to unite more than 20 000 sport shooters. Other organizations involved include SAPSA and SADPA.

From the Chief RO's Perch



'Watching you!'

You've just had the perfect run. One shot, one pin. Your first sub-three second run on Stock Gun, probably the first in South Africa! Then it's 'Unload-and-Show-Clear' (U&SC); still hyped up you remove the magazine and feverishly rack the slide, intending to catch the cartridge as it ejects. But things go horribly wrong; your sweaty hand slips, the pistol turns sideways and breaks the 45°. You are DQ'd and South Africa's first sub-three second run is expunged from the records.

Fiction, horror story? Sure, but worse has happened on U&SC. Another bad habit that many of us have is to cup our hand over the ejection port and eject the cartridge into our palm. There has been a number of incidents where the ejected round found its way back into the chamber and discharged when the ejector hit the primer.

Invariably this resulted in severe injuries to the cupped hand.

'Unload-and-Show-Clear' is not the time for funny stuff. Slow down, ensure that the SO or RO can observe all your actions. Rather eject the cartridge to fall on the ground or the table. Be sure to pick it up after the range has been declared clear.

(RO note: The two practices described are not currently prohibited in SAPSF, just ill-advised.)

A final thought, 'Slide-Down-Hammer-Down', means to ease the slide down and pull the trigger with the muzzle pointed at least three meters in front of you. If for some reason you prefer not to pull the trigger (i.e. with a rimfire pistol), inform the RO/SO so that he can take even greater care than normal to check the chamber.

Headspace

We started the *Neuroscience Tips* column a few editions ago and is renaming it *Headspace*. It will be based on ideas from sport psychology.

This time around, let's briefly look at stress. Stress is an adaptive physiological response to a perceived threat. In the case of sport this threat is usually pressure to perform. You need a certain level of stress in order to perform optimally. The key is to manage your own stress. One simple trick is not to fight it, but to re-label it in your own mind as '*excitement*'. It then becomes something to embrace, an aid to top performance.

Look out for more on stress management and other ideas from sport psychology in future editions.

Stay pin safe! 🦅