



# Minnesota 4-H Shooting Sports & Wildlife

## Member Advancement Guide

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

Grade: \_\_\_\_ County: \_\_\_\_\_





## Introduction

The 4-H Shooting Sports & Wildlife Member Advancement Guide will help youth:

- Develop leadership and citizenship qualities.
- Practice safe and responsible use of firearms.
- Develop positive relationships with adults and family members.
- Develop an understanding of the principles of wildlife management.
- Develop self discipline in skills, and learn sportsmanship and ethical behavior.
- Develop an appreciation for the history and tradition of shooting sports.
- Appreciate shooting sports as a lifetime recreation or career.
- Have positive experiences in the Shooting Sports & Wildlife project.

The 4-H Shooting Sports & Wildlife Member Advancement Guide is designed to be an important learning part of your project records. Many of the answers to questions asked on the advancement program are found in 4-H manuals and the resources included at the end of this guide. Additional information may be obtained in other publications as well as project, club, or group meetings. Please note any additional sources you used in the provided space at the end of this document.

Fill in the date as you do each activity. Your club leader, SS&W discipline certified instructor, or another qualified person, such as a junior leader or parent, should verify your completion of each activity and then initial it. When you have completed the required number of activities for each step, you will qualify for an Advancement Certificate. Upon completion of all 7 steps, you will be recognized at the Minnesota 4-H Shooting Sports & Wildlife Invitational and awarded a plaque.

For each new skill that you begin (such as shotgun, .22 rifle, or black powder), you should start in Step 1 and go through Step 7 for that skill. At least half of the options for that skill should be complete before going to the next step. The References for the different skills are listed at the end of the Guide.

After you have passed Step 1, go on to Steps 2, 3, 4, etc. You can pass options for higher steps while you are working on a lower step, but you cannot qualify for that higher step Advancement Certificate until you have completed all preceding steps.

**Any shooting must be done in the presence of a certified SS&W adult instructor and follow all the [Minnesota 4-H SS&W Risk Management policies](#) for youth and program requirements.**



## Acknowledgements

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This Guide was originally developed by Wayne E. Carlson and Jim Kitts, associate professor, with special assistance from the Minnesota 4-H Shooting Sports Development Committee members.

The updated version was edited and developed by Ashton Kulesa and Nicole Pokorney, Extension Educators, University of Minnesota Extension Center for Youth Development and reviewed and revised by Judy Plank, Janet Schweigert, Laura Krist, Anita Stevens, Amber Greeley, Sue Kersting, Dan Porter, Charese Brown, Cathy Korby, Pam Haiby, and Kaitlyn Haiby.

Portions of this publication were adapted with permission from the *4-H Shooting Sports Advancement Guide* (4-H 360R). Oregon State University Extension Service.

## Step One

Welcome to the challenges of the 4-H Shooting Sports/ Wildlife Member Advancement Program. In order to complete Step One and qualify to move on to Step Two, you must complete **20 total activities** including the following:

- At least 7 activities from any of the sections under the header Responsibility & Ethics
  - 2 of your 7 activities must come from the Safety section specifically
- At least 4 of your 20 activities must come from any of the sections under the header Skill Building
- At least 4 of your 20 activities must come from any of the sections under the header Community Engagement
- The remaining activities may come from any section that interests you

When you have completed 20 activities from those listed under Step One, you will be eligible to receive an advancement certificate from your 4-H leader for Step One.

### Responsibility & Ethics

#### Safety

Assignment	Date	Initial
Demonstrate the ten principles of firearm safety		
Demonstrate how to load an air rifle (without actually loading)		
Give a demonstration on the safety practices to follow when picking up a firearm or receiving one from someone		
Name six range commands		
List the range safety rules for participants and spectators		

## Wildlife Management/Biology

Assignment	Date	Initial
Name four basic needs for all animals, including humans		
Name two big game animals and give a description of their appearance, behavior, and habitat		
Define the term "wildlife conservation"		
Explain why many animals migrate. Pick an animal and describe its migration route.		
Explain the role and positive impacts of predators. Should humans be called predators?		

## Sportsmanship

Assignment	Date	Initial
Name six rules from a hunter's code of ethics		
Name three reasons why game laws are important		

## Skill Building

### Archery

Assignment	Date	Initial
Name the basic archery safety rules		
Identify the five basic parts of a bow		
Name the basic parts and functions of an arrow, four different arrow points, and three different types of fletchings		
Describe three types of bows and the benefits of each		
Practice shooting for groups and record your results		

### Shotgun

Assignment	Date	Initial
Name the basic shotgun safety rules		
Demonstrate how to properly fit a shotgun to the shooter		
Identify the four types of shotgun actions		
Demonstrate how to field strip and clean a shotgun		
Describe the protective equipment to use with a shotgun		

## Pistol

Assignment	Date	Initial
Name the basic pistol safety rules		
Demonstrate how to load an air pistol		
Identify the three basic parts of a pistol		
Identify two types of air pistol actions		
Practice shooting air pistols for groups and record your results		
Demonstrate how to properly fit a pistol to the shooter		

## Rifle

Assignment	Date	Initial
Name the basic rifle safety rules		
Demonstrate how to properly fit a rifle to the shooter		
Identify the three main sections of a rifle		
Identify four types of rifle actions		
Describe how an air rifle works		
Demonstrate how to clean an air rifle		
Practice shooting an air rifle for groups and record your results		

## Muzzleloading

Assignment	Date	Initial
Name the basic safety rules for muzzleloaders		
Identify the three main parts of a muzzleloader		
Name the two main methods of ignition in muzzleloaders and explain how they work		
Demonstrate how to safely throw a tomahawk		

## Community Engagement

### Youth Leadership

Assignment	Date	Initial
Complete the SS&W Leader Training in a discipline and become an assistant leader in your program (must be 9th grade +)		
Help promote club meetings and recruit members		
Under the guidance of an adult certified SS&W instructor, lead a range practice. (must have completed a SS&W Leader Training)		

### History

Assignment	Date	Initial
Study and report on the early history of the fur trade and the use of guns and traps in harvesting meats and furs in Minnesota		
Research and report on the role of voyageurs in our state history		
Research and report on the types of archery equipment used by American Indians in Minnesota		

### Associated Activities

Assignment	Date	Initial
Prepare a Shooting Sports & Wildlife exhibit for the county fair		
Keep a shooter's log or diary for one summer		
Make a mousetrap gun		
Demonstrate how to read and use a compass		
Demonstrate how to read a topographic map		
Demonstrate walking a trail using a compass		

\_\_\_\_\_ is qualified and has completed all requirements for Step 1 of  
 the 4-H Shooting Sports & Wildlife Advancement Program on \_\_\_\_\_  
(Name of 4-H Member) (Date)

Approved by \_\_\_\_\_  
(County SS&W Coordinator) (Project or Club Leader)

## Step Two

In order to complete Step Two and qualify to move on to Step Three, you must complete **20 total** activities including the following:

- At least 6 activities from any of the sections under the header Responsibility & Ethics
  - 2 of your 6 activities must come from the Safety section specifically
- At least 4 of your 20 activities must come from any of the sections under the header Skill Building
- At least 4 of your 20 activities must come from any of the sections under the header Community Engagement
- The remaining activities may come from any section that interests you

When you have completed 20 activities from those listed under Step Two, you will be eligible to receive an advancement certificate from your 4-H leader for Step Two.

### Responsibility & Ethics

#### Safety

Assignment	Date	Initial
Describe five situations when you should unload a firearm		
Name two different types of eye protection and describe the merits of each		
Name three types of ear protection and describe the merits of each		
Demonstrate proper storage and/or transportation of firearms		
Demonstrate how to safely load two types of rifles		
Receive orientation for participating in a competitive event (range etiquette)		
Demonstrate proper storage and/or transportation of archery equipment		



## Wildlife Management/Biology

Assignment	Date	Initial
Name and describe (appearance, diet, habitat, etc.) four upland game species		
Define the term "wildlife management"		
Name and describe (appearance, diet, habitat, etc.) five fur bearing species		
Describe the difference between a wildlife refuge and a wildlife management area		
Name and describe (appearance, diet, habitat, etc.) three waterfowl species		

## Sportsmanship, Ethics, and Responsibility

Assignment	Date	Initial
Define "ethics" and make a collage illustrating poor and good ethical shooting practices		
Research and report on why purchased hunting licenses are important in modern game management and wildlife conservation		

## Skill Building

### Archery

Assignment	Date	Initial
Demonstrate how to fit two kinds of bows		
Demonstrate the fundamentals of archery marksmanship		
Demonstrate two methods, stringer and bow vice, of stringing a bow		
Make an arrow holder for the range		
Shoot for record and document score here:		
Demonstrate the nocking point on a bowstring		

## Shotgun

Assignment	Date	Initial
Describe shotgun marksmanship fundamentals for using shot and slug		
Describe four "chokes" and their function		
Demonstrate how to use three shotgun shooting accessories		
Practice shooting a shotgun pattern		
Identify the three basic parts of a shotgun		

## Pistol

Assignment	Date	Initial
Demonstrate the relaxed aligned position for shooting (two hand hold)		
Demonstrate air pistol marksmanship fundamentals (sight picture and trigger control)		
Demonstrate how to care for and maintain an air pistol		
Shoot air pistol for record and document score here:		
Identify the three parts of an air pistol ammunition and their function		

## Rifle

Assignment	Date	Initial
Demonstrate how to select accessories for shooting both the air rifle and .22 rifle		
Demonstrate the four shooting positions		
Name five different rifle calibers and describe where to find the caliber on the ammunition		
Shoot air rifle for record and document score here:		
Explain what happens inside the .22 rifle and ammunition when the trigger is pulled		

## Muzzleloading

Assignment	Date	Initial
Name the four grades (or sizes) of black powder and their uses		
Name and demonstrate the use of seven pieces of special equipment necessary in all muzzle loading		
Demonstrate how to sharpen a tomahawk and/or a patch knife		
Demonstrate how to cross a fence with a muzzleloader		

## Community Engagement

## Youth Leadership

Assignment	Date	Initial
Complete the SS&W Leader Training in a discipline and become an assistant leader in your program (must be 9th grade +)		
Under the guidance of an adult certified SS&W instructor, lead a range practice. (must have completed a SS&W Leader Training)		
Working one-on-one, help younger members complete a project record		
Send out emails, design posters, or find another creative way to help keep members informed of meetings		
Using your county's Premium Book, create a fair exhibit under the Shooting Sports project area		

## History

Assignment	Date	Initial
Report to your group the history of bow hunting in Minnesota		
Report to your group the effect firearms had on state and national history		
Describe the general history of firearms		
Research how and when the .22 rifle was first introduced		

## Associated Activities

Assignment	Date	Initial
Develop a photo story of three to five photos related to a Shooting Sports & Wildlife project		
Make a kneeling roll		
Demonstrate basic taxidermy mounting techniques		
Make an archery finger tab		
Make a pellet trap/target holder		
Complete an intra- or inter-county shoot; record score here:		

<p>_____ is qualified and has completed all requirements for Step 2 of (Name of 4-H Member) the 4-H Shooting Sports &amp; Wildlife Advancement Program on _____ (Date)</p> <p>Approved by _____ (County SS&amp;W Coordinator) (Project or Club Leader)</p>
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## Step Three

In order to complete Step Three and qualify to move on to Step Four, you must complete **20 total activities** including the following:

- At least 6 activities from any of the sections under the header Responsibility & Ethics
  - 2 of your 6 activities must come from the Safety section specifically
- At least 4 of your 20 activities must come from any of the sections under the header Skill Building
- At least 4 of your 20 activities must come from any of the sections under the header Community Engagement
- The remaining activities may come from any section that interests you

When you have completed 20 activities from those listed under Step Three, you will be eligible to receive an advancement certificate from your 4-H leader for Step Three.

### Responsibility & Ethics

#### Safety

Assignment	Date	Initial
Demonstrate how to clean a rifle correctly		
Demonstrate how to safely load two types of shotguns		
Demonstrate how to cross a fence or ditch with a firearm		
Demonstrate how to carry a firearm with someone to the right and left of you (two carries)		
Demonstrate how to carry a firearm with someone in front and behind you (two carries)		

#### Wildlife Management/Biology

Assignment	Date	Initial
Identify three waterfowl species by wing patterns		
Identify and describe ten songbird species		
Select four species of wildlife and describe the food and cover needs of each		
Name five sources of water for wildlife		
Select four species of wildlife and describe how they differ in their space requirements		
Name five winter foods of pheasants		



## Sportsmanship, Ethics, and Responsibility

Assignment	Date	Initial
Research and report on the need for daily and possession limits in game laws		
Keep a detailed journal of conservation practices you participated in for three months		
Name three reasons why a hunter should always first ask permission to hunt on private land		

## Skill Building

### Archery

Assignment	Date	Initial
Demonstrate how to care for and maintain a bow		
Explain how a bow sight works		
Name three different kinds of associated gear used in archery		
Demonstrate how to fletch an arrow		
Shoot for record and document score here:		
Construct a bow stringer		

### Shotgun

Assignment	Date	Initial
Describe how a shotshell is fired, including the steps involved in the gun and in the shell		
Name five different gauges and how to identify the shotshells and guns for each		
Make a gun case for shotgun		
Describe the different shot sizes and their uses		
Learn to shoot and break a moving target		

### Pistol

Assignment	Date	Initial
Describe several air pistol accessories and their use in shooting		
Name four pistol calibers and explain how to identify ammunition and pistols for each		
Describe how an air pistol works		
Make an air pistol cover or case		
Shoot for record (two hand hold) and document score here:		

## Rifle

Assignment	Date	Initial
Name three types of rifle sights		
Identify the three parts of air rifle pellets and their function		
Describe what happens in an air rifle after the trigger is pulled		
Practice shooting a .22 rifle for groups and report your results		
Shoot an air rifle for record and document score here:		
Make a rifle case or cover		

## Muzzleloading

Assignment	Date	Initial
Demonstrate the steps in loading a rifle		
Demonstrate the steps in loading a pistol		
Demonstrate the steps in loading a shotgun		
Name five common calibers of modern muzzleloaders		
Tell how to determine if a muzzleloader is charged		
Practice shooting a rifle for groups and report your results		

## Community Engagement

## Youth Leadership

Assignment	Date	Initial
Complete the SS&W Leader Training in a discipline and become an assistant leader in your program (must be 9th grade +)		
Under the guidance of an adult certified SS&W instructor, lead a range practice. (must have completed a SS&W Leader Training)		
Using your county's Premium Book, create a fair exhibit under the Shooting Sports project area		
Working one-on-one, help younger members to prepare a demonstration or fair exhibit		



## History

Assignment	Date	Initial
Explain the difference between the American and European use of the term caliber		
Show the difference between caliber and gauge with drawings or demonstration props		
Give a report on the size and scope of the firearm or archery industry in Minnesota today		
Give two examples of how different strengths of materials were needed to accommodate technical advances in the firearm or archery industry		

## Associated Activities

Assignment	Date	Initial
Represent your county at the Minnesota 4-H Shooting Sports & Wildlife Invitational in a discipline event		
Give a demonstration or youth-in action presentation		
Develop a poster of three to five close-up pictures of wildlife or wildlife activities		
Choose a small game animal and demonstrate techniques for field dressing and cleaning it for cooking		
Enter a state or national Shooting Sports & Wildlife conservation essay contest		

<p>_____ is qualified and has completed all requirements for Step 3 of  <small>(Name of 4-H Member)</small>  the 4-H Shooting Sports &amp; Wildlife Advancement Program on _____  <small>(Date)</small></p>		
<p>Approved by _____  <small>(County SS&amp;W Coordinator)</small></p>	<p>_____   <small>(Project or Club Leader)</small></p>	

## Step Four

In order to complete Step Four and qualify to move on to Step Five, you must complete **20 total activities** including the following:

- At least 5 activities from any of the sections under the header Responsibility & Ethics
  - \*At least two of your five activities must come from the Safety section specifically
- At least 4 of your 20 activities must come from any of the sections under the header Skill Building
- At least 4 of your 20 activities must come from any of the sections under the header Community Engagement
- The remaining activities may come from any section that interests you

When you have completed 20 activities from those listed under Step Four, you will be eligible to receive an advancement certificate from your 4-H leader for Step Four.

### Responsibility & Ethics

#### Safety

Assignment	Date	Initial
Demonstrate how to make a survival kit		
Name three game laws written that specifically protect people		
Give four examples of how a bow hunter might have an accident and tell how to avoid each		
Name three primary rules for safe gun handling		

## Wildlife Management/Biology

Assignment	Date	Initial
Define what a food chain is and illustrate an example of one		
Identify ten animal tracks and make castings of five of them		
Study and make a list of ten song birds and write a short life history for each, including their four basic needs		
Select three upland game birds and describe how to improve nesting cover, winter food, and winter cover for each		
Name five winter foods for deer in your area		
How many young must each breeding animal produce to maintain a stable population of a species of your choice? How many young must survive?		

## Sportsmanship, Ethics, and Responsibility

Assignment	Date	Initial
Do research and report on why people hunt, including discussion on how those reasons have changed over time		
Study and report on why Theodore Roosevelt and Aldo Leopold were important to hunting and wildlife conservation		
Enter a state or national Shooting Sports & Wildlife conservation essay contest		

## Skill Building

### Archery

Assignment	Date	Initial
Write a 100 word article about a state archery organization		
Name three things a good quiver should have		
Demonstrate how to position the nocking point on a new bowstring and show the string to instructor		
Demonstrate why the "spine" of an arrow is important in archery		
Demonstrate how to make (fletch) an arrow		
Construct a bow case or cover		
Practice shooting for score and participate in a competition; record score here:		

## Shotgun

Assignment	Date	Initial
Describe a regulation trap range with distances necessary for safety		
Name and explain the uses of all the external parts of a shotgun		
Describe how to reload shotshells		
Keep a journal of your trap shootings for one year		
Report on why steel shot is used to hunt waterfowl and its advantages and disadvantages		
Practice shooting a round of trap for record and document score here:		

## Pistol

Assignment	Date	Initial
Name three types of handgun actions and name two kinds of revolver actions		
Practice shooting for record with air pistol (two hand hold) and document score here:		
Shoot for groups with one hand hold air pistol		
Describe how three pistol actions function and list the parts involved		
Demonstrate how to load each type of handgun action		

## Rifle

Assignment	Date	Initial
Demonstrate how to zero a rifle		
Demonstrate with a drawing or props how trajectory of a bullet works		
Demonstrate how to field strip and clean a .22 rifle		
Shoot a .22 rifle or air rifle for record and participate in a 4-H competition. Document score here for .22:            or air:		
Shoot air rifle or .22 silhouettes or other game		

## Muzzleloading

Assignment	Date	Initial
Load and shoot muzzle loading rifle for groups		
Load and shoot a muzzle loading pistol for groups		
Load and shoot a muzzle loading shotgun for a pattern		
Demonstrate how to "pull a ball"		
Construct a target backstop for a tomahawk		
Demonstrate how to clean a muzzleloader		
Practice throwing a tomahawk at a mark		

## Community Engagement

## Youth Leadership

Assignment	Date	Initial
Recruit and enroll one other member and mentor them during their first year		
Arrange a field tour for your members with a leader		
Work with an adult to plan and conduct a project meeting		
List ten careers associated with wildlife or shooting and detail at least one as to the amount of education necessary for it		

## History

Assignment	Date	Initial
Describe the contributions of Saxon Pope and Art Young to bow hunting		
Visit a gun show and write a report of your observations		
Describe in a 200 word paper the history of bows		
Research and report to the group the history of the air gun		

## Associated Activities

Assignment	Date	Initial
Prepare and serve a nutritious meal from the game you harvested		
Demonstrate at least three methods of preserving game		
Gather and describe the basic gear needed for camping		
Mount a bird, animal, or antlers		
Construct a knife sheath		
Demonstrate how to make a trail		
Carve a likeness of a favorite animal out of wood		
Construct a shooting jacket		

<p>_____ is qualified and has completed all requirements for Step 4 of  <small>(Name of 4-H Member)</small>  the 4-H Shooting Sports &amp; Wildlife Advancement Program on _____  <small>(Date)</small></p> <p>Approved by _____  <small>(County SS&amp;W Coordinator)</small>      _____  <small>(Project or Club Leader)</small></p>	
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## Step Five

In order to complete Step Five and qualify to move on to Step Six, you must complete **15 total activities** including the following:

- At least 5 activities from any of the sections under the header Responsibility & Ethics
  - \*At least three of your five activities must come from the Safety section specifically
- At least 3 of your 15 activities must come from any of the sections under the header Skill Building
- At least 3 of your 15 activities must come from any of the sections under the header Community Engagement
- The remaining activities may come from any section that interests you

When you have completed 15 activities from those listed under Step Five, you will be eligible to receive an advancement certificate from your 4-H leader for Step Five.

### Responsibility & Ethics

#### Safety

Assignment	Date	Initial
Assemble a first aid kit and demonstrate the use of each component		
Name the seven rules of survival		
Explain what to do for frostbite and how to avoid it		

#### Wildlife Management/Biology

Assignment	Date	Initial
Develop a list and study three species of upland game and write a life history for each; include their four basic needs		
Write a 200 word story describing what would happen if nothing ever died; consider plants, animals, and humans		
Develop a list of waterfowl species that can be found locally and study three of them in depth		
Describe how stocking programs, wildlife refuges, and predator control can be used as management tools		
Form a 4-H WHEP team in your local program		

## Sportsmanship, Ethics, and Responsibility

Assignment	Date	Initial
Keep a detailed hunting journal for an entire hunting season		

## Skill Building

### Archery

Assignment	Date	Initial
Describe what a hunter should do after hitting a deer with an arrow		
Construct an archery butt		
Construct a bow cover or case		
Write a 200 word essay on the need for camouflage in hunting deer with bow and arrow		
Shoot special games such as field archery		
Shoot for record and document score here:		

### Shotgun

Assignment	Date	Initial
Shoot trap for record and document score here:		
Write a 200 word report on an actual hunt you participated in		
Refinish a shotgun stock and forearm		
Name and explain the internal parts of a shotgun		
Describe safety precautions to take when several gauges of shotguns and shotshells are used by the same person		

### Pistol

Assignment	Date	Initial
Practice shooting for groups with one hand hold (international position) using air or .22 pistol		
Make or refinish a set of pistol grips		
Shoot air pistol for record and document score here:		
Demonstrate how to field strip and clean a .22 pistol		



## Rifle

Assignment	Date	Initial
Make or refinish a rifle stock		
Shoot a large caliber rifle for groups		
Demonstrate how to reload rifle ammunition		
Shoot .22 or air rifle for record and record scores here for .22:                    or air:		
Participate in an air rifle or .22 rifle competition and record score here for .22:                    or air:		

## Muzzleloading

Assignment	Date	Initial
Make a powder horn or possible bag		
Demonstrate how to make lead balls safely		
Participate in a muzzleloading competition		
Keep a shooting log for muzzleloading for one year		
Demonstrate how to sharpen a flint (knapping a flint)		
Shoot rifle and pistol for record and document score here: Rifle:                    Pistol:		
Throw tomahawk for record and document score here:		

## Community Engagement

## Youth Leadership

Assignment	Date	Initial
Participate in the 4-H OWLS Program		
Help plan a shooting event in your group with a certified adult leader (must have completed a SS&W Leader Training)		
Give leadership to planning and conducting a community service project related to wildlife or shooting sports		
Plan and conduct a wildlife skillathon for your club		
Seek membership and serve on a county level developmental committee in shooting sports		

## History

Assignment	Date	Initial
Attend a gun collector show and report your impressions to the group		
Describe in a 200 word essay the history of the shotgun		
Describe in a 200 word essay the history of the rifle in the United States		
Describe in a 200 word essay the history of the technical advances of arrows		

## Associated Activities

Assignment	Date	Initial
Demonstrate how to field dress a big game animal		
Research and write a report on one or more breeds of hunting dogs		
Demonstrate how to cook game outdoors		
Make a game call and demonstrate its use		
Research and describe the nutritional values of wild game compared to domestic red meat		
Exhibit a project within the 4-H Outdoor Education Program at State Fair		
Construct a patch knife or hunting knife		
Coordinate a postal shooting match between two counties		

<p>_____ is qualified and has completed all requirements for Step 5 of  <small>(Name of 4-H Member)</small>  the 4-H Shooting Sports &amp; Wildlife Advancement Program on _____.  <small>(Date)</small></p> <p>Approved by _____  <small>(County SS&amp;W Coordinator)</small>                      <small>(Project or Club Leader)</small></p>		
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## Step Six

In order to complete Step Six and qualify to move on to Step Seven, you must complete **15 total activities** including the following:

- At least 5 activities from any section under the header Responsibility & Ethics  
\*At least three of your five activities must come from the Safety section specifically
- At least 3 of your 15 activities must come from any section under the header Skill Building
- At least 3 of your 15 activities must come from any section under the header Community Engagement
- The remaining activities may come from any section that interests you

When you have completed 15 activities from those listed under Step Six, you will be eligible to receive an advancement certificate from your 4-H leader for Step Six.

### Responsibility & Ethics

#### Safety

Assignment	Date	Initial
Explain hypothermia and what you should do to prevent it and/or how to treat it		
Explain heat exhaustion and what you should do to prevent it and/or treat it		
Describe all pressure points on the human body to stop bleeding		
Attend a first aid course		

## Wildlife Management/Biology

Assignment	Date	Initial
Develop a list and study five species of mammals, amphibians, or reptiles and write up life histories for them; include their four basic needs and their differences		
Define "carrying capacity" and explain why it is lower at the most severe times of the year and higher during breeding time		
Describe how hunting and trapping can be used as management tools		
Describe how habitat improvement can be used as a management tool		
Describe six steps for habitat improvement		
Write life histories for three species of local waterfowl. Include their four basic needs and how to improve their habitat		
List and describe some wildlife management tools used by professionals		

## Sportsmanship

Assignment	Date	Initial
Read and report on the book <i>Sand County Almanac</i> by Aldo Leopold		
Determine what the "Pittman-Robertson Act" is and report to the group; explain why it is important to you		

## Skill Building

### Archery

Assignment	Date	Initial
Construct a longbow		
Write a 500 word essay on the history of archery featuring the important technical advances in both bows and arrows		
Participate in the Minnesota 4-H Shooting Sports & Wildlife Invitational and record score here:		
Read and report on <i>The Witchery of Archery</i> by Maurice Thompson		

## Shotgun

Assignment	Date	Initial
Reblue a shotgun		
Write a 300 word "how to" description for two of the following: duck hunting, pheasant hunting, turkey hunting, rabbit hunting, or squirrel hunting		
Shoot trap for record and document score here:		
Participate in the Minnesota 4-H Shooting Sports & Wildlife Invitational and record score here:		

## Pistol

Assignment	Date	Initial
Write a 300 word essay on today's uses of handguns and the necessary safety practices for each		
Practice shooting a large pistol for groups and report results		
Participate in the Minnesota 4-H Shooting Sports & Wildlife Invitational for air pistol and record score here:		

## Rifle

Assignment	Date	Initial
Demonstrate how to "zero in" a large rifle		
Write a 400 word history of the rifle with emphasis on the technical advances		
Participate in the Minnesota 4-H Shooting Sports & Wildlife Invitational for air rifle and/or .22 and record score here:		

## Muzzleloading

Assignment	Date	Initial
Describe for the group how the various rifling (twists) in rifle barrels affects what type of ammunition to use		
Describe to the group what the effective ranges are for muzzle loading rifles, pistols, and shotguns; explain why they are different from modern firearms		
Tell what black powder is made of and what makes it different from modern powder		
Participate at the Minnesota 4-H Shooting Sports & Wildlife Invitational and document score here:		
Build a muzzleloading rifle, pistol, or shotgun from a kit		

## Community Engagement

### Youth Leadership

Assignment	Date	Initial
Organize and run a county shooting sports activity		
Plan and conduct a wildlife bowl event in the group		
Seek a donation from a local donor for your county program		
Write a project publicity article for a local paper or newsletter		

### History

Assignment	Date	Initial
Describe in 200 words the history of shotshells, emphasizing the technical advances		
Describe in 200 words the history of rifle ammunition with emphasis on the technical advances		
Write a 200 word essay on the history of the Shooting Sports & Wildlife Project in Minnesota		

### Associated Activities

Assignment	Date	Initial
Collect scientific data on a particular species of wildlife		
Demonstrate how to butcher a deer for the freezer		
Participate in the 4-H National Shooting Sports Championships		
Construct a shooting bench		
Demonstrate how to set up a survival shelter		
Demonstrate techniques of reorienting yourself when lost		
Glass-bed a rifle action and barrel		
Visit a local library explore three books on a related topic of interest; write a paragraph describing your findings for each book		

\_\_\_\_\_ is qualified and has completed all requirements for Step 6 of  
(Name of 4-H Member)  
the 4-H Shooting Sports & Wildlife Advancement Program on \_\_\_\_\_.  
(Date)  
Approved by \_\_\_\_\_  
(County SS&W Coordinator) (Project or Club Leader)

## Step Seven

In order to complete Step Seven, you must complete **10 total activities** including the following:

- At least 3 activities from any of the sections under the header Responsibility & Ethics
- At least 1 of your 10 activities must come from any of the sections under the header Skill Building
- At least 1 of your 10 activities must come from any of the sections under the header Community Engagement
- The remaining activities may come from any section that interests you

When you have completed 10 activities from those listed under Step Seven, you will be eligible to receive an advancement certificate from your 4-H leader for Step Seven.

### Responsibility & Ethics

#### Safety

Assignment	Date	Initial
Write a 300 word essay on the safe handling and shooting of a bow and arrow		
Write a 300 word essay on the safe handling and firing of handguns		
Write a 300 word essay on the safe handling and firing of muzzleloaders		



## Wildlife Management/Biology

Assignment	Date	Initial
Define and describe in your own words the term "succession" in wildlife habitat		
Design a habitat improvement project for 40 acres of a farm in your area		
Take the "Adult Hunter Education Training Course" from the Department of Natural Resources (DNR)		

## Sportsmanship

Assignment	Date	Initial
Describe to the group in your own words Jackson and Norton's "Stages in Hunter Development" (shooter, limit bagger, trophy hunter, method hunter, and ethical hunter)		

## Skill Building

### Archery

Assignment	Date	Initial
Visit a Minnesota archery dealer or manufacturer and write a report on their contribution to Shooting Sports		
Write a 300 word article on an archery hunt		
Shoot for record and document score here:		
Participate at the Minnesota 4-H Shooting Sports & Wildlife Invitational and document score here:		

### Shotgun

Assignment	Date	Initial
Shoot for record and document score here:		
Participate at the Minnesota 4-H Shooting Sports & Wildlife Invitational and document score here:		

### Pistol

Assignment	Date	Initial
Shoot for record and document score here:		
Participate at the Minnesota 4-H Shooting Sports & Wildlife Invitational and document score here:		

## Rifle

Assignment	Date	Initial
Shoot for record and document score here:		
Participate at the Minnesota 4-H Shooting Sports & Wildlife Invitational and document score here:		

## Muzzleloading

Assignment	Date	Initial
Shoot for record and document score here:		
Throw tomahawk for record and document score here:		
Participate at the Minnesota 4-H Shooting Sports & Wildlife Invitational and document score here:		

## Community Engagement

## Youth Leadership

Assignment	Date	Initial
Develop an idea for a state-wide educational offering		
Seek membership and serve on the State Shooting Sports & Wildlife Program Development Committee for a three year term		
Develop a mission statement for your county Shooting Sports & Wildlife Project		
Participate in State or National Teen SS&W Ambassador program		

## History

Assignment	Date	Initial
Start an antique collection of firearms or archery associated gear		
Recondition an old firearm, bow, or associated gear		
Write a report on the work of an early conservationist such as John James Audubon, Rachel Carson, or John Muir		

## Associated Activities

Assignment	Date	Initial
Construct a gun cabinet		
Make a set of silhouette targets		
Demonstrate the use of a dog in hunting		
Design a pattern for a shooting jacket and construct it		
Design patterns for voyageur costume and construct it		
Visit a local library and explore five books or educational magazines on a related topic of interest; write a paragraph for each book describing your findings		
Do scientific research on wildlife and write an article for a scientific journal		

<p>_____ is qualified and has completed all requirements for Step 7 of  <small>(Name of 4-H Member)</small>  the 4-H Shooting Sports &amp; Wildlife Advancement Program on _____  <small>(Date)</small></p> <p>Approved by _____  <small>(County SS&amp;W Coordinator)</small>      _____  <small>(Project or Club Leader)</small></p>
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