

Prone Position Checklist

Adjust the equipment to the shooter, not the shooter to the equipment.

- 1 Body angle is 5-15 degrees to a line drawn perpendicular from the target face to the firing line.
- 2 Spine is straight.
- 3 The left arm, shoulder, hip, and leg form a straight line.
- 4 The right leg is drawn up thus rolling the body onto the left side. (helps reduce pulse beat)
- 5 The left forearm is at least 30 degrees to the ground.
- 6 The left hand does not grip the stock.
- 7 Check sling tension. No muscle used to hold up the rifle.
- 8 Shoulders level. Move right elbow to achieve this.
- 9 Straight line through the left palm, elbow, and shoulder. Hold a tray of drinks.
- 10 Shoulders are 90 degrees to the spine when viewed from above.
- 11 Buttplate is adjusted and placed firmly into the shoulder.
- 12 Right elbow supports very little weight.
- 13 Right hand grip pressure is proportional to the trigger weight.
- 14 Sling must not touch stock. ISU rule.
- 15 First knuckle of thumb should be under nose.
- 16 Eye relief is 2-6 inches. Eyeball to sight iris.
- 17 Rifle may be canted.
- 18 Check your muscle groups for incorrect tensions.
- 19 Place the spotting scope where it can be seen with minimal head movement.

To minimize lateral movement check for:

- 1 no hook in the left elbow
- 2 level eyes

Breathe in or out for slight vertical adjustments.

Adjust your position slightly to accommodate your body's daily changes.
Have someone take a picture of you in a good position for future reference.

