

Dry Fire training safety rules

Schedule and plan your dry fire training time. Allow for 15 to 30 minutes of uninterrupted practice time so you can maintain your focus. When it's time for practice, make sure you have the proper mindset, so that you can train safely, and with purpose.

- Train only when you're rested, and alert. Never practice under the influence of drugs or alcohol.
- Simulated self-defense training can be physically demanding. Ensure that you're healthy enough for this activity.
- Designate a specific room or area for dry practice, and always use the same practice area. Don't dry practice anywhere else in your home.
- Prepare your dry fire practice area so that you have room to move and use cover. Remove any potential trip hazards. Remove all distractions. No phones, family members, or pets.

DRY FIRE TRAINING WEAPON SAFETY

- Consult your firearm manufacturer's instructions on the safe handling and operation of your firearm.
- If you use laser devices for dry fire training, be sure to follow all manufacturer directions for the safe use of the laser.
- ***If you use a real firearm, or any projectile firing weapon for dry fire training, you assume, all risks associated with the use of that weapon. Safety must be your top priority, and you must strictly adhere to the following safety procedures:***
- **UNLOAD AND CLEAR YOUR WEAPON**
- ***To clear a pistol***, remove the magazine, lock the slide open, and insure there is no live round in the chamber. Leave the slide open.
- ***To clear a revolver***, open the cylinder, and remove live rounds from each chamber of the cylinder. Make sure each chamber is empty. Leave the cylinder open.
- **Check and confirm again that the firearm is cleared.**
- **Check and confirm again.**

REMOVE ALL LIVE AMMUNITION FROM YOUR PERSON AND THE PRACTICE AREA.

- Secure all live ammunition in a separate room.
- Remove any other firearms from the practice area and secure in a separate room.
- If you train with a partner, you should clear each other, and your training weapons. All users should review and follow all safety procedures.
- Don't use homemade dummy rounds if you train with magazines for practice reloads, or malfunction drills. Use **ONLY** commercial, brightly colored practice rounds or snap caps in the magazines.
- Ensure your target display has a safe backstop, and that it's capable of stopping a round from a negligent discharge.

- Remember YOU are responsible for any damage or injury caused by your negligent discharge.

Even when training without live ammunition, always follow the 4 rules of gun safety.

1. Always treat firearms as if loaded
2. Never point a firearm at anything you're not willing to destroy.
3. Keep your finger off the trigger until ready to shoot.
4. Know what your target is and what's behind it.

Failure to follow the rules of gun safety can result in serious injury or death.

ENDING YOUR DRY FIRE TRAINING SESSION

- When your dry practice session is done, ***it's DONE!*** Never do it "just one more time"
- Say aloud to yourself several times: "Dry Practice is over"
- Secure all your dry fire equipment.
- Let a few minutes pass before handling your real carry weapon and ammo. When you do, say aloud to yourself several times: "REAL WEAPON, LIVE AMMO."
- Continue to follow all safe weapon handling procedures.

Always Train Safely!