



Air Rifle/Pistol

Shooting may be beneficial for Soldiers who have stable upper body injuries, behavioral health issues, Post-Traumatic Stress Disorder (PTSD) and/or have sustained Traumatic Brain Injuries (TBI). Each Soldier's Physical Therapist/Occupational Therapist will screen them for participation in shooting, especially those with behavior health issues, PTSD and/or TBI; additional clearance will be required for these Soldiers.

Resources are provided by:

- Adaptive Reconditioning (AR) Team
- Warrior Transition Unit (WTU)
- Range Non-Commissioned Officer (NCO) – Required for supervision
- Certified Shooting Instructor – Required for supervision

Each WTU received initial issue of equipment by the Office of the Secretary of Defense (OSD).

Equipment/resources provided:

- Air rifles/ air pistols
- Co2
- Pellets
- Protective eyewear
- Hearing protection (earplugs)
- Targets/target stands
- Tools (to make adjustments)
- Accessories (as available)

Equipment/resources Soldier brings:

- Personal hearing protection (if owned)
- Safety glasses (if owned)
- Shooting equipment/ accessories (if owned)

Location(s):

- Morale, Welfare and Recreation (MWR) indoor range
- Local indoor range
- *Costs may be associated (shooting range fees)

Adaptive Reconditioning resources and Recreational Services may be available through the WCT Community Support Network (CSN) at no cost, or significantly reduced in price. Please refer to our CSN page for more information:

http://www.wct.army.mil/modules/support%20network/c1_adaptivereconditioning.html