



Module 5: Adaptive Techniques

Hunt 2 Heal
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Common Shooting Positions - Wheelchair Edition

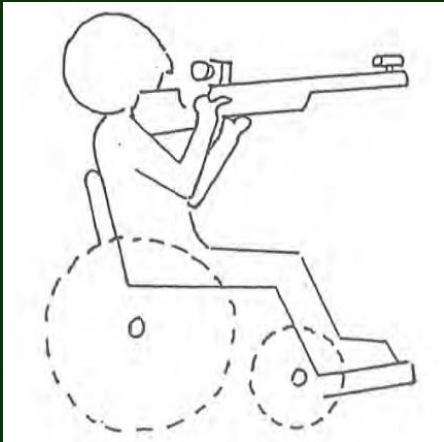
“Standing” - No arm support.

“Kneeling” - Support at one elbow.

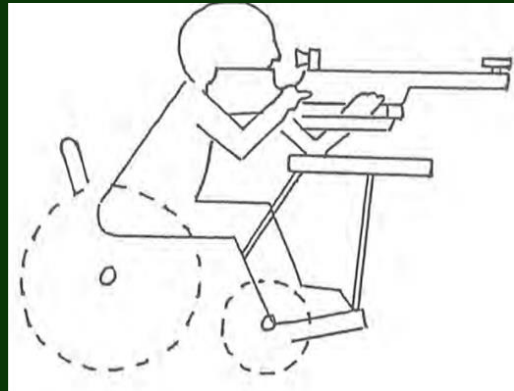
“Prone” - Support at both elbows.

Positioning should be tailored to the unique abilities of each participant. Below are some examples that can be adjusted to better align with and enhance the participants' success.

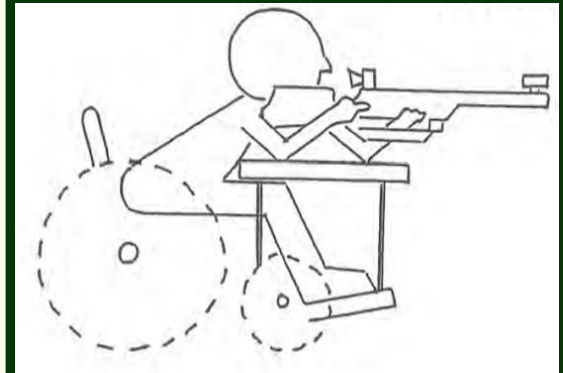
Standing



Kneeling



Prone



Shooting Tripod

Benefits of use:

- Enhanced Accuracy
- Reduce Fatigue for Participant
- More Consistency
- Versatile & Customizable to Participants
- Recoil Management
- Improved Target Acquisition
- Improved Confidence & Ease

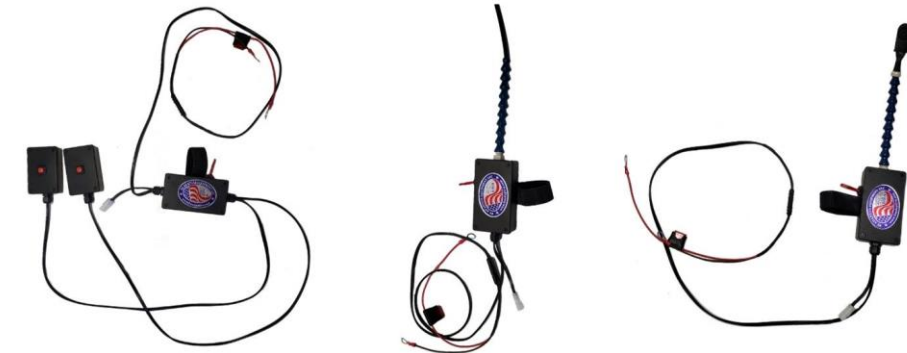


There are multiple types of shooting tripods at H2H that are better geared for certain diagnoses and abilities. This is something that can be explored and decided upon when practicing with participants before their hunt.

(Gunline University, 2024)

Common Adapted Trigger Mechanisms

Firing Options



Two-Button Push

Sip

Bite

(Be Adaptive Equipment, 2025)

○ Sip & Puff Mechanism

Enables the participant to fire a gun or crossbow hands-free by sipping (sucking) or puffing (blowing) into a straw-controlled mechanism.

○ Bite Mechanism

Enables the participant to fire a gun or crossbow hands-free by biting down on rubber-encapsulated switch.

○ Two-Button Push

One button is a safety mechanism and must be pushed to make the fire button active. This helps individuals with limited fine motor control and reduced grip strength.

***Not all of these are available at H2H, but some participants may bring their own, so it is important to understand their mechanisms. ***

Scope Phone Adapter



An adapter like the one shown above allows hunters to view their scope's sight through a smartphone, offering a larger, clearer image for improved targeting. This is especially beneficial for individuals with limited vision or reduced upper body mobility, as it enables easier aiming without the need to physically align their eye with the scope. By reducing strain and enhancing accuracy, this technology makes hunting more accessible and comfortable for a wider range of participants.

Track Chairs



Track Chairs

The 3 track chairs shown in the previous slide are all available at

H2H!

- Participants can transfer in and out of track chairs in any of the ways described in previous modules based on their abilities.
- H2H has attachments for the chairs that allow for a gun to be mounted to the chair for transport (an image of this is shown on the next slide). However, we usually recommend that the volunteers carry and handle the guns while navigating to the blinds for safety purposes.
- One of the track chairs (middle picture) can be driven remotely by the volunteer as opposed to the participant. This is beneficial when navigating into the blinds or for participants who may be unable to use the hand controls independently.

Gun Scabbard/Holder Examples



Rifle Rest Chair Attachment

The chair on the right in previous slides also has a rifle rest attachment.



This can help alleviate physical strain on the upper body and reduce shoulder fatigue, allowing for greater endurance. Additionally, it can enhance stability, leading to a steadier and more accurate shot.

Manual Off-Road Chair



- An additional chair such as the one shown in the picture is also available at H2H.
- This is a manual wheelchair which requires more physical effort to use than the previous chairs shown.
- Chairs being used will depend on the abilities of the participant.

References

Be Adaptive Equipment. (2025). *TM100 – Trigger mechanism*. <https://beadaptive.com/product/tm100-trigger-mechanism/>

Gunline University. (2024, June 28). *The benefits of using a gun tripod for precision shooting*. Gunline Shooting. <https://gunlineshooting.com/announcements/the-benefits-of-using-a-gun-tripod-for-precision-shooting/#:~:text=Better%20Control%20Over%20Recoil&text=A%20gun%20tripod%20provides%20a,to%20better%20overall%20shooting%20performance>.