



Three-Gun Camp South Africa

February 15-22, 2026



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Summary

What: SwissAAA offers the opportunity to participate in an intensive one week training camp in South Africa. The event includes 3-gun instruction, practice and competition using handgun, rifle and shotgun.

Who: Participants must have a solid prior education in safe firearms handling. Experience in competitive shooting is a plus. In addition, a good general fitness level is required.

Benefit: You will have learn about, train and compete in several sports shooting disciplines. Besides the shooting exercises, you will enjoy breathtaking sea views, marvelous summer weather and excellent South African food. You will also make new friends and strengthen existing bonds.

When: February 15-22, 2026

Where: The camp will be on the fantastic facilities of the False Bay Sports Shooting Club near Cape Town, South Africa.

SwissAAA is organizing and performing this unique week in close collaboration with our partners from the False Bay Firearm Training Academy.



Participants

Participation is open for approved guests. Guests will have to conform to the standard SwissAAA rules for attending sports shooting events and will have to proof safe firearms handling proficiency.

Program

During the training week, there will be a good balance between action packed exercises and recovery time. We will make full use of the training facilities but there will also be some spare time to walk the beach or watch the sunset. We highly recommend to further explore the magnificent country of South Africa and enjoy the many attractions it has to offer either before or after the camp.



Arrival

All the participants should arrive latest on Sunday evening around 6pm for the welcome dinner in the Simons Town – Fish Hoek - Noordhoek area.

Week Plan

Training will start in the morning at 9am and conclude in the evening around 5pm. There will be alternative activities on some of the days.

The instructors will adapt the detail program to the actual situation. The speed and difficulty level will be modulated according to the performance and progress of the team. The safety of all involved persons will always be the top priority.

The draft program for the week looks as follows:

Day	Topics
Monday	<ul style="list-style-type: none"> ▪ Handgun Refresher ▪ Shotgun Refresher
Tuesday	<ul style="list-style-type: none"> ▪ Rifle Refresher ▪ Handgun Drill ▪ Skills Test Handgun
Wednesday	<ul style="list-style-type: none"> ▪ Morning Free ▪ Rifle Drill ▪ Skills Test Rifle ▪ Low Light Scenario
Thursday	<ul style="list-style-type: none"> ▪ Shotgun Drill ▪ Skills Test Handgun ▪ Clay
Friday	<ul style="list-style-type: none"> ▪ Work Around The House ▪ 3-Gun Stages ▪ Shootout
Saturday	<ul style="list-style-type: none"> ▪ Competition
Sunday	<ul style="list-style-type: none"> ▪ Competition (Reserve)

The program will be finalized according to the availability of the local instructors, planning of the competition and the feedback by the team.

Departure

Participants are free to follow their own schedule starting from Sunday morning.

Equipment

There is an excellent gun shop right on the range. We will pre-order the necessary rental weapons and ammunition for all participants.

If you have special needs, it is best to address them early. Many quality items can be acquired in South Africa. Since we cannot anticipate each participant's needs please discuss well in advance.

Weapons		
Item	Details	Mandatory
Handgun	Upon invitation to a competitive sports shooting event, it is possible to temporarily import a handgun along with a maximum of 200 rounds. The process has become quite complicated and time	Yes Rent



	consuming in the recent years. We will organize and recommend rental handguns (probably Glock or similar).	
Rifle	All participants will use rental rifles. While temporary import is theoretically possible, we do not support it due to the administrative effort required.	Yes Rent
Shotgun	All participants will use rental shotguns. While temporary import is theoretically possible, we do not support it due to the administrative effort required.	Yes Rent

Ammunition		
Item	Details	Mandatory
9x19 .223 or 7.62x39 .308 12-70	We will pre-order the necessary ammunition needed for all participants. The participants will buy their ammo directly at the range.	Yes Buy

Personal Equipment		
Item	Details	Mandatory
Eye/Ear	Eye and ear protection. We recommend to bring sun and low light options for the eyes.	Yes Bring
First Aid Kit	Practical personal first aid kit.	Yes Bring
Slings	Slings for the rifle and shotgun. Bring one or two general use slings and some attachment gear (for improvised attachments).	Yes Bring
Holsters	Once the firearm type is sorted, either bring your own holster or we will organize for buying or renting at the range.	Yes Bring, Rent or Buy
Belt	Suitable belts for sports shooting purposes.	Yes Bring
Rig	We recommend to bring a chest rig to carry a minimum of 3 rifle magazines of 30 rounds .223 and/or 7.62x39 type.	Recommended Bring or Buy
Pouches	Some pouches to carry the different types of shotgun ammo and allowing fast ammo changes is recommended.	Recommended Bring or Buy
Cleaning kit	Cleaning kits for 9mm, .223, .308 and 12-70 for basic firearms maintenance.	Recommended Bring
Flash light	Flash light that can be hand-held incl. a carry possibility. Optional are mounting possibilities.	Yes Bring
Footwear	Sturdy footwear is strongly recommended.	Yes Bring
Cap/Hat	Bring along a suitable cap and/or hat for sun protection.	Yes Bring
Gloves	Light, sturdy gloves can be very useful on the range.	Recommended Bring or Buy
Pads	Elbow and knee pads are strongly recommended as the ground can be hard, rocky and generally unforgiving.	Recommended Bring or Buy



Long Trousers	While shorts may look and feel cool, a sturdy pair of long trousers is highly recommended.	Recommended Bring or Buy
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When assembling your equipment remember that we will be outdoors and in mid-summer. The sun can be very intensive so it is wise to bring good sun protection and to cover your head. It can rain occasionally, so some light rain gear might be useful as well.



Travel

Flights

There are many flights from Switzerland to Cape Town. Edelweiss flies directly from Zurich to Cape Town. Most other options involve at least one stop.

You will need to book your own flights around the course dates.

Rental Cars

We recommend to hire and share cars to get to and from the range and other locations. The team will coordinate efficient car hire.

One little thing: South Africans drive on the 'wrong' side, so stay alert especially at night!

Accommodation

You will need to book your accommodation in the Noordhoek – Simons Town area. We will coordinate a preferred team accommodation.



Camp Cost

Camp fee	CHF 800.00	Including: instruction, range fees, match fees, range material, range staff. To be paid in advance.
Ammunition	Approx. CHF 800.00	Including approx. 1000 9x19, 500 223 or 7.62x39, 400 12ga Due to the current ammo shortage and price volatility this is a rough estimate. The participants pay their actual ammo consumption directly at the range.
Lunch at range (5x)	Approx. CHF 100.00	Estimate, to be paid at the range.
Gun rentals (whole week)	Approx. CHF 100.00	Estimate, to be paid at the range.
Flights		Individual
Accommodation		Individual
Meals		Individual
Rental cars		Individual (participants can share cars to save on costs)

Some more rules

Conduct

Safety is the paramount objective of the whole camp. Make sure you handle your firearms safely at all times even when tired or exhausted. It's better to act a little slower and be safe than to rush things and be sorry later. Your head is the most important tool for all the challenges of the week. Stay on top of what you are doing at all times!

The participants will work as a team throughout the whole duration of the camp. Everybody will have an equal chance to learn and perform according to his or her abilities. If you see another person struggling get outside of your comfort zone to help him or her and make the team successful.

All participants need to be on time and ready for action as the program requires. Breaks are taken as a group and not individually. If you feel you have to leave the group for whatever reason, ask your instructor first.

Be polite and show respect to all persons at all times. To all other shooters, visitors of the range, workers, personnel of the facility and so on you are an ambassador of SwissAAA and of sports shooting.

Registration and Cancellation

Once the (pre-)payment is received and the participant is approved, the registration is deemed definitive.

Once registered, cancellation with partial or full refund by the participant is only possible for reasons of 'force majeure' such as e.g. grave illness or accident. For any refund, corresponding proof will have to be presented such as e.g. medical certificates or police records that clearly show that the participant could not anticipate the situation and he or she is prevented from participating beyond any doubt. SwissAAA has to be notified in writing with all required documentation latest 30 days prior to event start. Later than that, no refund is possible. If and to what amount a refund is granted remains in any case a decision by SwissAAA and cannot be claimed in any way and for any reason.



Cancellation by SwissAAA is possible at any time for violation of safety rules or gross misconduct such as for example: - posing a safety risk to oneself or any other person - demonstrating gravely undisciplined behaviour such as disobeying the instructors or safety officers or violating range rules. In this case, no refund whatever is possible.

Appendix

Links

SwissAAA	www.swissaaa.org
Camp	www.swissaaa.org/three-gun-intensive
Registration	https://www.practiscore.com/events/three-gun-intensive-camp-south-africa-1/participants/create
False Bay Sports Shooting Club	www.falsebaysportshooting.co.za
False Bay Firearm Training Academy	www.firearmtrainingacademy.co.za
Edelweiss	www.flyedelweiss.com
Rhino Car Hire	www.rhinocarhire.com
South Africa Tourism	www.southafrica.net
Cape Town Tourism Info	www.capetown.travel
Simons Town Tourism Info	www.simonstown.com