EO C190.02 – TIE KNOTS AND LASHINGS

1. **Performance**: Tie Knots and Lashings

2. **Conditions**:

   a. Given:

      (1) Two three-metre lengths of 10mm braided rope,

      (2) Poles,

      (3) Supervision, and

      (4) Assistance as required.

   b. Denied: Nil.

   c. Environmental: Aircrew survival exercise training area.

3. **Standard**: The cadet shall tie knots and lashings, to include:

   a. reef knot,

   b. figure-of-eight knot,

   c. clove hitch,

   d. bowline,

   e. round lashing,

   f. square lashing, and

   g. figure-of-eight lashing.

4. **Teaching Points**:

TP	Description	Method	Time	Refs
TP1	Describe the parts of a rope, to include: a. the working end, b. the working part, c. the standing part, d. the standing end, e. the crossing turn or loop, and f. the bight.	Interactive Lecture	5 min	C3-026 (pp. 28–29)
TP2	Explain, demonstrate and have the cadets tie the following knots: a. reef knot, b. figure-of-eight knot, c. clove hitch, and d. bowline.	Demonstration and Performance	25 min	C3-026 (p. 44, p. 98, p. 104, p. 162)

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TP	Description	Method	Time	Refs
TP3	Explain, demonstrate and have the cadets tie the following lashings: a. round, b. square, and c. figure-of-eight.	Demonstration and Performance	25 min	C3-026 (p. 180, p. 182, p. 186)

5. **Time**:

a.	Introduction / Conclusion:	5 min
b.	Interactive Lecture:	5 min
c.	Demonstration and Performance:	50 min
d.	Total:	60 min

6. **Substantiation**:

   a. An interactive lecture was chosen for TP 1 to present background material on rope terminology.

   b. A demonstration and performance was chosen for TPs 2 and 3 as it allows the instructor to explain and demonstrate tying knots and lashings while providing an opportunity for the cadets to practice and develop these skills under supervision.

7. **References:** C3-026 ISBN 1-55267-218-2 Pawson, D. (2001). *Pocket guide to knots and splices*. London: PRC Publishing.

8. **Training Aids**:

   a. Presentation aids (eg, whiteboard / flip chart / OHP / multimedia projector) appropriate for the training area,

   b. Knot and lashing handouts,

   c. Knife,

   d. Three metres braided rope, and

   e. Poles.

9. **Learning Aids**:

   a. Two three-metre lengths of 10mm braided rope,

   b. Poles, and

   c. Knot and lashing handouts.

10. **Test Details**: Nil.

11. **Remarks**: The cadet will require two pieces of 3 m long and 10 mm diameter braided rope to perform the required knots and lashings.

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