EO M490.03 – TIE KNOTS AND LASHINGS

1. **Performance**: Tie Knots and Lashings
2. **Conditions**:
   a. Given:
      (1) Braided rope,
      (2) Poles (2 m long, 6 cm in diameter),
      (3) Supervision, and
      (4) Assistance as required.
   b. Denied: Nil.
   c. Environmental: Field setting, during the day.
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 (bitter end), b. the working part (running part), c. the standing end, d. the standing part, e. the turn or loop, and f. the bight.	Interactive Lecture	10 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	20 min	C3-026 (p. 44, p. 98, p. 104, p. 162)

Unofficial convenience copy of A-CR-CCP-804/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-804-PG-001/A-CR-CCP-804-PG-001.pdf.
Verify against the official publication.

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	20 min	C3-026 (p. 180, p. 182, p. 186)

5. **Time**:

a.	Introduction / Conclusion:	10 min
b.	Interactive Lecture:	10 min
c.	Demonstration and Performance:	40 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, England: PRC Publishing.

8. **Training Aids**:

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

   b. Knife,

   c. Braided rope,

   d. Poles, and

   e. Knot-tying and Lashings Instructions handout.

9. **Learning Aids**:

   a. Braided rope,

   b. Poles, and

   c. Knot-tying and Lashings Instructions handout.

10. **Test Details**: This EO is assessed IAW Chapter 3, Annex B, 490 PC.

11. **Remarks**:

   a. The cadet will require two 3-m (10-foot) pieces of 10-mm (3/8 inch) braided rope to perform the required knots and lashings.

   b. Cadets who are qualified Survival Instructor may assist with this instruction.

Unofficial convenience copy of A-CR-CCP-804/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-804-PG-001/A-CR-CCP-804-PG-001.pdf.
Verify against the official publication.