ROYAL CANADIAN ARMY CADETS

SILVER STAR

INSTRUCTIONAL GUIDE

SECTION 5

EO C321.03 – CONSTRUCT FIELD AMENITIES

Total Time: 180 min

PREPARATION

PRE-LESSON INSTRUCTIONS

Resources needed for the delivery of this lesson are listed in the lesson specification located in A-CR-CCP-703/PG-001, Chapter 4. Specific uses for said resources are identified throughout the instructional guide within the TP for which they are required.

Review the lesson content and become familiar with the material prior to delivering the lesson.

PRE-LESSON ASSIGNMENT

Photocopy handouts of field amenities located at Annex B. Each cadet should have a copy of each field amenity.

A selection of sticks, boughs and logs in different sizes should be gathered in order to aid cadets in construction and to prevent using live boughs.

APPROACH

Demonstration and performance was chosen for TP 1 as it allows the instructor to explain and demonstrate knots and lashings while providing an opportunity for the cadets to practice tying knots and lashings under supervision.

A practical activity was chosen for TP 2 as it is an interactive way to allow the cadet to experience building field amenities in a safe, controlled environment. This activity contributes to the development of building skills in a fun and challenging setting.

INTRODUCTION

REVIEW

N/A.

OBJECTIVES

By the end of this lesson the cadet, as a member of a group of four, shall have constructed two field amenities.

IMPORTANCE

It is important for cadets to understand the value of field amenities. Constructing field amenities is a fun way to incorporate knot tying in the field training site and make the site more comfortable. If ever in a survival situation, field amenities are also a way to combat boredom which is one of the seven enemies of survival.

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Teaching point 1 **Explain, Demonstrate and Have the Cadets Practice Tying Lashings**

Time: 45 min Method: Demonstration and Performance



For this skill lesson it is recommended that instruction take the following format:

(1) Explain and demonstrate the complete skill while cadets observe.

(2) Explain and demonstrate each step required to complete the skill. Monitor cadets as they imitate each step.

(3) Monitor the cadets' performance as they practice the complete skill.

Note: Assistant instructors may be employed to monitor cadet performance.

ROUND LASHING

Also called a sheer lashing, the round lashing has two distinct uses. First, it creates an A-frame or set of sheer legs. Second, two or three round lashings can be used to bind poles together to make a longer horizontal pole.

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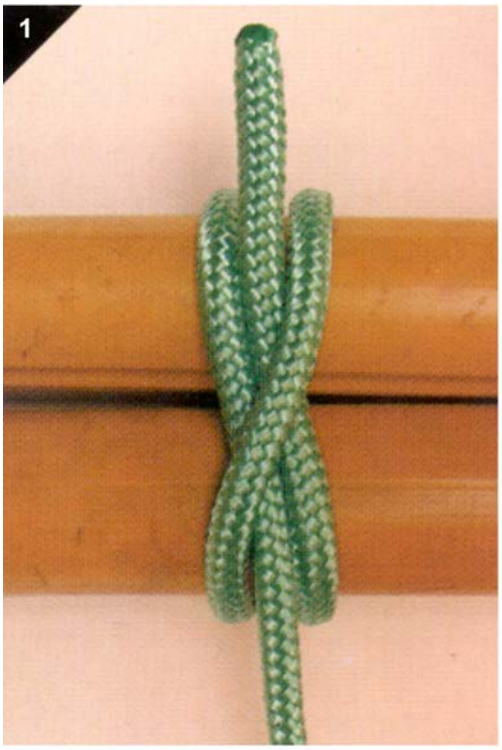
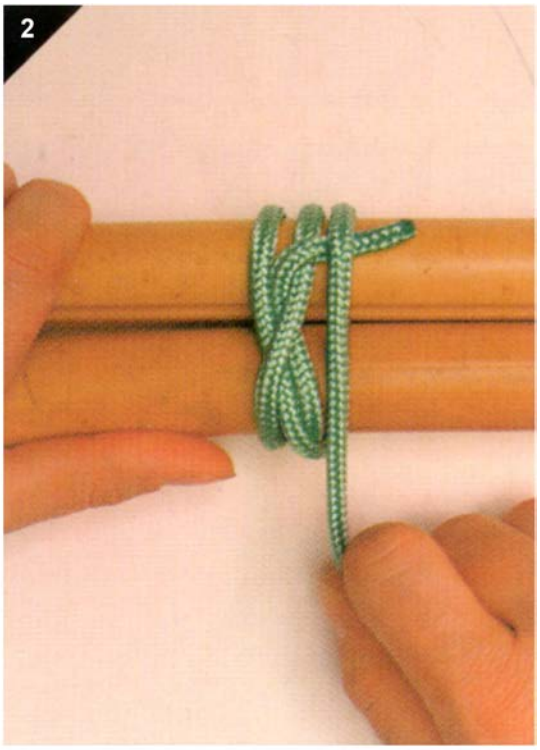


STEP ONE. MAKE A CLOVE HITCH AROUND BOTH POLES.



STEP TWO. WRAP THE STANDING END AROUND BOTH POLES, TRAPPING THE WORKING END OF THE CLOVE HITCH UNDERNEATH.

D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 184–185)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 184–185)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 184–185)

Figure 1 (Sheet 1 of 3) Round Lashing

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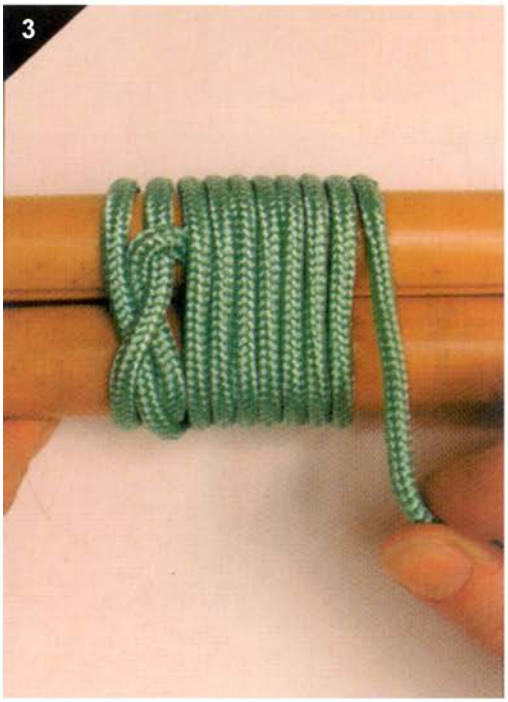
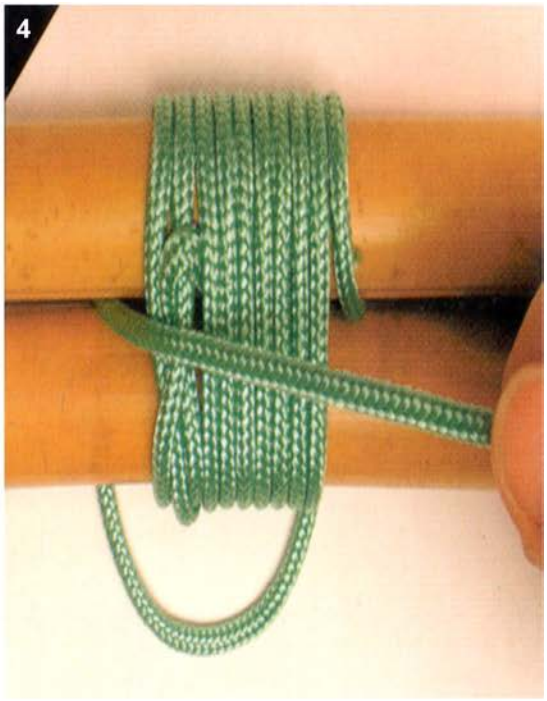
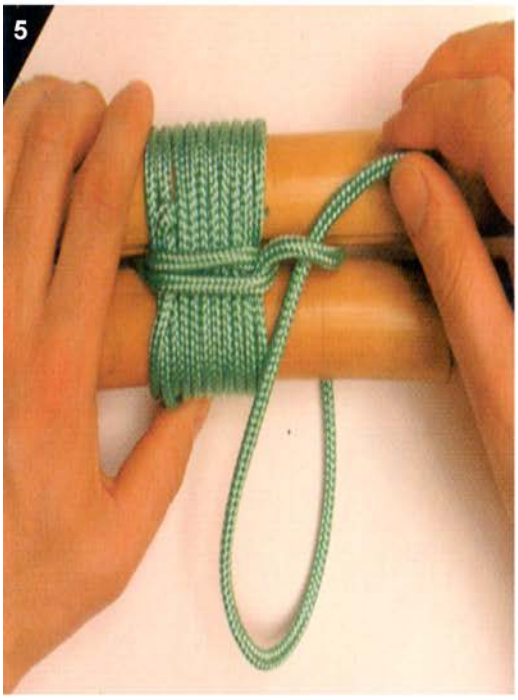


STEP THREE. MAKE EIGHT TO TEN MORE WRAPS AROUND THE POLES.



STEP FOUR. BRING THE ROPE UP BETWEEN THE POLES AND MAKE TWO TIGHT TURNS PARALLEL TO THE POLES.



STEP FIVE. MAKE A CLOVE HITCH AROUND ONE OF THE POLES.



STEP SIX. ENSURE THE LASHING IS TIGHT AND SECURE.

D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 184–185)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 184–185)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 184–185)

Figure 1 (Sheet 2 of 3) Round Lashing

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STEP SEVEN. OPEN THE LASHING TO CREATE AN A-FRAME.

D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 184–185)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 184–185)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 184–185)

Figure 1 (Sheet 3 of 3) Round Lashing

SQUARE LASHING

A square lashing secures two poles together at 90 degrees. The rope used to make the lashing should be considerably smaller than the size of the poles. For the lashing to be effective, each turn must be pulled as tight as possible as it is made.

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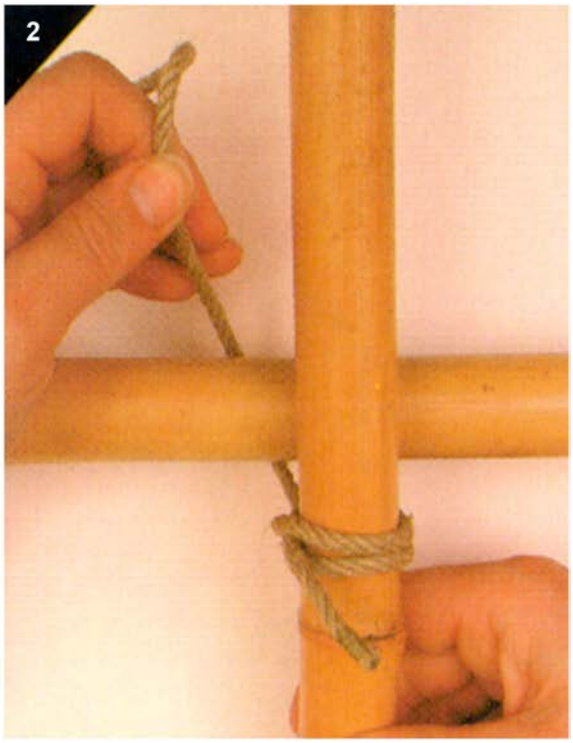
STEP ONE. WITH THE VERTICAL POLE ON TOP OF THE HORIZONTAL POLE, MAKE A CLOVE HITCH. THE VERTICAL POLE RUNS UP AND DOWN, AND THE HORIZONTAL POLE LEFT TO RIGHT.



STEP TWO. BRING ALL OF THE ROPE AROUND AND BEHIND THE HORIZONTAL POLE.

D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 180-181)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 180-181)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 180-181)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 180-181)

Figure 2 (Sheet 1 of 4) Square Lashing

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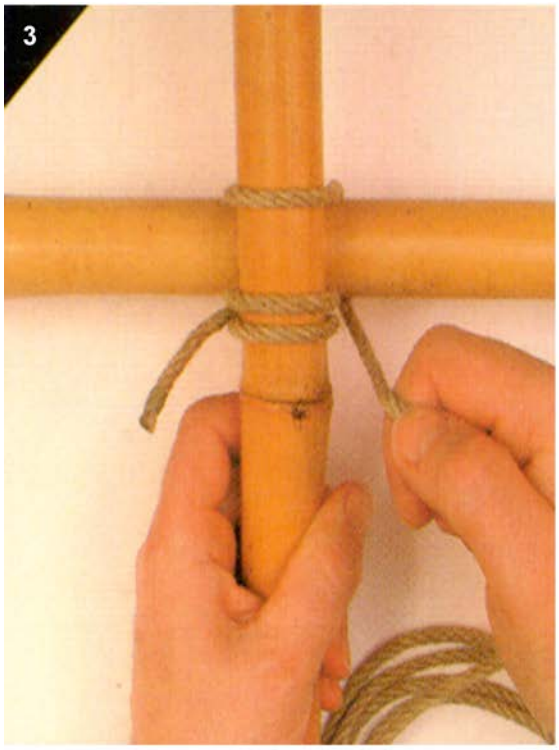

STEP THREE. TIGHTLY BRING THE ROPE OVER THE VERTICAL POLE AND BACK BEHIND THE HORIZONTAL POLE, BACK TO THE CLOVE HITCH.



STEP FOUR. CONTINUE TO MAKE THREE COMPLETE TURNS AROUND THE POLES, PULLING THE ROPE TIGHT AFTER EACH TURN.

D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 180-181)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 180-181)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 180-181)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 180-181)

Figure 2 (Sheet 2 of 4) Square Lashing

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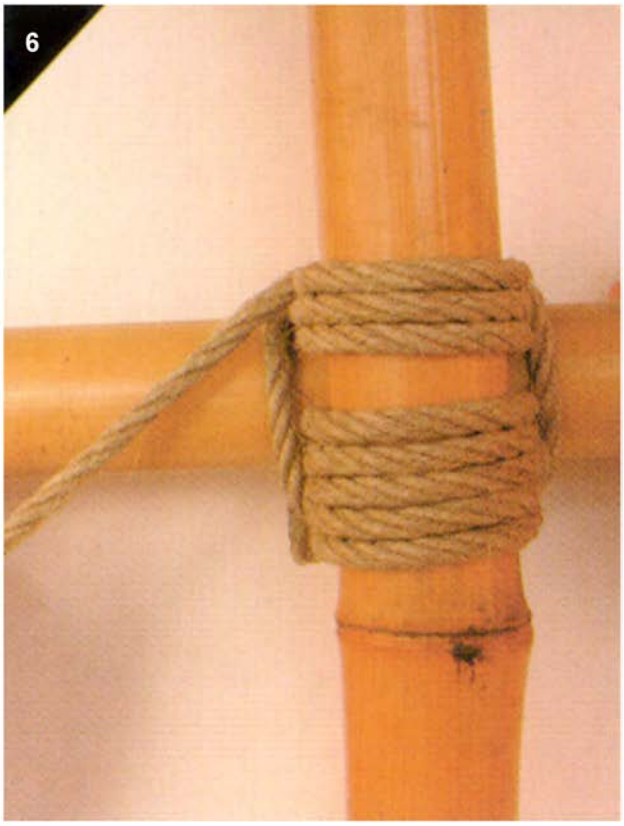
STEP FIVE. AFTER PASSING THE CLOVE HITCH, TIGHTLY BRING THE ROPE TO THE HORIZONTAL POLE FROM BEHIND AND START WRAPPING AROUND THE TWO SIDES OF THE POLE. THESE WRAPS ARE CALLED FRAPPING TURNS.



STEP SIX. MAKE TWO COMPLETE SETS OF FRAPPING TURNS.

D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 180-181)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 180-181)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 180-181)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 180-181)

Figure 2 (Sheet 3 of 4) Square Lashing

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STEP SEVEN. MAKE A CLOVE HITCH AROUND THE HORIZONTAL POLE.



STEP EIGHT. PULL TIGHT AND SECURE.

D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 180-181)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 180-181)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 180-181)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 180-181)

Figure 2 (Sheet 4 of 4) Square Lashing

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TIMBER HITCH



The timber hitch is included because it is required for the diagonal lashing. It should not take a great amount of time to complete.

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STEP ONE. TAKE THE STANDING END AND WRAP IT AROUND THE OBJECT, THEN AROUND THE STANDING PART OF THE ROPE.



STEP TWO. TWIST THE WORKING PART AROUND ITSELF BY WRAPPING IT AROUND THE WORKING END.

D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 139)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 139)

Figure 3 (Sheet 1 of 2) Timber Hitch

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STEP THREE. CONTINUE MAKING TWISTS UNTIL THE TWISTED ROPE IS LONG ENOUGH TO GO AROUND THE OBJECT. PULL ON THE STANDING PART TO TIGHTEN THE HITCH.

D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 139)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 139)

Figure 3 (Sheet 2 of 2) Timber Hitch

DIAGONAL LASHING

A diagonal lashing is used at a crossing point, to prevent poles from springing apart.

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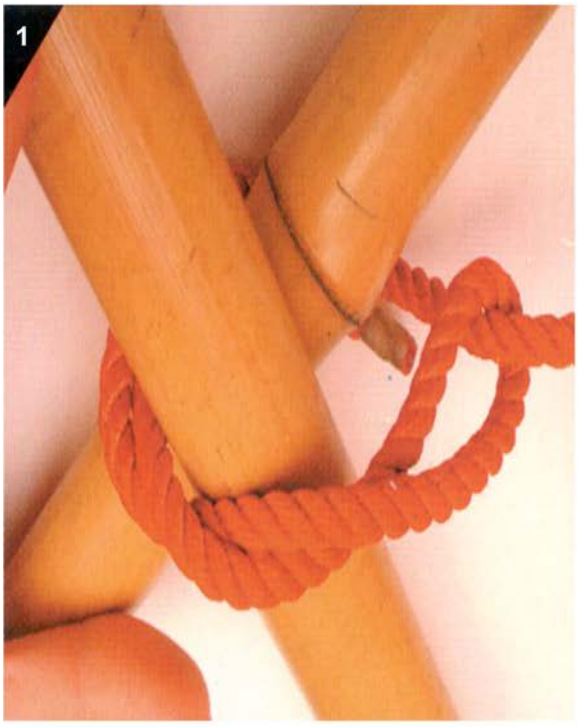


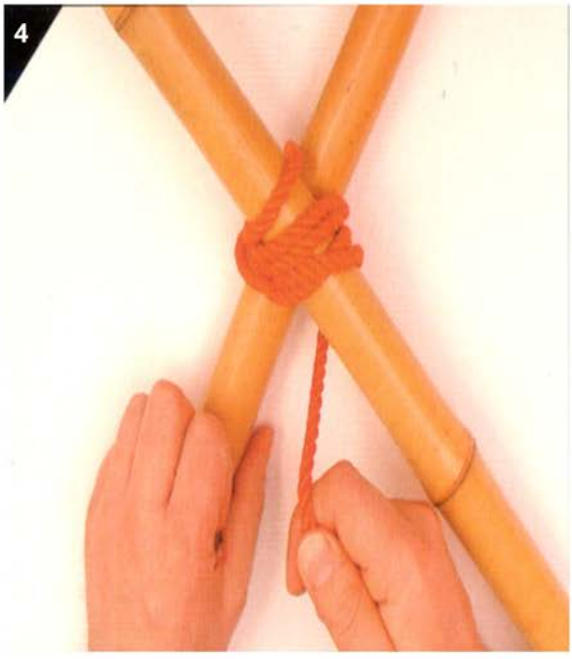
STEP ONE. MAKE A TIMBER HITCH AROUND THE TWO CROSSED POLES.



STEP TWO. MAKE A TURN AROUND THE TWO CROSSED POLES, PULLING THE TIMBER HITCH TIGHT.



STEP THREE. MAKE THREE MORE COMPLETE TURNS IN THE SAME DIRECTION, PULLING THEM TIGHT.



STEP FOUR. CHANGE DIRECTION BY COMING AROUND ONE OF THE POLES.

D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 182-183)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 182-183)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 182-183)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 182-183)

Figure 4 (Sheet 1 of 4) Diagonal Lashing

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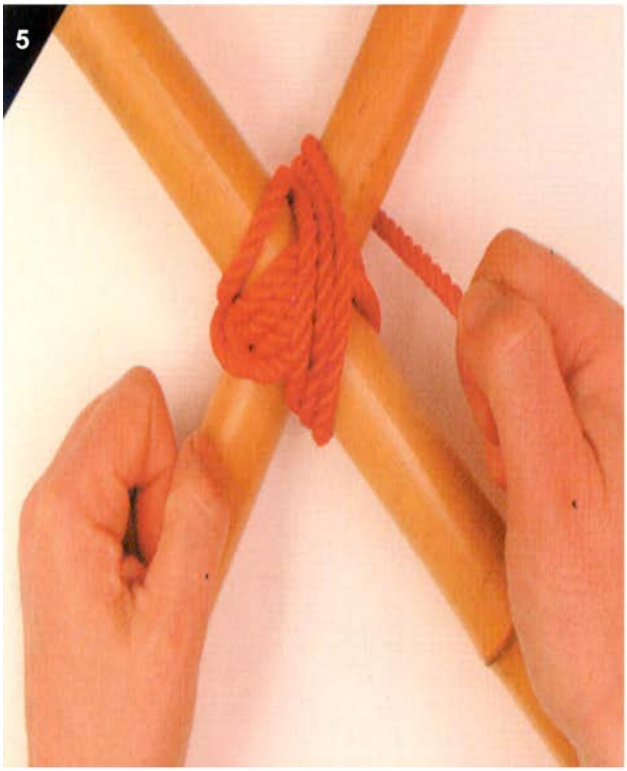
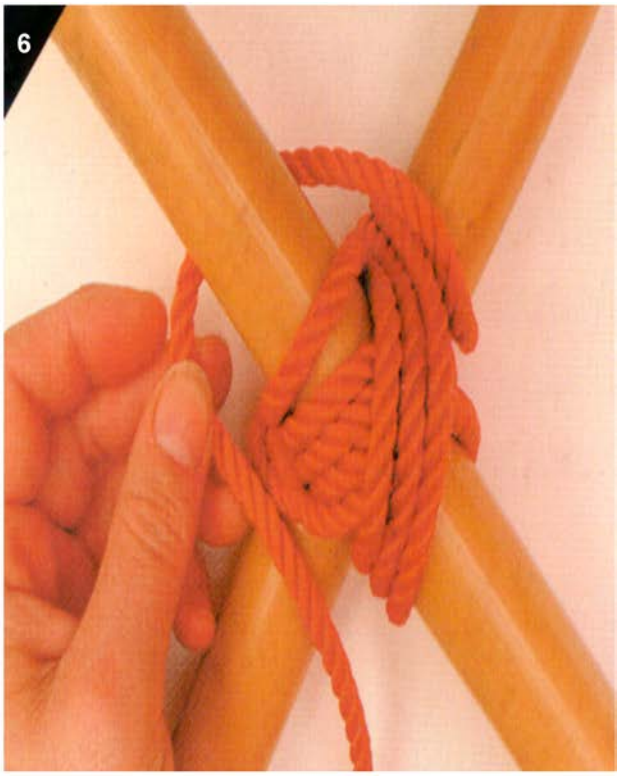


STEP FIVE. MAKE FOUR FULL TURNS AROUND THE TWO POLES AT RIGHT ANGLES TO THE ORIGINAL TURNS, PULLING THEM TIGHT.



STEP SIX. TAKE THE WORKING END OF THE ROPE AROUND ONE OF THE POLES, MAKING A FRAPPING TURN.

D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 182-183)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 182-183)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 182-183)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 182-183)

Figure 4 (Sheet 2 of 4) Diagonal Lashing

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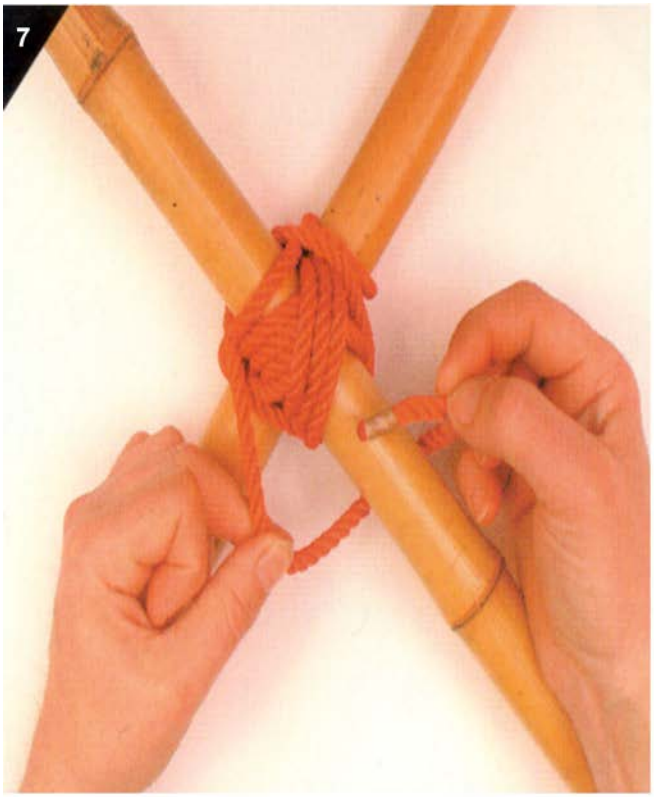
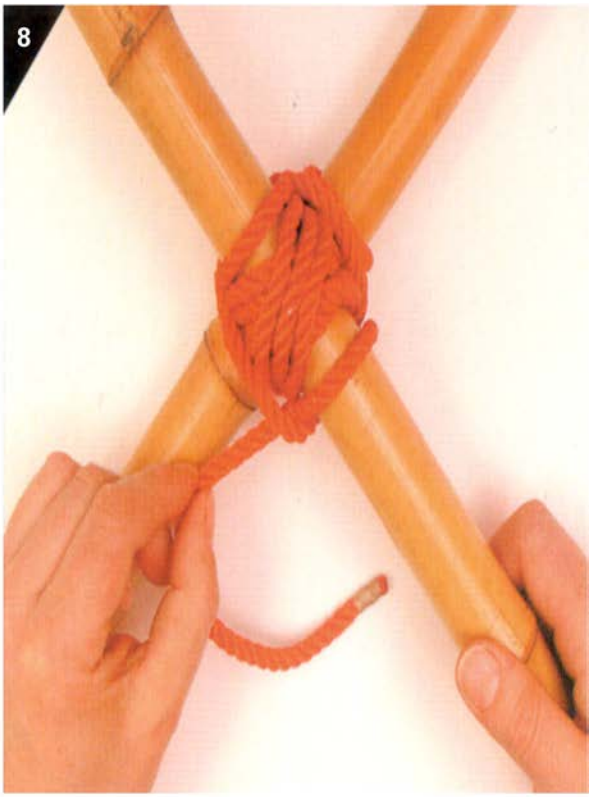


STEP SEVEN. MAKE TWO COMPLETE FRAPPING TURNS.



STEP EIGHT. MAKE A CLOVE HITCH.

D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 182-183)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 182-183)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 182-183)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 182-183)

Figure 4 (Sheet 3 of 4) Diagonal Lashing

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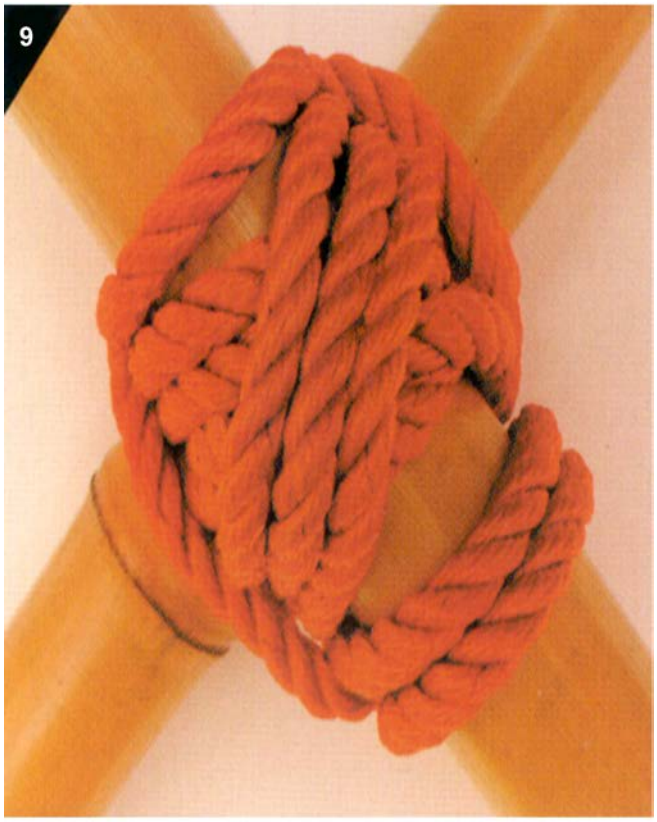

STEP NINE. PULL THE LASHING TIGHT AND SECURE.

D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 182-183)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 182-183)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 182-183)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 182-183)

Figure 4 (Sheet 4 of 4) Diagonal Lashing

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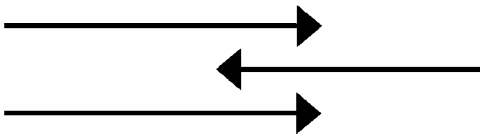
Verify against the official publication.

FIGURE-OF-EIGHT LASHING

The figure-of-eight lashing is used to join three poles together, to create a tripod.



When making a figure-of-eight lashing, the poles shall be placed staggered.



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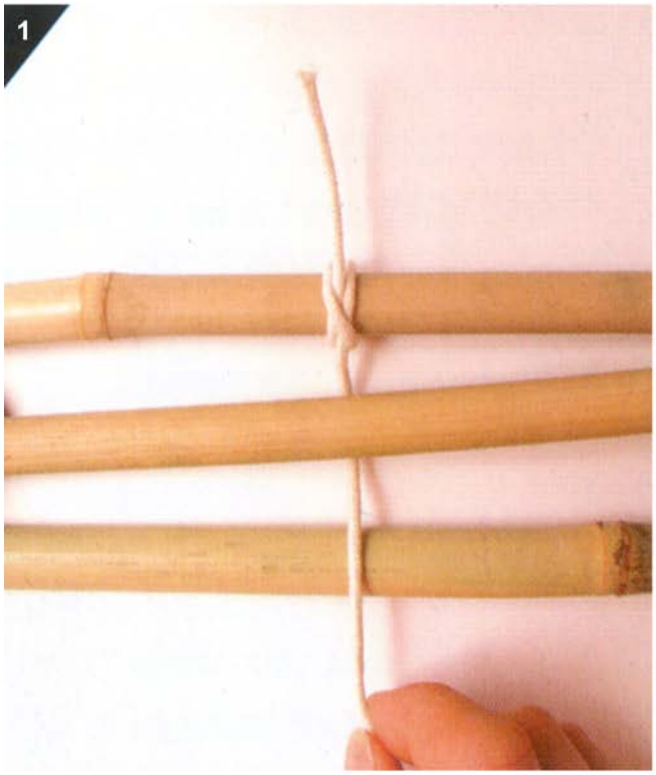
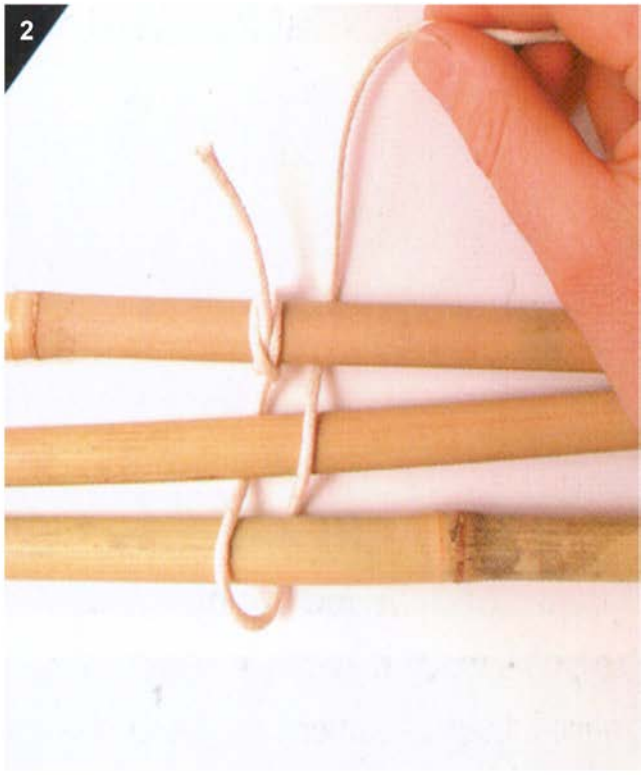


STEP ONE. MAKE A CLOVE HITCH AROUND ONE OF THE OUTSIDE POLES. BRING THE ROPE UNDER AND OVER THE OTHER POLES.



STEP TWO. GO AROUND THE POLE FURTHEST AWAY FROM THE START AND WEAVE THE ROPE BACK OVER AND UNDER.

D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 187–188)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 187–188)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 187–188)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 187–188)

Figure 5 (Sheet 1 of 4) Figure-of-Eight Lashing

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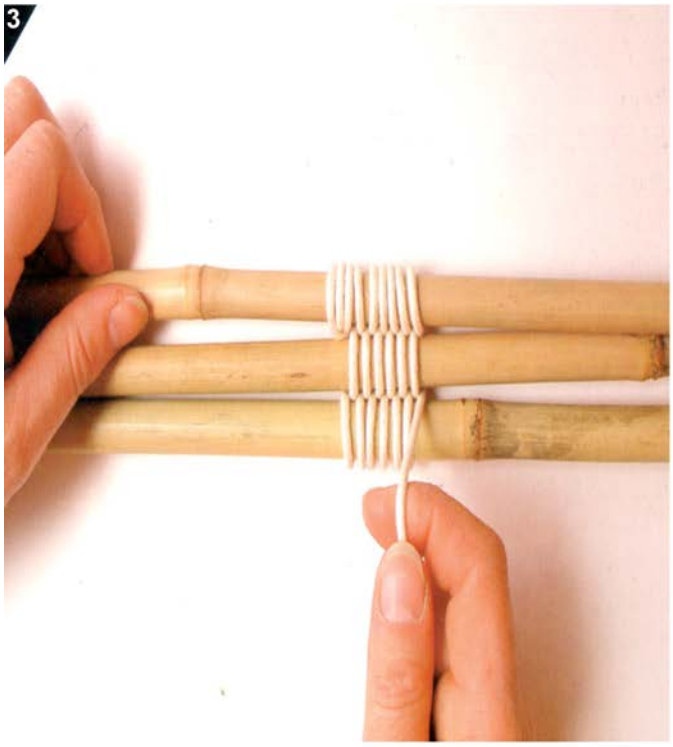
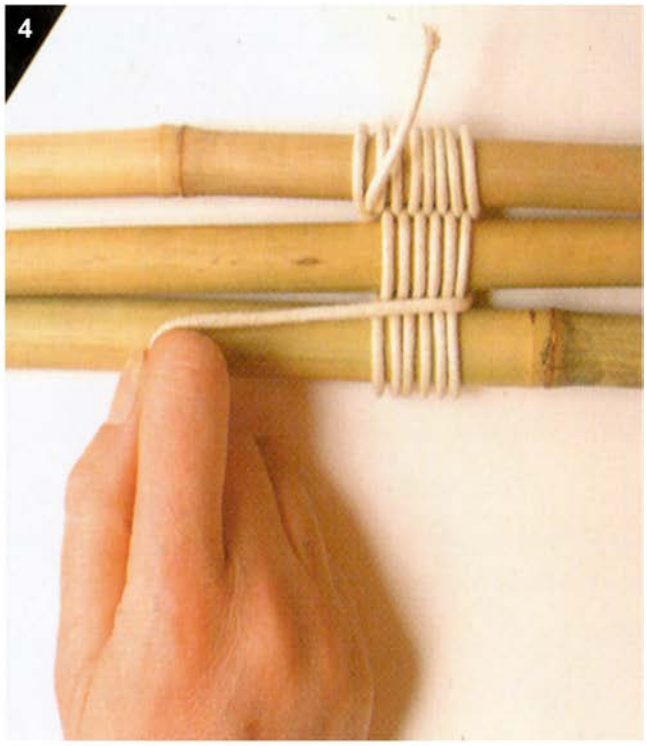


STEP THREE. CONTINUE TO WEAVE THE ROPE UNDER AND OVER EIGHT TIMES. BRING THE ROPE UP IN BETWEEN ANY TWO POLES.



STEP FOUR. PULL THE ROPE PARALLEL TO THE POLES AND PUT IN TWO FRAPPING TURNS.

D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 187–188)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 187–188)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 187–188)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 187–188)

Figure 5 (Sheet 2 of 4) Figure-of-Eight Lashing

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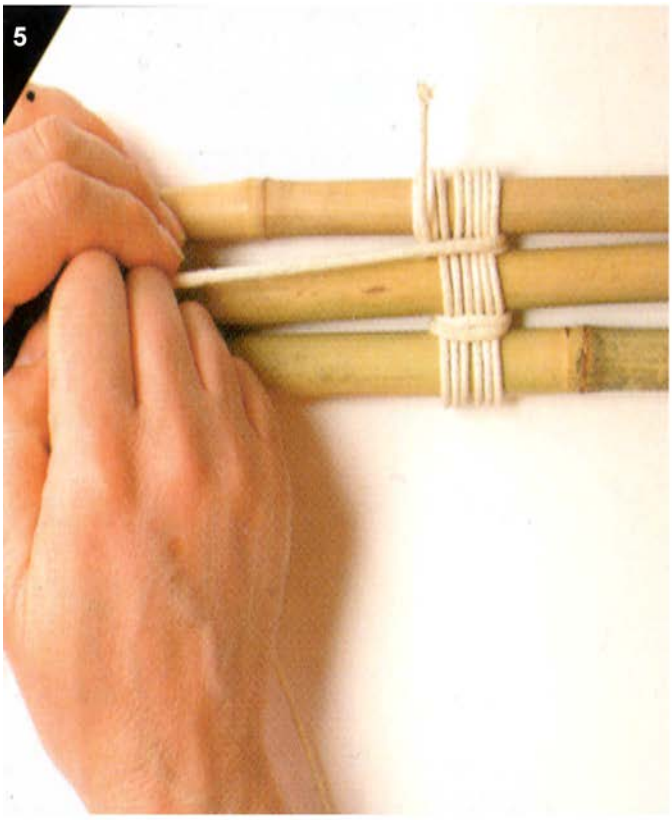
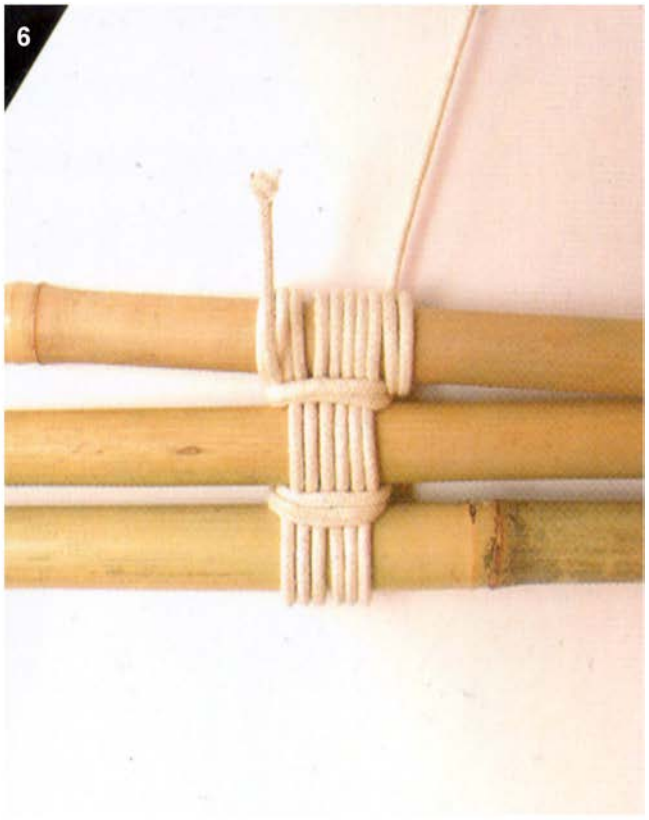


STEP FIVE. MAKE THREE FRAPPING TURNS IN BETWEEN THE REMAINING POLES.



STEP SIX. MAKE A CLOVE HITCH AROUND THE POLE THAT ALREADY HAS A CLOVE HITCH (FROM THE BEGINNING) AT THE OPPOSITE END.

D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 187–188)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 187–188)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 187–188)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 187–188)

Figure 5 (Sheet 3 of 4) Figure-of-Eight Lashing

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Verify against the official publication.



STEP SEVEN. OPEN THE POLES.

D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 187–188)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 187–188)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 187–188)D. Pawson, Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 187–188)

Figure 5 (Sheet 4 of 4) Figure-of-Eight Lashing

CONFIRMATION OF TEACHING POINT 1

The cadets' participation in tying the lashings will serve as the confirmation of this TP.

Teaching point 2 **Have the Cadets Construct Two Field Amenities**

Time: 130 min Method: Practical Activity

FIELD AMENITIES

Field amenities will be chosen from the following:

- a swamp bed,
- a pack frame,
- a meat-drying rack,
- a raft, and
- a tool rack.

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ACTIVITY

OBJECTIVE

The objective of this activity is to construct field amenities for a bivouac site, using the knots and lashings previously taught.

RESOURCES

- nylon rope,
- twine,
- utility cord,
- natural resources, found in the field,
- 1.8–kg (4-lb) axe with a .91–m (36-inch handle),
- .60–m (24-inch) bow saw, and
- diagrams detailing field amenities.

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Divide cadets into groups of no more than four.

2. Depending on need and availability of resources, have the cadets choose two field amenities to construct.

3. Distribute instructions located at Annex B. Have the cadets select and use the most effective knots and lashings to make their field amenity.

4. When amenities are completed, view all constructed amenities.

5. Additional resources for field amenities are listed in the Instructions.

6. Depending on local regulations, have the cadets redistribute all material used in the construction.

SAFETY

- Ensure cadets are employing safe tool use at all times.
- The wood chosen for the field amenities must be strong enough to hold 50 kg of weight.
- Established boundaries shall be respected at all times.

CONFIRMATION OF TEACHING POINT 2

The cadets' participation in the activity will serve as the confirmation of this TP.

END OF LESSON CONFIRMATION

The cadets' participation in the construction of field amenities in TP 2 will serve as the confirmation of this lesson.

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CONCLUSION

HOMEWORK/READING/PRACTICE

N/A.

METHOD OF EVALUATION

N/A.

CLOSING STATEMENT

Field amenities will enhance any base camp. They are relatively easy to construct and are a fun way to reinforce usage of knots. They can make cadets comfortable in the field when it is a home away from home.

INSTRUCTOR NOTES/REMARKS

Natural resources found in the field such as fallen or dead wood, are to be used for construction.

Instructors are to confirm with local authorities that natural resources may be used for this activity.

Each cadet must gather three sticks or poles approximately 2.54 cm (one inch) in diameter prior to this lesson.

Field amenities will be disassembled, following construction.

The content of this EO is similar to content in C221.02 (Construct Field Amenities, A-CR-CCP-702/PF-001, Chapter 10, Section 11) and C121.01 (Construct Field Amenities, A-CR-CCP-701/PF-001, Chapter 10, Section 10). It is recommended that these lessons be conducted concurrently.

REFERENCES

C2-007 (ISBN 0-7858-1446-9) Pawson, D. (2001). *Pocket Guide to Knots and Splices*. Edison, NJ: Chartwell Books Inc.

C2-008 (ISBN 0-00-265314-7) Wiseman, J. (1999). *The SAS Survival Handbook*. Hammersmith, London: HarperCollins Publishers.

C2-046 PioneeringProjects.org. (2004). *PioneeringProjects.org*. Retrieved February 20, 2008, from http://www.pioneeringprojects.org/projects/index.htm.

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