EO M121.03 – TIE KNOTS AND LASHINGS

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

2. **Conditions:**

   a. Given:

      (1) Assorted types of ropes,

      (2) Rope for tying knots,

      (3) Supervision, and

      (4) Assistance as required.

   b. Denied: Nil.

   c. Environmental: Classroom or training area large enough to accommodate the entire group.

3. **Standard:** The cadet shall tie the following knots and lashings:

   a. Thumb (overhand),

   b. Reef (square),

   c. Figure of eight,

   d. Double figure of eight (figure of eight loop and follow through / rewoven),

   e. Clove hitch, and

   f. Half hitch.

4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain types of ropes and their common uses, to include: a. natural fibres, such as: 1. hemp, 2. manila, 3. sisal, 4. cotton, and 5. coir; and b. synthetic materials, such as: 1. nylon, 2. polypropylene, and 3. polyester.	Interactive Lecture	10 min	A0-004 (pp. 5-9 to 5-19) C2-007 (pp. 16–25)

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TP	Description	Method	Time	Refs
TP2	Explain the care and maintenance of ropes, to include: a. sunlight exposure, b. chemical or fume contamination, c. storage, d. natural wear, and e. cleaning and drying.	Interactive Lecture	5 min	A0-004
TP3	Explain and demonstrate how to tie, and have cadets practise the following knots and lashings: a. thumb (overhand), b. reef (square), c. figure of eight, d. double figure of eight (figure of eight loop / follow through / rewoven / figure of eight on a bight), e. clove hitch, and f. half hitch.	Demonstration and Performance	65 min	C2-007 (pp. 38, 44, 58, 98, 104, 167-168)

5. **Time:**

a.	Introduction / Conclusion:	10 min
b.	Interactive Lecture:	15 min
c.	Demonstration and Performance:	65 min
d.	Total:	90 min

6. **Substantiation:**

a. An interactive lecture was chosen for TPs 1 and 2 to introduce the cadets to the types and the care and maintenance of ropes.

b. A demonstration and performance was chosen for TP 3 as it allows the instructor to explain and demonstrate how to tie various knots, while providing an opportunity for the cadets to practice under supervision.

7. **References:**

a. A0-004 B-GN-181-105/FP-E00 DMPPD 9-4. (1997). *CFCD 105 fleet seamanship rigging and procedures manual*. Ottawa ON: The Department of National Defence.

b. C2-007 0-7858-1446-9 Pawson, D. (2001). *Pocket guide to knots and splices*. Edison, NJ: Chartwell Books, Inc.

8. **Training Aids:**

a. Presentation aids (i.e., whiteboard / flipchart / OHP) appropriate for classroom / training area, and

b. Ropes for knot tying.

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9. **Learning Aids:** Rope for tying knots.
10. **Test Details:** Nil
11. **Remarks:**
    a. Where possible, the instructor should demonstrate a variety of natural and synthetic types of ropes.
    b. Cadets should be given the opportunity to tie knots during the bivouac FTX.

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