# MODIFIED LESSON SPECIFICATIONS AND INSTRUCTIONAL GUIDES – TP 1 OF EO M221.05

A-CR-CCP-702/PG-001

**EO M221.05 – TIE KNOTS**

1. **Performance.** Tie Knots.

2. **Conditions**

   a. Given:

      (1) rope for tying knots;

      (2) railing or dowel;

      (3) supervision; and

      (4) assistance as required.

   b. Denied: N/A.

   c. Environmental: Suitable classroom facilities or training area large enough to accommodate the entire group.

3. **Standard.** In accordance with specified references, the cadet shall:

   a. tie and describe the uses of the following knots:

      (1) bowline;

      (2) fisherman's knot;

      (3) double fisherman's knot; and

      (4) double overhand running knot; and

   b. coil a rope.

4. **Teaching Points**

| TP | Description | Method | Time | Ref |
|---|---|---|---|---|
| TP1 | Explain the uses of, demonstrate, and allow time for the cadets to practice tying the following knots:<br>a. bowline; and<br>b. fisherman's knot.<br>**Note:** Provide cadets with a handout with tying instructions. | Demonstration and Performance | 10 min | C2-007 (p. 116, 117, pp. 162–163, and p. 177) |

5. **Time**

| | | |
|---|---|---|
| a. | Introduction/Conclusion: | 5 min |
| b. | Demonstration and Performance: | 10 min |
| c. | Total: | 15 min |

6. **Substantiation.** Demonstration and performance was chosen for TP1 as it allows the instructor to explain and demonstrate knot-tying while providing an opportunity for the cadets to practice knot-tying under supervision.



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7. **References**

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

   b. C2-073 (ISBN 0-688-01226-4) Bigon, M. and Regazzoni, G. (1982). *The Morrow Guide to Knots*. New York: Quill/William Morrow.

8. **Training Aids**

   a. Rope for tying knots;

   b. Flipchart paper/blackboard/chalkboard; and

   c. Marker/chalk.

9. **Learning Aids**

   a. Rope for tying knots;

   b. Railing or dowel; and

   c. Knot tying handouts.

10. **Test Details.** N/A.

11. **Remarks**

   a. The rope used for tying knots should be 6 or 7 mm diameter.

   b. Cadets will require at least 6 m (20 feet) of rope for coiling.



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**ROYAL CANADIAN ARMY CADETS**

**RED STAR**

**INSTRUCTIONAL GUIDE**

**SECTION 5**

**EO M221.05 – TIE KNOTS**

Total Time: 15 min

## PREPARATION

### PRE-LESSON INSTRUCTIONS

Resources needed for the delivery of this lesson are listed in the lesson specification located in A-CR-CCP-702/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.

Make copies of knot-tying instructions, located at Annex C.

### PRE-LESSON ASSIGNMENT

N/A.

### APPROACH

Demonstration and performance was chosen for this lesson as it allows the instructor to explain and demonstrate knot-tying while providing an opportunity for the cadets to practice knot-tying under supervision.

## INTRODUCTION

### REVIEW

N/A.

### OBJECTIVES

By the end of this lesson the cadet shall be expected to coil a rope and tie the following knots:

- bowline; and
- fisherman's knot.

### IMPORTANCE

It is important for cadets to know how to tie knots. Knots can be used during field training, for building shelters, securing equipment, and also in everyday life.



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**Teaching Point 1** — **Explain the Uses of, Demonstrate, and Allow Time to Practice Tying Knots**

Time: 10 min — Method: Practical Activity



Provide an explanation and demonstration of the complete knot and then break the knot down into its steps.

Provide a demonstration of each step and have the cadets complete each step. Ensure the cadets have enough time to complete each step.

Each knot must be instructed individually. Distribute handouts with tying instructions (located at Annex C).

**BOWLINE**

**Uses.** In climbing, it is used as a safety measure during ascent and is clipped into the carabiner. It is often called the rescue knot because it makes a simple loop that does not slip. It can be used to tie around yourself, to throw to someone who needs a lifeline, or to secure objects (such as canoes to a wharf).

**Qualities.** It does not slip, come loose, or jam.

**Faults.** It is difficult to untie when the rope is under strain.

**Procedure**

1. With the standing part of the rope away from you, take the working end in your right hand and place it on top of the standing part.
2. Put your thumb under the standing part.
3. Twist your right hand 180 degrees away from you, to form a simple over hand loop (looks like a number six), and pull the working end up through.
4. Take the working end round behind the standing part.
5. Bring the working end down through the loop. Tighten the bowline by holding on to the bight formed by the end and pulling hard on the standing part.



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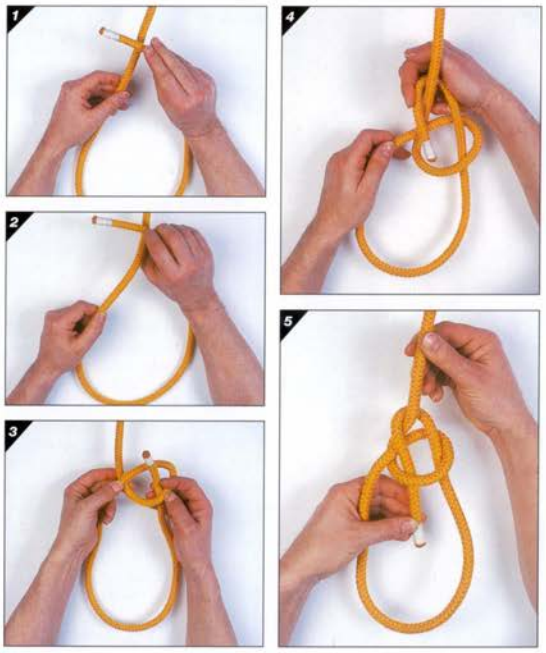

*Pawson, D., Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 164)*

Figure 11-5-1 Bowline

**FISHERMAN'S KNOT**

**Uses.** To join two pieces of rope together. It is commonly used by anglers and climbers.

**Qualities.** It does not slip, come loose, or jam.

**Faults.** It is difficult to untie when fine rope is used.

**Procedure**

1. Lay the ropes alongside each other, end to end. Take one of the ropes and bring it over the other and under itself.
2. Make an overhand knot around the second rope.
3. Make an overhand knot around the standing part of the first rope.
4. Slide together to complete the knot.
5. Tighten to finish the fisherman's knot.
6. Tape ends if used in climbing to avoid slipping.



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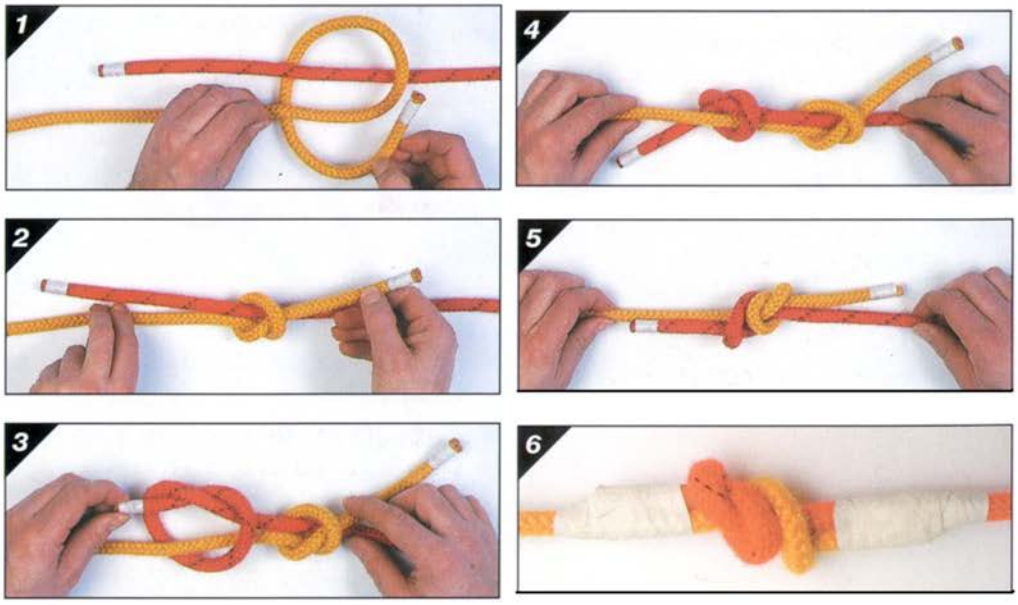


*Pawson, D., Pocket Guide to Knots & Splices, Chartwell Books, Inc. (p. 116)*

Figure 11-5-2 Fisherman's Knot

**CONFIRMATION OF TEACHING POINT 1**

Tie the following knots:

- bowline; and
- fisherman's knot.

**END OF LESSON CONFIRMATION**

The cadets' participation in tying knots will serve as the confirmation of this lesson.

**CONCLUSION**

**HOMEWORK/READING/PRACTICE**

N/A.

**METHOD OF EVALUATION**

N/A.



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**CLOSING STATEMENT**

Knowing what knots to tie when situations arise is an important aspect of field training and can also be used in everyday life. Being able to construct a quality knot will prove useful in a variety of situations such as climbing, towing, and even making a glasses strap or a strap for sunglasses when other means are not available.

**INSTRUCTOR NOTES/REMARKS**

N/A.

**REFERENCES**

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

C2-073 (ISBN 0-688-01226-4) Bigon, M. and Regazzoni, G. (1982). *The Morrow Guide to Knots*. New York, NY: Quill/William Morrow.



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