ROYAL CANADIAN SEA CADETS

PHASE ONE

INSTRUCTIONAL GUIDE

SECTION 4

EO C121.01 – WHIP THE END OF A LINE USING A WEST COUNTRY WHIPPING

Total Time: 30 min

PREPARATION

PRE-LESSON INSTRUCTIONS

Resources needed for the delivery of this lesson are listed in the lesson specification located in A-CR-CCP-601/PG-001, *Phase One Qualification Standard and Plan*, 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.

Prepare a completed west country whipping to show the cadets.

PRE-LESSON ASSIGNMENT

Nil.

APPROACH

A demonstration and performance was chosen for this lesson as it allows the instructor to explain and demonstrate the skill the cadets are expected to acquire while providing an opportunity for the cadets to practice the skill under supervision.

INTRODUCTION

REVIEW

Nil.

OBJECTIVES

By the end of this lesson the cadet shall have whipped the end of a line, using a west country whipping.

IMPORTANCE

Knowledge of the west country whipping will assist the cadet in future training and is needed to learn more advanced seamanship skills.

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Teaching point 1 **Explain, demonstrate and have the cadets whip the end of a line using a west country whipping.**

Time: 25 min Method: Demonstration and Performance

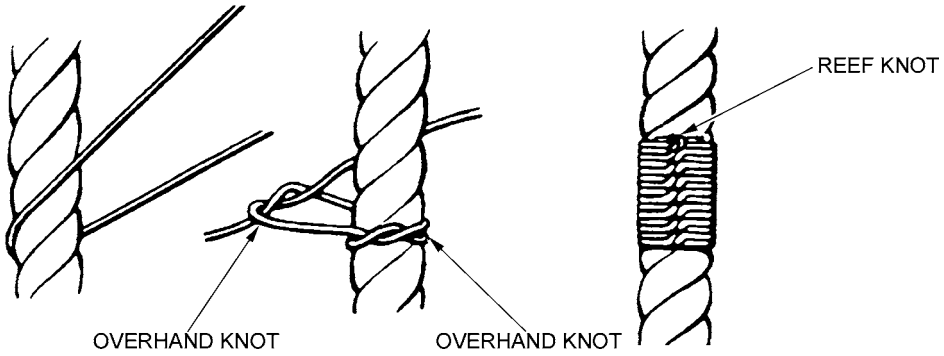
WEST COUNTRY WHIPPING

The west country whipping is suitable:

- when a line is in water for a great deal of time, as being in water may cause the whipping to become loose;
- for nylon or polyester line, as this type of line can more easily become undone; and
- to mark points on a line.

Use the following steps to make the whipping:

1. Centre the whipping twine and pass both ends around the line.
2. Each time the ends of the twine pass each other tie an overhand knot.
3. Finish with a reef knot.



Admiralty Manual of Seamanship, Vol 1

Figure 1 Making a West Country Whipping



Show the cadets the completed west country whipping.

Time: 15 min

OBJECTIVE

The objective of this activity is to have the cadets whip the end of a line using a west country whipping.

RESOURCES

- Line, one per cadet,
- One metre of whipping twine, one per cadet.

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- Samples of the whipping in several stages of completion.
- Samples of the completed whipping.

ACTIVITY LAYOUT

Nil.

ACTIVITY INSTRUCTIONS

1. Provide each cadet with a length of line and whipping twine.
2. Demonstrate each of the steps of the whipping.
3. Have each cadet complete each step after it has been demonstrated.
4. Have each cadet practice the whipping.

SAFETY

Nil.

END OF LESSON CONFIRMATION

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

CONCLUSION

HOMEWORK/READING/PRACTICE

Encourage the cadets to continue practicing the whipping on their own time to maintain their knowledge and skills.

METHOD OF EVALUATION

Nil.

CLOSING STATEMENT

The west country whipping can be used in a variety of cadet training activities, so it is beneficial for the cadets to become proficient in this skill.

INSTRUCTOR NOTES/REMARKS

Nil.

REFERENCES

A1-004 B-GN-181-105/FP-E00 Maddison, G.R., Chief of Maritime Staff (1997). CFCD 105 Fleet Seamanship Rigging and Procedures Manual. Ottawa, ON.

C1-003 ISBN 11-770973-5 (1972). *Admiralty Manual of Seamanship 1964 Volume 1*. London, England: Her Majesty's Stationery Office.

C1-002 ISBN 0- 7858-1446-9, Pawson, Des. (2002). *Pocket Guide to Knots & Splices*. Edison, NJ: Charwell, Books Inc.

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