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

1. **Performance:** Whip the End of a Line using a West Country Whipping

2. **Conditions:**

   a. Given:

      (1) Whipping twine,

      (2) Line,

      (3) Cutting tool,

      (4) Supervision and

      (5) Assistance as required.

   b. Denied: Nil.

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

3. **Standard:** The cadet shall whip the end of a line using a West Country Whipping.

4. **Teaching Points:**

| TP | Description | Method | Time | Refs |
|---|---|---|---|---|
| TP1 | Explain, demonstrate and have the cadets whip the end of a line using a west country whipping. | Interactive Lecture | 25 min | C1-002 (p. 76) |

5. **Time:**

   a. Introduction / Conclusion: 5 min

   b. Demonstration and Performance: 25 min

   c. Total: 30 min

6. **Substantiation:** 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.

7. **References:**

   a. 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.

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

   c. C1-002 ISBN 0-7858-1446-9 Pawson, D. (2001). *Pocket Guide to Knots and Splices*. Edison, NJ: Charwell Books, Inc.

8. **Training Aids:**

   a. Presentation aids (eg, whiteboard / flipchart / OHP / multimedia projector) appropriate for classroom / training area,

   b. Diagram of a West Country whipping,



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c. Line,

d. Whipping twine,

e. Spar or horizontal pole, and

f. Example of West Country Whipping.

9. **Learning Aids:**

a. One meter of line per cadet; and

b. Whipping twine.

10. **Test Details:** Nil.

11. **Remarks:** Nil.



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