ROYAL CANADIAN SEA CADETS

PHASE ONE

INSTRUCTIONAL GUIDE

SECTION 6

EO C121.03 – COMPLETE A ROLLING HITCH

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.

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 tied a rolling hitch.

IMPORTANCE

Knowledge of the rolling hitch will assist the cadet in future training and is needed to learn more advanced seamanship skills.

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Verify against the official publication.

Teaching point 1 **Explain, demonstrate and have the cadets complete a rolling hitch.**

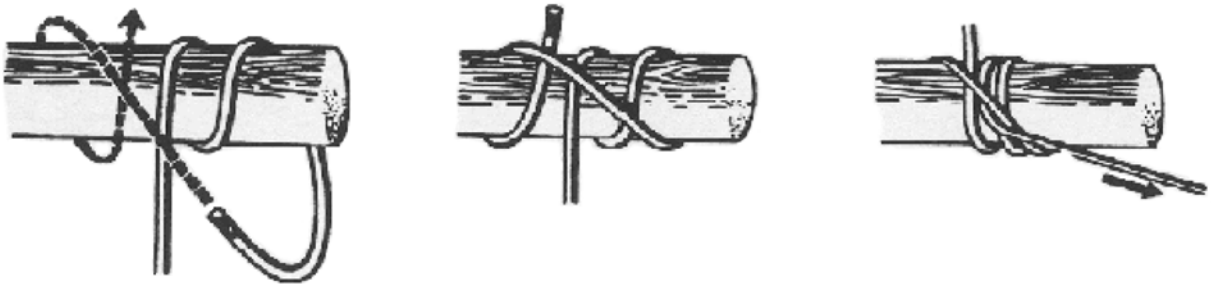
Time: 25 min Method: Demonstration and Performance

ROLLING HITCH

A rolling hitch is used to secure a line to a spar or another rope. Depending on the direction in which the rolling hitch is tied, it is made to pull without slipping in that direction only.

The following steps are used to make the hitch:

1. Wrap a line around a post or spar, take a second turn around and cross over the standing part to trap it.
2. Take another full turn around the post, but on the other side of the standing part.
3. Bring the working part up underneath itself to make a half hitch, and pull tight.



CFCD 105 Seamanship Rigging and Procedures Manual

Figure 1 Rolling Hitch



Have samples of the completed rolling hitch to show the cadets.

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.

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CLOSING STATEMENT

The rolling hitch can be used in a variety of cadet training activities; therefore it is important that the cadets become proficient with it.

INSTRUCTOR NOTES/REMARKS

Nil.

REFERENCES

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

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

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