EO C121.03 – COMPLETE A ROLLING HITCH

1. **Performance:** Complete a Rolling Hitch

2. **Conditions:**

   a. Given:

      (1) One metre of line,

      (2) Spar or pole,

      (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 complete a rolling hitch.

4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain, demonstrate and have the cadets complete a rolling hitch.	Demonstration and Performance	25 min	A1-004 C1-002 (p. 130) C1-003 (p. 158)

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

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

8. **Training Aids:**

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

   b. Diagram of a rolling hitch,

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c. Line,

d. A spar or horizontal pole, and

e. Example of completed rolling hitch.

9. **Learning Aids:**

a. One metre of line per cadet; and

b. Several spars, posts or chairs.

10. **Test Details:** Nil.

11. **Remarks:** Nil.

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