ROYAL CANADIAN SEA CADETS

PHASE FOUR

INSTRUCTIONAL GUIDE

SECTION 1

EO C421.01 – MAKE A BOATSWAIN'S BELT

Total Time: 90 min

PREPARATION

PRE-LESSON INSTRUCTIONS

Resources needed for the delivery of this lesson are listed in the lesson specification located in A-CR-CCP-604/PG-001, *Phase Four 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.

Complete a boatswain's belt to be used as a model for the lesson.

Photocopy the Boatswain's Belt Planning Sheet located at Attachment A for each cadet.

Photocopy the Alternative Methods for Securing the Boatswain's Belt located at Attachment B if an alternative method is chosen.

PRE-LESSON ASSIGNMENT

Nil.

APPROACH

An interactive lecture was chosen for TP 1 as it provides the instructor the opportunity to explain the use of a boatswain's belt prior to making one.

A demonstration and performance was chosen for TPs 2 and 3 as it allows the instructor to demonstrate making a boatswain's belt using a Portuguese Sennit while providing an opportunity for the cadets to practice this skill under supervision.

INTRODUCTION

REVIEW

Nil.

OBJECTIVES

By the end of this lesson the cadet shall have made a boatswain's belt.

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IMPORTANCE

It is important for cadets to make a boatswain's belt as it introduces advanced ropework skills in a fun and challenging way, while providing a practical skill for carrying tools in an ornamental way.

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Teaching point 1 **Explain the use of a boatswain's belt.**

Time: 5 min Method: Interactive Lecture

USE OF A BOATSWAIN'S BELT

Back in the days of sail, long voyages took months or even years to reach far-off destinations and ships were not able to resupply themselves. Equipment and supplies were limited to what the ship could carry, so only the essentials were brought on board. When tools were needed, the crew would improvise with the materials that were available.

One of the main duties of a boatswain on a sailing ship was to perform repairs to the rigging while the ship was underway. They would make belts from excess line to carry their tools aloft, freeing their hands to hold onto the ship as it pitched and rolled.

The boatswain's belt became a symbol of pride, often made with very elaborate and intricate knots, to indicate the boatswain's level of knowledge. Creativity of the maker was the only limitation to making a belt.

The belt is still used today as an ornamental way to carry knives and other tools.



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Figure 1 Completed Boatswain's Belt

CONFIRMATION OF TEACHING POINT 1

QUESTIONS:

Q1. What is the use of a boatswain's belt?

Q2. What is the only limitation to making a boatswain's belt?

ANTICIPATED ANSWERS:

A1. To carry knives and other tools.

A2. The maker's creativity.

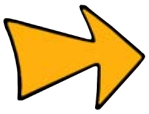
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Teaching point 2 **Demonstrate and have the cadets make a Portuguese Sennit.**

Time: 15 min Method: Demonstration and Performance



Demonstrate and have the cadets practice each step in making the Portuguese Sennit.



The Portuguese Sennit is made up of a series of half knots. When two half knots are tied together in opposite directions, they form a knot called a square knot. If they are tied in the same direction, the sennit will twist.

STEPS FOR MAKING A PORTUGUESE SENNIT

1. Pass a doubled line through a ring or foundation and lay the lines flat. Label the line on the left Line A and the line on the right Line B. The two centre lines will form the core of the sennit.



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Figure 2 Step 1

2. Lay Line A across the core, from left to right and pass it under Line B.

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Figure 3 Step 2

3. Pass Line B under the core and up between the core and Line A on the left.



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Figure 4 Step 3

4. Pull both lines tight, ensuring the core is kept flat. This will form a half knot.

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Figure 5 Step 4 (Half Knot)

To ensure the sennit holds its shape, keep the core flat and under tension.

5. To make a twisted Portuguese Sennit, skip to Step 7.

6. To make a flat Portuguese Sennit (as illustrated in Figure 6), form square knots by keeping Line A on top of the core as Steps 2–4 are repeated from the opposite direction. Continue repeating and alternating direction until the desired length is attained. Skip to Step 8.



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Figure 6 Step 5 (Flat Portuguese Sennit)

7. To make a twisted Portuguese Sennit (as illustrated in Figure 7), Steps 2–4 are repeated with the half knots tied in the same direction. If a twist to the right is desired, keep the left side line on top of the core. If a twist to the left is desired, keep the right side line on top of the core. Continue until the desired length is obtained.

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Figure 7 Step 7 (Twisted Portuguese Sennit)

8. Finish the Portuguese Sennit off by cutting the lines flush to the knots.

The Portuguese Sennit can be finished in many different ways, depending on its use and the creativity of the person.

CONFIRMATION OF TEACHING POINT 2

The cadets' completion of a Portuguese Sennit will serve as the confirmation of this TP.

Teaching point 3 **Demonstrate and have the cadets make a boatswain's belt.**

Time: 60 min Method: Demonstration and Performance

Demonstrate and have the cadets practice each step to make the boatswain's belt.

Distribute the Boatswain's Belt Planning Sheet located at Attachment A.

The figures in this demonstration show Inglefield clips used to secure the belt, however, any type of clip may be substituted.

Alternative methods for securing the belt are located at Attachment B.

A boatswain's belt is a representation of the style of its maker—be creative.

STEPS FOR MAKING A BOATSWAIN'S BELT

1. Make a plan for how the boatswain's belt will be tied using the Boatswain's Belt Planning Sheet located at Attachment A.

2. Measure the line needed by wrapping the line around the waist 10 times. This will provide enough line to complete the belt with the addition of other decorative, finishing knots such as Turk's head.

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3. Middle the line and attach to a clip with a cow hitch (as illustrated in Figure 8). This middled line will form the core of the belt.



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Figure 8 Step 3

4. Measure the core loosely around the waist to determine the size of the belt. Add approximately 10 cm (3 inches) to the measurement for each attachment loop. Mark this measurement on the core.

5. Slide the second clip onto the core to the mark and seize it in place using an elastic band (as illustrated in Figure 9). Ensure the core extends flat from the clip with the remaining lines extending on either side.



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Figure 9 Step 5

6. Shorten the lines by coiling the excess and seize them with an elastic band.

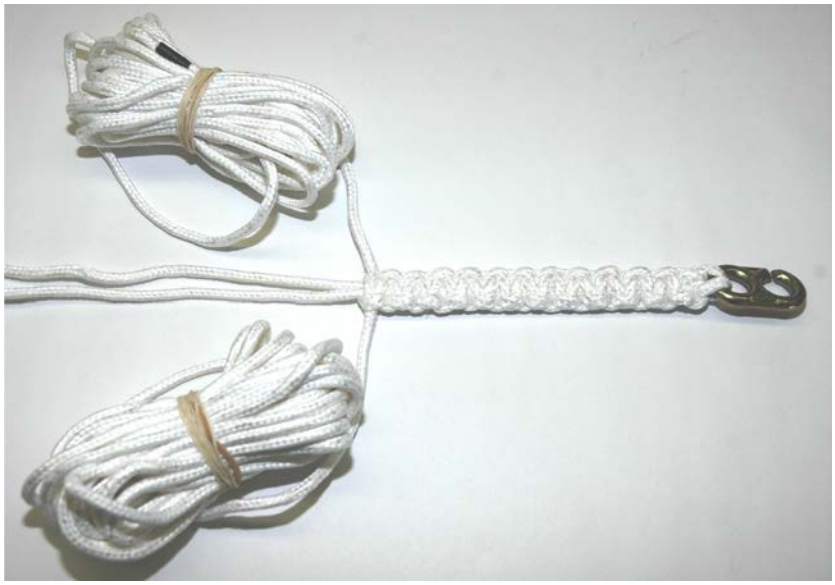
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Figure 10 Step 6

7. Start making the Portuguese Sennit, following the pattern drawn out on the planning sheet. Keeping the sennit tight will produce a stiff belt.



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Figure 11 Step 7

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8. To add an attachment loop, extend a bight in one line of the core (as illustrated in Figure 12) and re-adjust the cow hitch as required to keep the core flat. Continue making the Portuguese Sennit past the bight.



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Figure 12 Bight Extended

9. When the core is covered, cut the excess line flush with the belt.

10. If desired, finish the belt with decorative covering knots, such as a Turk's head, at the clips.



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Figure 13 Finished Boatswain's Belt

CONFIRMATION OF TEACHING POINT 3

The cadets' completion of a boatswain's belt will serve as the confirmation of this TP.

END OF LESSON CONFIRMATION

The cadets' completion of a boatswain's belt will serve as the confirmation of this lesson.

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CONCLUSION

HOMEWORK / READING / PRACTICE

If the cadets have not finished the boatswain's belt in the allotted time, have them finish at home and return with the finished product.

METHOD OF EVALUATION

Nil.

CLOSING STATEMENT

A boatswain's belt uses advanced ropework skills in a fun and challenging way and provides a practical way for carrying tools.

INSTRUCTOR NOTES / REMARKS

On most belts, Inglefield clips are used, however, any type of clip can be substituted.

The cadets may be required to complete the boatswain’s belt on their own time.

REFERENCES

C1-158 ISBN 0-385-04025-3 Ashley, C. (1993). *The Ashley book of knots*. New York, NY: Doubleday.

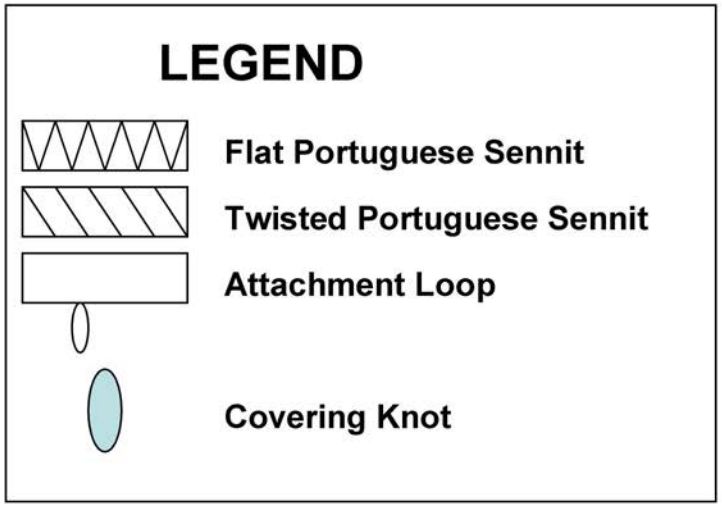
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BOATSWAIN'S BELT PLANNING SHEET





Directions

1. Mark down what attachment scheme will be used on the ends.
2. Using the designs in the legend, mark out what knots the belt will be made with.
3. Locate and draw in any attachment loops.
4. Locate the positions for any covering knots.

Note: This planning sheet should be used as a guide and is not to scale.

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ALTERNATIVE METHODS FOR SECURING A BOATSWAIN'S BELT



The following instructions are to be used in conjunction with the steps for making a boatswain's belt in the instructional guide.



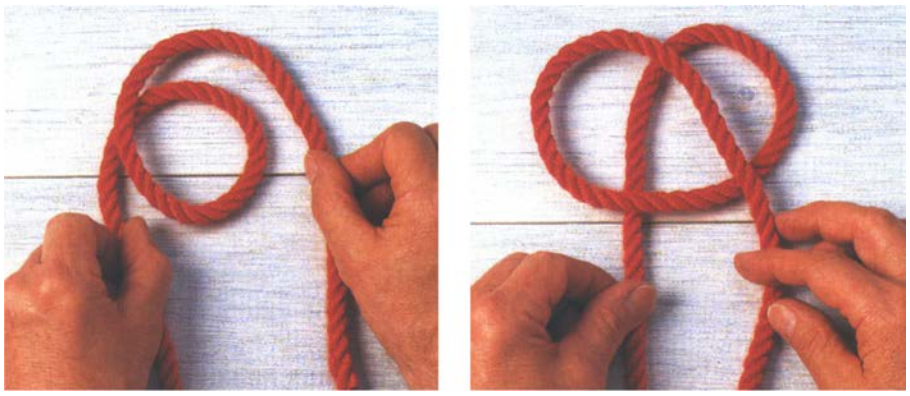
These alternative methods will eliminate the need for clips.

Loop and Button Knot

This method secures the belt by having a loop at one end of the belt, pass behind and over a button knot at the other end.

Steps for the Loop and Button Knot Method

1. Make a button knot as follows:
   a. Cut a 30 cm (12 inch) line.
   b. Make a clockwise overhand loop.
   c. Bring the working end down over the original loop and arrange in a pretzel layout.



Note. From The Ultimate Encyclopedia of Knots and Ropework (p. 227), by G. Budworth, 2001, London, England: Anness Publishing Limited. Copyright 1999 by Anness Publishing Limited.

Figure B-1 Steps 1b and 1c

   d. Pass the working end around, from right to left, behind the standing part.
   e. Tuck the working end through the knot in a clockwise direction. The tucks will follow an over and under pattern through the knot.
   f. Tuck the working end alongside and parallel to the standing part.

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Note. From The Ultimate Encyclopedia of Knots and Ropework (p. 227), by G. Budworth, 2001, London, England: Anness Publishing Limited. Copyright 1999 by Anness Publishing Limited.

Figure B-2 Steps 1d–1f

g. Follow the original lead through the knot to double it.

h. Carefully tighten the knot to form a button. Leave one bight loose so that it extends from the knot for 3 cm (1 inch).

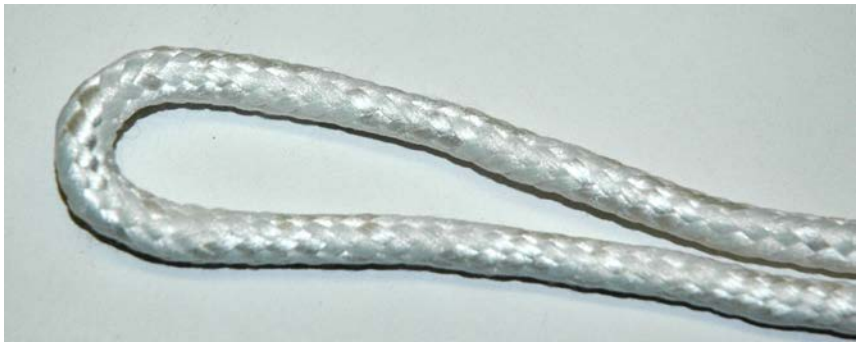


Note. Created by Director Cadets 3, 2008, Ottawa, ON: Department of National Defence.

Figure B-3 Steps 1g and 1h

2. Perform the steps for making the boatswain's belt with the following changes:

a. Leave the line middled without attaching the clip in Step 3 in the instructional guide.



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Figure B-4 Step 2a

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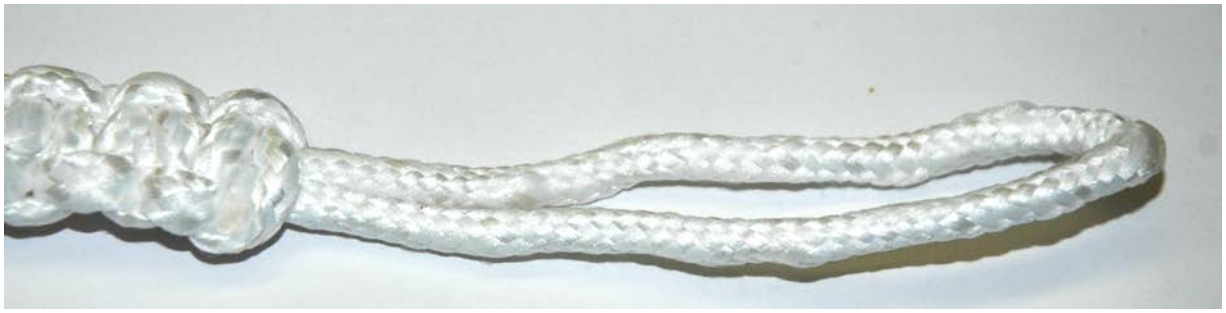
b. Slip the button knot onto the core at the measurement in Step 5 in the instructional guide.



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Figure B-5 Step 2b

c. Leave enough of the core uncovered so that the loop will fit around the button.



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Figure B-6 Step 2c

3. Connect the belt by passing the free loop behind and around the button knot.



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Figure B-7 Step 3

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Loop and Toggle Method

This method secures the belt by having a toggle fitted at one end of the belt that fits through a loop at the other.

Steps for the Loop and Toggle Method

1. Perform the steps for making a boatswain's belt with the following changes:
   a. Leave the line middled without attaching the clip in Step 3 of the instructional guide.
   b. Attach the toggle onto the core at the measurement in Step 5 of the instructional guide.
   c. Leave a loop uncovered so that it will fit over the toggle.
2. Connect the belt by passing the free loop over the toggle.



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Figure B-8 Loop and Toggle

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Loop and Carabiner Method

This method secures the belt by having a loop at each end of the belt attached with a carabiner.

Steps for the Loop and Carabiner Method

1. Perform the steps for making a boatswain's belt with the following changes to the steps outlined in the instructional guide:
    a. Leave the line middled without attaching the clip in Step 3 of the instructional guide.
    b. Attach the carabiner to the core at the measurement in Step 5 of the instructional guide.
    c. Leave a loop uncovered so that it will fit over the carabiner.
2. Connect the belt by opening the gate on the carabiner and passing the free loop over it.



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Figure B-9 Loop and Carabiner

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