EO C421.03 – MAKE A NET HAMMOCK

1. **Performance**: Make a Net Hammock

2. **Conditions**:

   a. Given:

      (1) Rings,

      (2) Line,

      (3) Netting,

      (4) Cutting tool,

      (5) Supervision, and

      (6) Assistance as required.

   b. Denied: Nil.

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

3. **Standard**: The cadet shall make a net hammock.

4. **Teaching Points**:

TP	Description	Method	Time	Refs
TP1	Explain, demonstrate and have the cadets make two hammock harnesses.	Demonstration and Performance	30 min	C1-186
TP2	Explain, demonstrate and have the cadets prepare hammock materials, to include; a. cutting netting to size; b. attaching side chains to the net; c. attaching harnesses to body of hammock; d. trimming ends; and e. hanging the hammock.	Demonstration and Performance	50 min	C1-186

5. **Time**:

   a. Introduction / Conclusion: 10 min

   b. Demonstration and Performance: 80 min

   c. Total: 90 min

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6. **Substantiation**: Demonstration and performance was chosen for this lesson as it allows the instructor to explain and demonstrate making a hammock while providing an opportunity for the cadets to practice these skills under supervision.

7. **References**: C1-186 Earth Guild: A Netshops Company. (1998). *How to make your own hammock*. Retrieved February 16, 2009, from http://www.hammocks.com/howtomakeyourownhammockarticle.cfm

8. **Training Aids**:

   a. Rings,

   b. Line,

   c. Netting, and

   d. Cutting tool.

9. **Learning Aids**:

   a. Rings,

   b. Line,

   c. Netting, and

   d. Cutting tool.

10. **Test Details**: Nil.

11. **Remarks**: Nil.

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