**EO M121.01 – TIE KNOTS, BENDS AND HITCHES**

1. **Performance:** Tie Knots, Bends and Hitches

2. **Conditions:**

   a. Given:

      (1) One metre of line,

      (2) Spar / horizontal 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 describe the use of and tie knots, bends and hitches, to include:

   a. reef knot,

   b. figure eight,

   c. sheet bend,

   d. bowline,

   e. clove hitch, and

   f. round turn and two half hitches.

4. **Teaching Points:**

| TP | Description | Method | Time | Refs |
|---|---|---|---|---|
| TP1 | Explain, demonstrate and have the cadets tie a reef and figure of eight knot. | Demonstration and Performance | 20 min | C1-002 (pp. 45, 98,104, 112, 130, 132 and 162) |
| TP2 | Explain, demonstrate and have the cadets tie a sheet bend and bowline. | Demonstration and Performance | 20 min | C1-002 (pp. 45, 98,104, 112, 130, 132 and 162) |
| TP3 | Explain, demonstrate and have the cadets tie a clove hitch and round turn and two half hitches. | Demonstration and Performance | 20 min | C1-002 (pp. 45, 98,104, 112, 130, 132 and 162) |
| TP4 | Practice tying knots, bends, and hitches. | In-Class Activity | 50 min | A1-009 (p. 4-9) |



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5. **Time:**

| | | |
|---|---|---|
| a. | Introduction / Conclusion: | 10 min |
| b. | Demonstration and Performance | 60 min |
| c. | In-Class Activity: | 50 min |
| d. | Total: | 120 min |

6. **Substantiation:**

   a. A demonstration and performance was chosen for TPs 1-3 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.

   b. An in-class activity was chosen for TP 4 as it is an interactive way to provoke thought and stimulate interest among cadets about tying knots, bends and hitches.

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. A1-009 A-CR-CCP-004/PT-001 D Cdts (1983). *Royal Canadian Sea Cadets Manual Volume 1*. Ottawa, ON.

   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. A completed example of each knot, hitch and bend,

   b. Spar or horizontal pole,

   c. One piece of fabric to blindfold each cadet, and

   d. Line for demonstration purposes.

9. **Learning Aids:** One metre of line per cadet.

10. **Test Details:** N/A

11. **Remarks:** Nil.



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