

Knots Handout

Knot tying uses in Lifesaving

Being able to tie a few knots is necessary for Lifesaving Student Nationals and the Beach Lifeguard award. For those of you who weren't in the Boy Scouts, or are not into sailing, the following knots are explained.

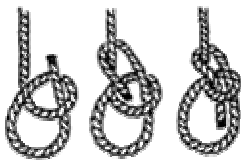
The reef-knot



The reef knot is used to tie the ends a rope around an object such as a parcel. To tie:

1. Hold an end of the rope in each hand. Take the left end over the right and pass under (like you are tying your shoelaces).
2. Then pass left (which was the right originally) over right again and underneath.
3. Tighten by pulling on both ends.

Bowline

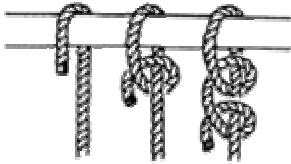


This knot can be tied by thinking “the rabbit comes out of its hole around the tree and back down again”. To tie:

1. Make the overhand loop with the end held toward you to make a “hole”. Then pass an end (the “rabbit”) through the loop.
2. Wrap it around the standing part (the “tree”) and pull it back through the overhand loop.

3. Draw up tight.

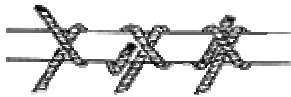
Two Half Hitches



The two half hitches is used for tying a rope with a right-angle pull to a pole or ring. To tie:

1. Pass one end of the rope around the post or other object.
2. Wrap the short end of rope behind and back over the long part of the rope, pushing the end down through the loop. This is a half hitch.
3. Repeat on long rope below first half hitch and draw up tight.
4. *Round Turn with Two Half Hitches* is the same knot but with an extra turn round the object.

Clove Hitch



This knot is the "general utility" hitch for when you need a quick, simple method of fastening a rope around a post, spar or stake. To tie:

1. Make a turn with the rope around the object and over itself.
2. Take a second turn with the rope around the object.
3. Pull the end up under the second turn so it is between the rope and the object. Tighten by pulling on both ends.

Double Sheet bend



The double sheet bend is used to fasten a small line to a larger one. In the illustration the light colored line would be the smaller and the darker one would be the larger. To tie:

1. Create a bight (like a loop but without crossing the ends) in the thicker of the two ropes to be joined.
2. Pull the free end of the second rope through the middle of the bight and around the thinnest part of the bight.
3. Tuck the free end under itself and clinch the knot tight.

