



Exploring 4-H at Home



Environment & Healthy
Living

Pillar: Environment & Healthy Living

Project: Outdoor Living

Activity: Survival Knots (122-127)



CANADA
4-H Saskatchewan

**Outdoor
Living**

Activity
Guide

Introduction

Knots can serve all sorts of purposes! Some are easy to learn and others are much more complex. Some knots are used for specific purposes (like tying a shoe or docking a boat) and others can be used for all kinds. You will need two pieces of rope or string and the below instructions to complete this activity.

Instructions

Sheet Bend

The sheet bend is used to join two ropes together.

1. Lie one rope straight (blue rope). Loop the other rope (black rope) around the blue rope.



2. Take the loose end of the blue rope and pass it under the two free ends of the black rope, back under itself and out through the loop formed by the black rope.



3. Pull gently on the two loose black ropes and the loose ends of the blue rope to tighten.



Square Knot

The square knot is similar to the sheet bend and is also used to attach two ropes together.

1. Form a loop with each of the two ropes.



2. Slip the left-hand loop below and through the right-hand loop.



3. Bring the loose ends of the right-hand loop through the left-hand loop.



4. Pull the loose ends to tighten.



Half Hitch

The half hitch is most commonly used to tie a boat to a dock.

1. Wrap the rope around a post.



2. Pass the working end of the rope under the rope and loop it back over the rope attached to the boat.



3. Pass the working end under the boat line again and loop back towards the post. Pull tight.



Loop Knot

The loop knot is a variation of a slipknot.

1. Fold the rope in half. Pass the loop end around an object.

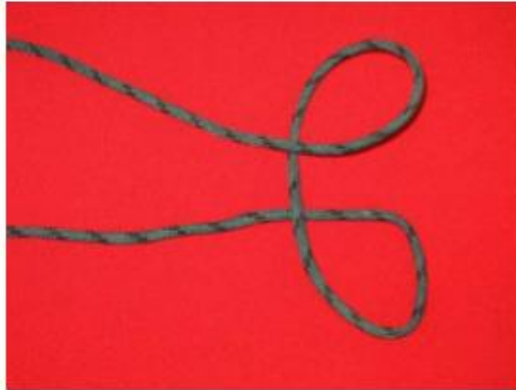


2. Pass the two loose ends of the rope through the loop and pull tight around the object.

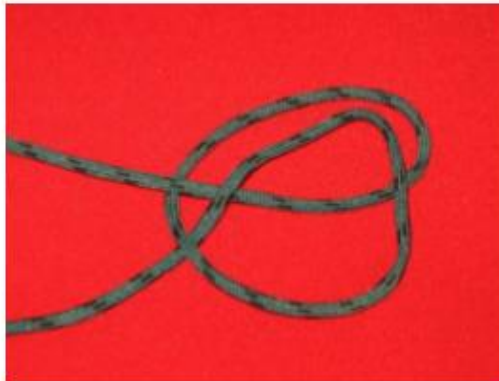


Clove Hitch

1. Form two loops as shown. The right-hand loop has the rope going in front of the loop, and the left-hand loop has the rope going towards the back.



2. Overlap the two loops, slipping the right-hand loop behind the left-hand loop.



3. Slip the overlapped loops onto a post or other object and pull to tighten.

