



JUST YOUR BASIC KNOTS

AN INSTANT MEETING FOR GUIDES
FROM THE BC CAMPING COMMITTEE

Purpose: Introduction of tying and usage of 4 basic Guiding knots: reef knot, clove hitch, bowline and sheet bend.

Meeting Plan

- 5-10 min: Gathering: Knot Word Search
- 5 min: Guide Opening
- 10-15 min: Doctor, Doctor
- 20 min: Reef Knot Activities
- 20 min: Clove Hitch Activities
- 20 min: Bowline Activities
- 20 min: Sheet Bend Activities
- 5 min: Guide Closing

120 minute meeting. Approximate activity times shown.

Program Connections

You in Guiding: Understand the Promise and Law and Motto

5. Practice your reef knot

Beyond You: Explore the Outdoors and Nature

4. Learn knots.

Related Interest Badge

Sailing (learn bowline)

Meeting Supplies

- printed word search puzzles
- pencils or pens
- knotting cord / rope in varying lengths, as per the selected activities
- Cat's Cradle instructions
- dry beans
- short pieces of rope (for crafting)
- popsicle sticks
- googly eyes
- glue
- markers
- stuffed toys
- Barbie-type dolls
- 2 different colours of pipe cleaners
- safety pins
- 20-30 pieces of string
- short sticks
- blindfolds

Knot Word Search

Find the words listed below, then solve the puzzle with the remaining letters.

R S L T S P D W T H E Y N W S
O T O H T A Y R O W N U O T C
U O O G R C R E O N I R A L A
N P P I I K C H A C K N O S T
D P H E N E E R T I D V E H E
T E F E G R G O N I E M N E H
U R E R D S N G N H O E T E A
R O E U F K E G I N N I Y T L
N O R G P N E T K I E U R B F
E R O I D N C E L P E T I E H
E R L F D H Y W A K N O T N I
E S A I N F O V E R H A N D T
P I T U I B D R A Y N A L A C
O N D S Q K N O T H A N G O H
R N T I X S D C U V O D X A N

- | | | | |
|-------------|------------|-------------|------------|
| BOWLINE | LANYARD | ROPE | STOPPER |
| CLOVEHITCH | LOOP | ROUNDTURN | STRING |
| CORD | MONKEYFIST | SHEETBEND | TIE |
| FIGUREEIGHT | OVERHAND | SLIPKNOT | TWINE |
| GRANNY | PACKERS | SQUARE | WORKINGEND |
| HALFHITCH | REEF | STANDINGEND | |
| KNOT | | | |

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____ _ _ _ . ~ Thomas Jefferson

Doctor, Doctor

Introduce knot terminology before the game:

- working end: the end of the rope that is actually used to tie the knot
- standing end: the opposite end of the rope to the working end. The longer end of the rope not involved in tying the knot.

Directions

1. One player moves away from the group and covers her eyes. She is the Doctor.
2. The other players join hands in a line, and knot themselves into a real "mess" by stepping under and over arms, under legs around and behind. (Note that the leader for the line is the "working end" and the end of the line is the "standing end" - even though she is moving and following the working end.) When the line is knotted up, the working end (leader) joins hands with the standing end.
3. The Doctor looks closely at the knotted "mess". She then gives directions for undoing the knots. First she decides where to break the knot (one pair of hands can come apart). Players should not let go of their hands until all are completely unknotted. The Doctor tries to undo the knot in as few orders as possible.

Reef Knot Activities

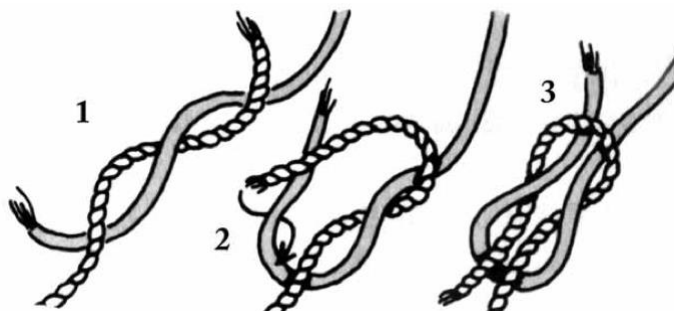
The Guide Tie is tied with a reef knot. This is an easy-to-tie knot that is also easy to undo. You can use the technique: right over left and under, left over right and under.

Remember that one end is always the working end.

Final Look: flat knot with 2 ends on one side under a loop and 2 ends on the other side over a loop.

Uses: to join two ropes of equal diameter; tying first aid bandages; tying your Guide tie.

Choose one or two of the following reef knot activities.



Cat's Cradle

Download instructions for Cat's Cradle from the internet
<https://www.google.ca/#q=cat's+cradle+printable+instructions>

Directions

Join your knotting cord ends together with a reef knot and play Cat's Cradle with a partner.

Supplies

- knotting cord, about 58" long
- Cat's Cradle instructions

Reef and Beans

Directions

1. Divide into pairs. Each person has a piece of rope/cord and one bean.
2. The pair decides on a signal to start and, at the signal, each ties a reef knot.
3. The first one to correctly tie their reef knot wins a bean from the other.
4. The winner finds a person with 2 beans and challenges her to a similar contest. The loser gets another bean from her Guider to play against another one-bean person.
5. The game continues with partners always having the same number of beans (or as close as possible). They can find new partners by calling out the number of beans they have until they find someone who has the same number of beans.

Supplies

- knotting cord
- dry beans

Reef Knot Relay

Directions

1. Girls form teams of 4, 5 or 6 and line up behind each other.
2. Start in relay formation, with a rope tied in a loop to a chair at the opposite end of the hall from the girls.
3. On "go" the first player in each team runs to the chair and places her rope through the looped rope on the chair and ties a reef knot. Someone checks to be sure the knot is correctly tied.
4. When correctly tied she runs back to her team and tags the next girl in line who runs and ties her rope to the previous loop. Once again her rope is checked.
5. All continue as above until all ropes are tied.

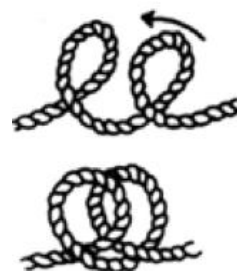
Supplies

- short piece of rope for each player
- piece of rope for each team's chair

Clove Hitch Activities

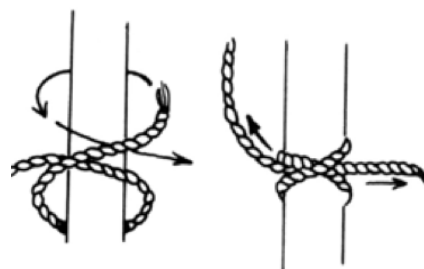
Tying method A: Granny Glasses

- form a loop with the standing end at the back
- form an identical loop along the rope to the right of the first loop. You now have the "granny glasses"
- slide the second loop BEHIND the first loop
- slip both loops over a stick and tighten



Tying method B: this is used when it is impossible to slip the loops over a stick

- hold the standing end and pass the working end around the stick (or tree) and back over across the standing portion
- continue around the stick (tree) again
- tuck the working end under the cross piece and tighten



Final Look: 2 ropes in the middle with cross piece on top.

Uses: start lashing for gadgets, hold a line when there is constant pressure (example: clothes line), to attach the toggle end of the flag to the pole rope.

Choose one or two of the following activities.

Clove Hitch People

Directions

1. Glue googly eyes on the top of the popsicle stick.
2. Tie a clove hitch under the eyes to make arms. Trim the rope to the correct length.
3. Tie a second piece of rope for legs and break the popsicle stick to the length you like, or leave the stick as is and not tie on "legs".
4. With the coloured markers, decorate the stick person as a Girl Guide. Optional: add the date on the back.

Supplies

- short pieces of rope
- popsicle stick
- googly eyes
- glue
- coloured markers

Dirty Dishes

Directions

1. Tell everyone: Your dishes were tied to the line but the knot slipped and the line fell. You must now retie your dish line.
2. Girls form groups of 3. Note: this could also be done in pairs. A chair can be the second "tree".
3. Two girls pretend to be trees. The partner ties a clove hitch around the first "tree".
4. She extends the rope to the other "tree" and ties a second clove hitch
5. All girls take turns being the girl tying the knots

Supplies

- long piece of rope for each team

Clove Hitch 2 by 2

Directions

1. The objective is to tie a clove hitch onto a tree with one girl holding one end of the rope.
2. The girls are to figure out how to tie the knot on the standing tree without letting go of the rope.

Yes, it can be done!!

Supplies

- long piece of rope for each pair of girls

Bowline Activities

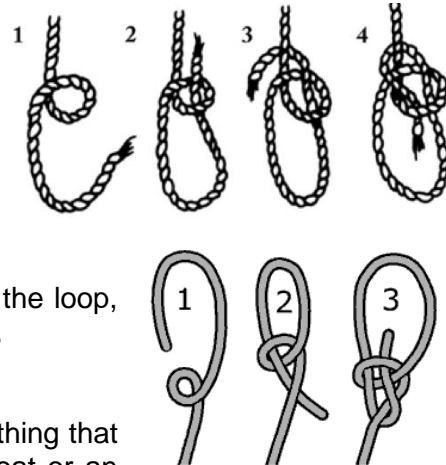
The rabbit comes out of the hole, runs around the tree and back down the hole.

This knot can be tied either with the loop formed at the top or below the knot. See diagrams

- Form a loop with the standing end at the back and the working end running down.
- Take the working end from the bottom, up through the loop, behind the standing end and down through the loop.
- Hold the standing end to tighten

Uses: rescue - it forms a non-tightening loop. Tying something that moves to something that doesn't (example: tying up a boat or an animal).

Choose one or two of the following activities.



Tying Up the Dog

Directions

1. Set the girls up in relay teams with the stuffed toys sitting on a chair at one end of the room (one chair of toys per team) and the girls at the other end.
2. Each girl, in turn, has to run down to the chair, tie their dog to the chair with a bowline and go back to the end of their line and sit down.
3. When everyone in the team's line is sitting down and all dogs are tied to the chair, they are finished.

Supplies

- piece of rope for each girl
- stuffed animal toy

Rescue Barbie

Directions

This may be done as a team relay as above or in pairs.

1. Pretend Barbie has fallen over a cliff and you have to rescue her.
2. Tie a bowline around Barbie's chest under her arms and pull her to safety.

Supplies

- piece of rope for each girl
- Barbie-type doll for each girl or partner (or stuffed animal toy)

One Handed Bowline

See this done online at <http://youtu.be/tL11CQigwGI>

Directions

Scenario: You have fallen overboard in rough water and must be rescued. You DO NOT want to let go of the rope for fear of not getting it again.

1. Place your rope around your waist with both ends in front.
2. Hold the standing end in your left (non-dominant hand). Pretend this is being held by your rescuer on the boat.
3. While holding the working end with your right hand, place your right wrist over the standing end, around and up through the loop toward your stomach.
4. Carefully pass the working end around the back of the standing end and slip it and your hand out of the loop. NEVER LET GO OF ANY OF THE ENDS.
5. Pull the standing end to tighten.
6. You now have a no-slip loop around your waist and you can successfully be pulled to the rescue boat.

Supplies

- one piece of rope long enough to go around a girl's waist and be tied at the front

Sheet Bend Activities

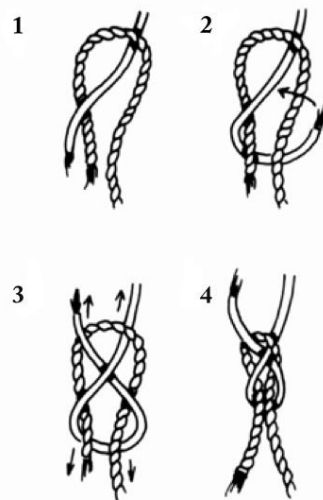
Note: 2 ropes are needed for this knot, preferably of 2 different colours.

Make and hold a small loop with one of the ropes.

Take the working end of the second rope and pass it up through the center of the loop, around beneath the loop.

Now take the working end and slip it under itself above where it came up the loop.

Uses: join 2 ropes of un-equal diameter, attach the bottom of the flag to the flag pole line.



Choose one or two of the following activities.

Pipe Cleaner Butterfly

Directions

1. Tie a sheet bend in the center of the pipe cleaner.
2. Bend the ends to form the wings and pin it to a camp hat.

Supplies

- 2 different coloured pipe cleaners
- safety pins

Cat Tails

Directions

1. Hide all but 1 piece of string per team.
2. Each team chooses a "cat" - she is given the team's piece of string.
3. At a given signal all the girls, except the cats, scatter to find the hidden strings.
4. When a girl finds a string she runs back to her cat and, using a sheet bend, joins her string to the last piece of string her cat is holding.
5. If winning is important, the team with the longest tail of correctly tied knots, is the winner.

Supplies

- 20 to 30 pieces of string

Blind Girl's Knots

Directions

1. Pair girls up and give each pair of girls 2 pieces of rope, a short stick and a blindfold.
2. Blindfold one girl.
3. The blindfolded girl is asked to tie a sheet bend. Her partner checks to see if it is correctly tied.
4. Switch partners and repeat the task.

Supplies

- pieces of rope, 1 per girl
- short sticks
- blindfolds