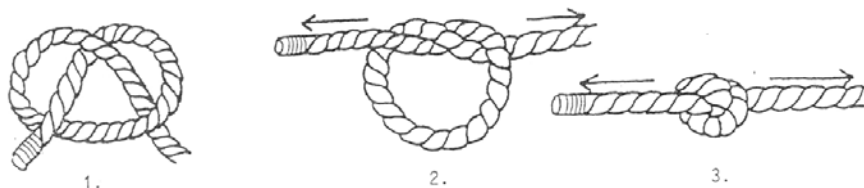


Knots

OVERHAND KNOT

Use: Starting point of many other knots; used to make a knot on the end of a rope.



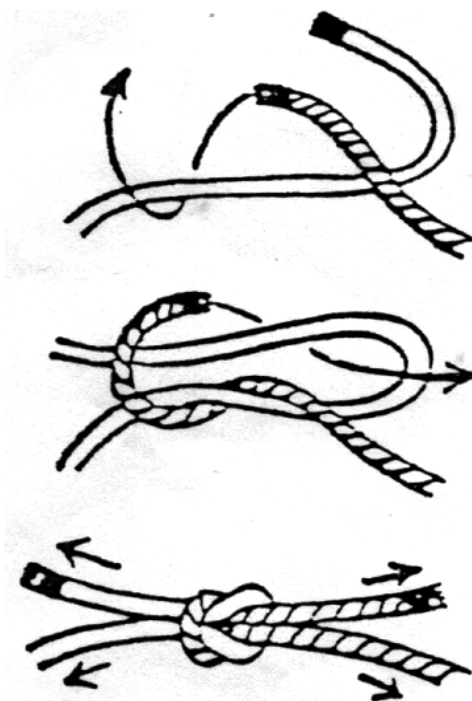
SQUARE KNOT

The square knot is used to join two ropes or strings of the same thickness. It is used to tie packages, mend broken rope, tie a scarf or bandage, and join short ropes to make a long one.

To make a square knot, lay right end over left, then under and up. Continue by laying left end over right and again under and up. Tighten by pulling both loose ends.

The wrong end over and up results in a granny knot, which easily pulls apart. For a properly tied square knot, the rope will break before it slips.

To release a square knot, take hold of the knot on both sides and push toward the center of the knot.

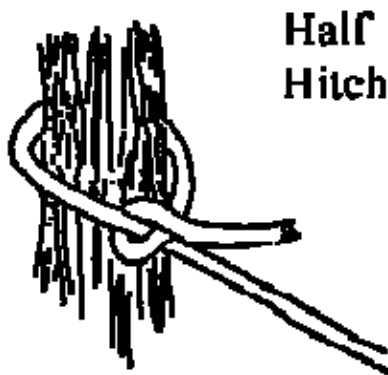


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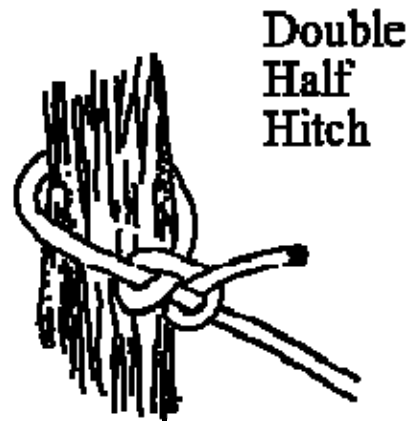
Knots

HALF HITCH

Tie it twice and it's not a "whole hitch", but a DOUBLE HALF HITCH. It is an excellent knot for tying a boat to the roof of your car or to tie your painter to a tree to keep your canoe from going downstream without you while you go into the woods for some reason.



Half
Hitch



Double
Half
Hitch

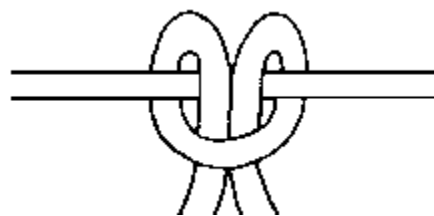
FIGURE 2

FIGURE 3

The single half hitch will usually hold in most circumstances, but the double half hitch is more secure.

LARKS HEAD

To form a Larks head simply fold a piece of yarn in half; push the loop end through the knitting, then put the loose ends of the yarn through the loop and pull tight, this knot is also great for tying Dunk bags to a line.



Larks Head Knot



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Knots

CLOVE HITCH

The clove hitch is used to fasten one end of rope around a post or tree. It is used to put up clothesline and to start lashing. Avoid using a clove hitch to hold a moving object, like an animal or a boat, as movement will tend to loosen the knot.

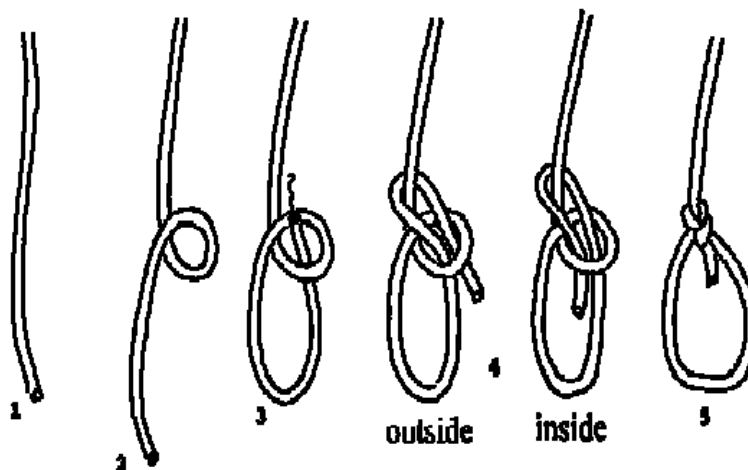


BOWLINE

(pronounced bo'-lin), it is a secure loop in the end of a line. It is probably the simplest and most versatile knot ever devised, and is very easy to tie. Since it never jams, it can always be untied. It can be used to tie your gear in the boat, tie on a painter, make a lasso or to tie two ropes together.

Notice in Figure 1, step 4, that the end of the rope can be looped around either way. It doesn't make any difference which way. One way gives the INSIDE bowline, the other an OUTSIDE bowline. Either way the bowline is strong and secure.

Many people remember how to tie this knot by remembering this silly story --- "This is a tree, and this is a rabbit hole, the rabbit comes out of his hole, around the tree, and back in his hole again." The rabbit is the end of the rope, the loop in step 2 is the hole, and the rope is the tree.



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Games Using Knots

KNOT RELAY – Decide on a knot to use for this game. Divide into teams of equal size and count off. Each team sits or stands in a circle, with the number one player holding a piece of rope. At a given signal, the number one player runs around the circle and returns to her place. She then must tie the knot correctly (if the clove hitch was chosen, she also should have a short stick to tie the knot around). She passes the rope to the player on her left, who must untie the knot before starting around the circle. Each player takes a turn until the rope has come back to the number one player and she has untied the knot.

CAT'S TAIL – Prepare 20 to 30 pieces of heavy string, each piece six inches in length. Hide all but three or four pieces of string. Divide the troop into three or four teams of equal size. Each team chooses a “cat”, who is given one of the extra pieces of string. At a given signal, all players except the “cats” scatter to find the hidden strings. As a girl finds one, she takes it to her “cat” and ties it with a square knot to the last piece of string the “cat” holds. The team that makes the longest tail of strings wins.

TEST OF STRENGTH – For this game, all players need practice ropes of the same thickness. Players sit in a circle holding their ropes. Each girl ties one end of her rope with a square knot to the rope of the girl on her left. When all knots are tied, lift the rope circle over your heads and down to the middle of your back. At a signal, lean back hard against the rope circle. (If any of the square knots aren't correctly made, you'll all fall over backwards!!) Try this game making the knots behind your back instead of in front of you or tie with your eyes shut.

BLINDFOLD TEST – See how fast you can tie a certain knot when you are blindfolded or keep your eyes shut.

SIMON SAYS – KNOTS – Each player must have a practice rope. Every time “Simon Says” to tie a certain knot, each player must do it. If the command doesn't start with “Simon Says”, players do nothing. A player misses if she ties the knot incorrectly, ties the wrong knot, or ties one at the wrong time. After three misses, a player is out.

KNOT STEP CONTEST – You will need 6 feet of rope for each girl. Line up girls at one end of room. Call out the name of a knot. Each girl ties the knot. Judges quickly check the knots. Each girl who ties her knot correctly can take one step forward. Leader calls out another knot and the same procedure is followed. The first girl to reach the wall at the far end of the room is the winner.

KNOTTING CIRCLE – You will need one short piece of rope. Girls face inward, hands behind backs. “It” walks around outside circle, places rope in someone's hands, yells name of a knot and starts speedy run around circle. If recipient succeeds in tying knot correctly before “it” comes back, “It” must proceed again. Otherwise, recipient becomes “it” and previous “It” takes her place in the circle.



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Games Using Knots Page 2

CHAIN GANG RACE – You will need one rope per girl. On signal, girl #1 ties rope around her ankle with a bowline and hands end to second girl. That girl ties her rope onto the first girl's with a square knot, then ties rope to her own ankle with a clove hitch and hands end to third girl, who does the same. When all are tied together, the group races to a finish line.

KNOT HOOP RELAY – You will need one rope per group. On signal, first girl ties rope into a loop with a square knot (or whatever you want to practice) and passes it over her head and down around her body. She steps out of the loop, unties the knot and passes rope to the next girl who repeats the procedure, and so on down the line.

ONE HAND KNOTTING – You will need one rope per girl. Girls pair off facing their partners. Each girl has a rope in her right hand; left hand in pocket or behind back. On signal, partners attempt to tie their ropes together using the knot called.



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