



OUTDOOR RECREATION AWARD



PROJECT: ROCK CLIMBING 1—KNOTS

GOALS

A. KNOT CHALLENGE 1: Learn to tie the figure-8 follow through knot.

B. KNOT CHALLENGE 2: Learn to tie the double fisherman's knot.

A. KNOT CHALLENGE 1

During rock climbing or outdoor adventure, knots are frequently used to secure climbers to anchor points. Tying them correctly each time is key to safety. Before learning actual rock climbing skills (in Part 2), you need to know two basic knots that are used by rock climbers. The first is called the Figure Eight Follow Through knot.

NOTE: Each rock climbing facility/gym has different equipment and rules, but it is best to come prepared with the below knot tying skill.

Supplies

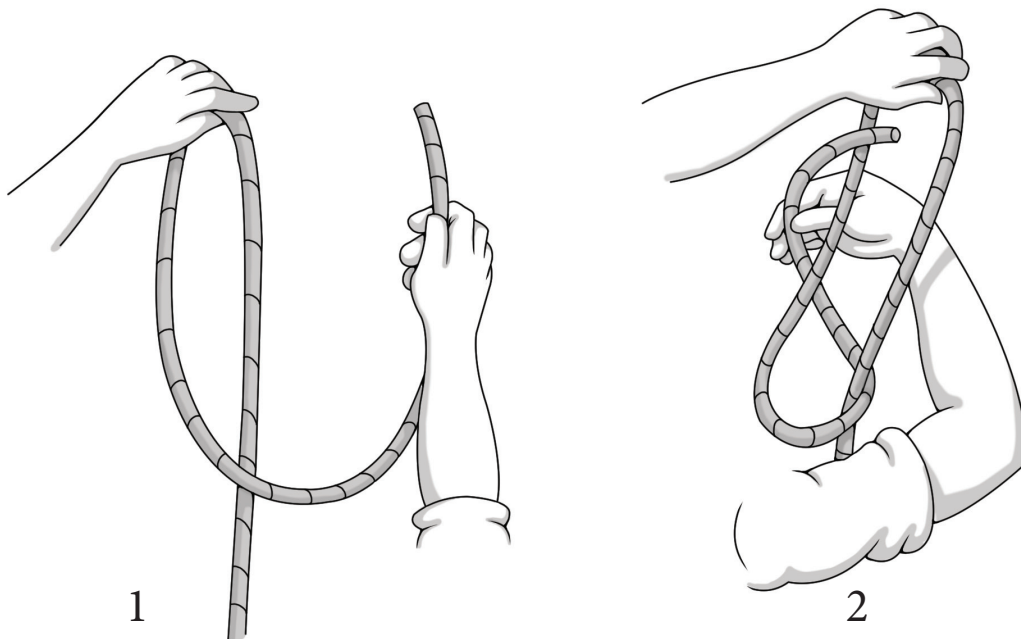
- length of dynamic rock climbing rope
- carabiner or harness loop

PRACTICE: If you don't have your own ropes, go to the local climbing gym and ask to practice knot tying in their training area. Someone might even be available to help you practice both of these knots.

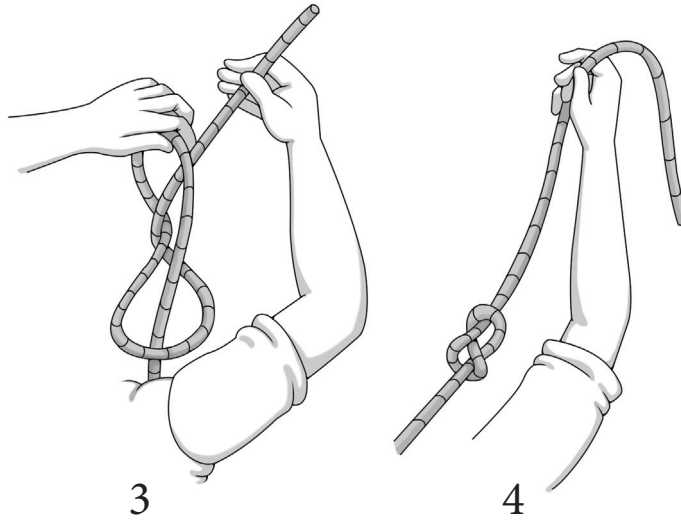
Figure Eight Follow Through Knot

This knot is often used to secure a climber's harness to the rope during top-rope climbing. It is key that beginning rock climbers master this knot.

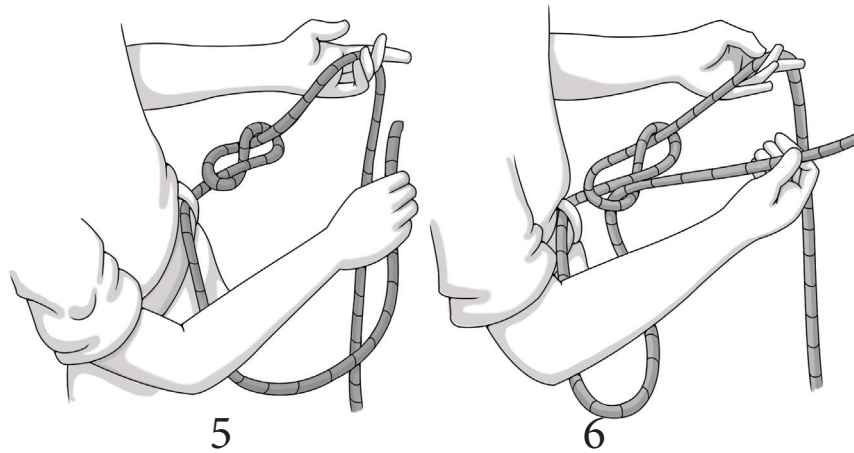
- To start, make a loop in the rope about three feet from the end (1). Loop the rope behind, around, and back through the loop (2).



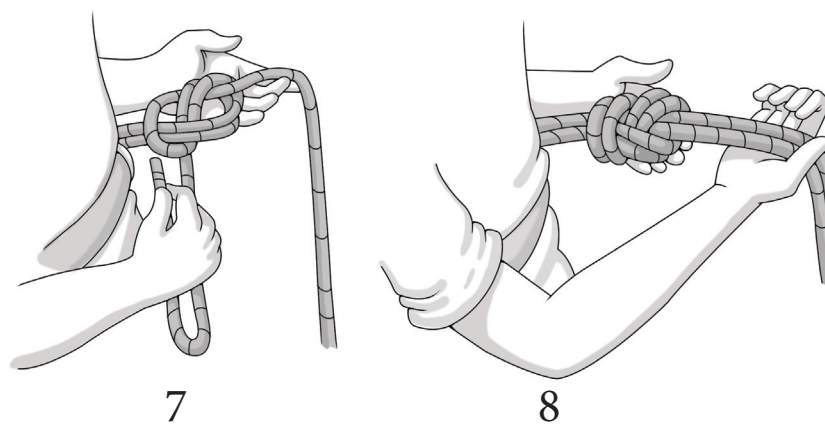
- Pull the end of the rope through the top loop and tighten (3). Do not tighten too much to allow for follow through (4).



- Take the end of the rope (5) and loop it back through the figure 8 knot, following the path of the rope. Start at the bottom and follow the rope through the first loop (6).



- Follow the path of the rope all the way through the "eight" shape of the knot (7). It should end with the rope coming out the top of the knot away from your body (8). Tie off any loose rope.

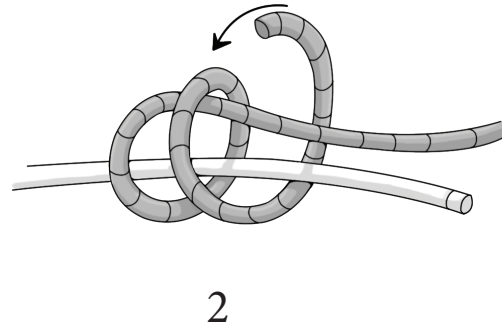
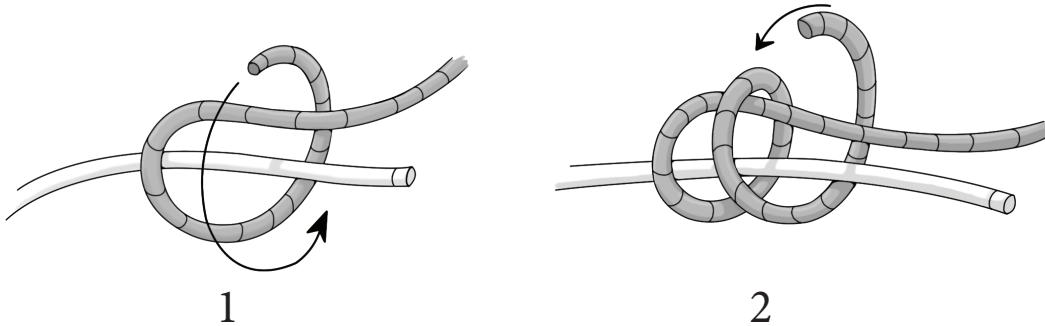


B. KNOT CHALLENGE 2

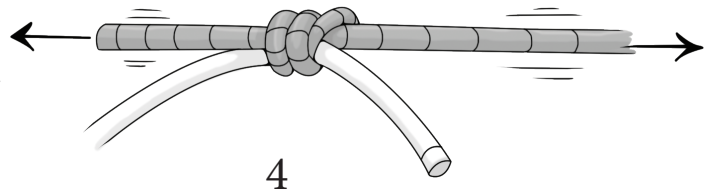
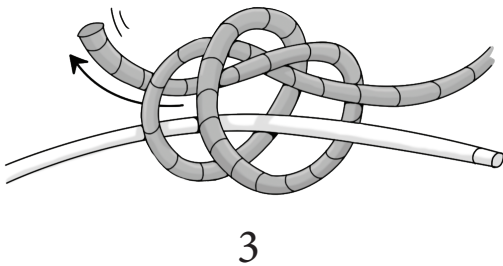
The Double Fisherman's knot is used to make a circle or loop with your rope, or to secure two ropes together.

Double Fisherman's Knot

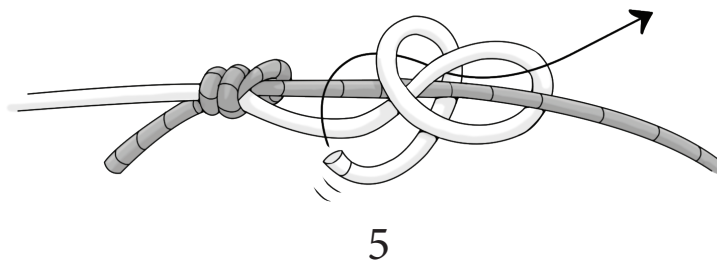
- Grab two rope ends (or two ends of the same rope). Wrap one rope around the other and back over (1). Wrap around a second time, enclosing both ropes (2).



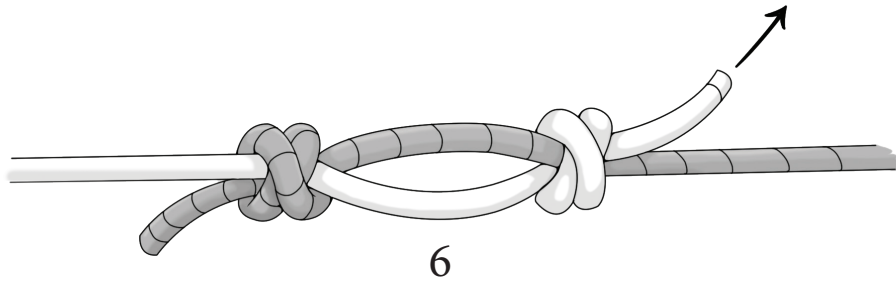
- Feed the loose end of the rope through both loops, in the opposite direction of the end of the other rope (3). Pull tight (4)!



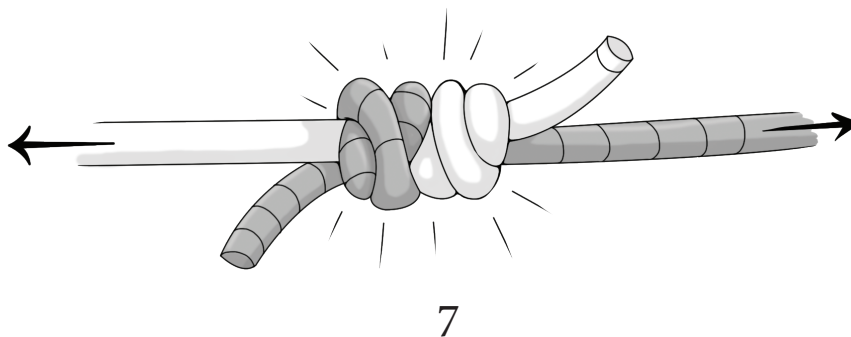
- Repeat the same process with the other end of the rope. Wrap the end of the second rope twice around and over the first rope you tied, then feed through the two loops created (5).



- Pull the second knot tight by pulling on the loose end away from the first knot (6).



- Pull on the end of the rope on either side of the knots. This will pull the two knots close together (7). You now have two ropes tied together (or one rope tied in a circle)!



RESEARCH MORE

- *Knots for Climbers (How to Climb Series)* by Craig Luebben
- *The Outdoor Knots Book (Mountaineers Outdoor Basics)* by Clyde Soles
- *Knots and How to Tie Them* by Boy Scouts of America
- *The Everything Knots Book (Step-by-Step instructions for tying any knot)* by Randy Penn
- Search for “How To” videos for “How to Tie a Figure 8 Follow Through Knot” and “How to Tie a Double Fisherman’s Knot” on the Internet.

*My child has successfully completed the Project Goals for the topic—**Rock Climbing 1.***

Adult Signature: _____ Date: _____

(Complete SIX projects to earn your RECREATION award)