

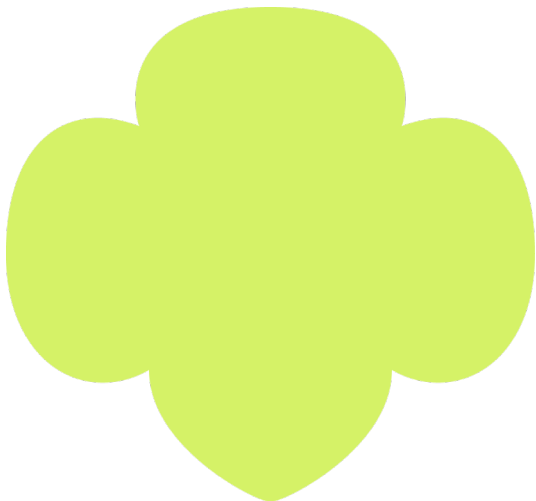
Knot Tying Board

Supplies Needed:

- One 12-in piece of rope per girl
- Four 6-inch pieces of rope per girl
- Poster board
- Hot glue
- Hot glue gun
- Markers

Instructions:

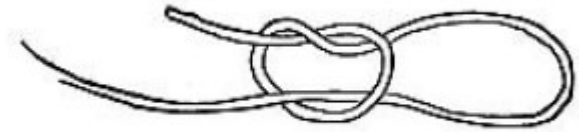
- Using directions on page two, use the 12 inch string to practice your knot tying skills.
- Once you've mastered your knots , use the 6- inch rope to tie your four favorite knots to display on board.
- Use poster board to display knots.
- Hot glue knots to the board.
- Write the name of the knot underneath.
- On the next page we've provided you with a few knots to get started.
- Visit our www.camp.gsw.org to find videos on knot tying.
- If you would like to learn how to tie more knots you can borrow the knot tying kit from your local G.I.R.L. Resource Center or [click here to download the knot tying booklet.](#)



Slip Knot

How to tie: Using the working end, tie an Overhand Knot around the standing end, creating a loop.

Used for: Creating an adjustable loop in a rope



Square Knot aka Reef Knot

How to tie:

- Place the working end in the right hand over the working end in the left hand and tie an Overhand Knot.
- Place the working end in the left hand over the working end in the right hand and tie a second Overhand Knot.
- Pull ends tight. “Right over left, left over right, ties a square knot, tidy and tight.”

Used for:

- Tying two rope ends of the same size together
- Many craft projects, for instance tying bandanas, macramé, etc.

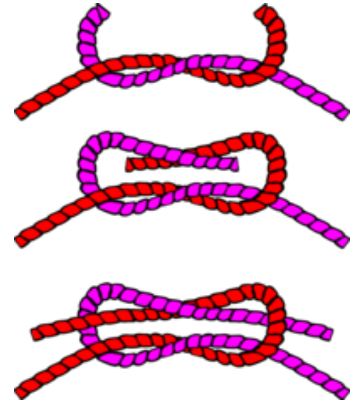


Figure Eight Knot

How to tie:

- Take a bight in the rope
- Wrap the working end all the way around the standing end
- Pass the working end through the loop from the back
- Pull tight

Used for:

- Preventing end of rope from running out of a retaining device, such
- as a cleat.
- Tied on a bight, creating a loop, to attach ropes to a climber.

