

Tying Knots

You don't need to be an experienced sailor to have some knowledge of tying knots. We use them all the time in everyday life, from tying a tie or ensuring your shoelaces don't come undone, to docking a canal boat or out camping.

See below for some basic knots and where you can use them – there are probably more places than you think!

Reef Knot: Great for everyday use such as tying shoelaces, bandages and rubbish bags

Probably one of the easiest knots to learn to tie is the reef knot. Example of how to do this is below:

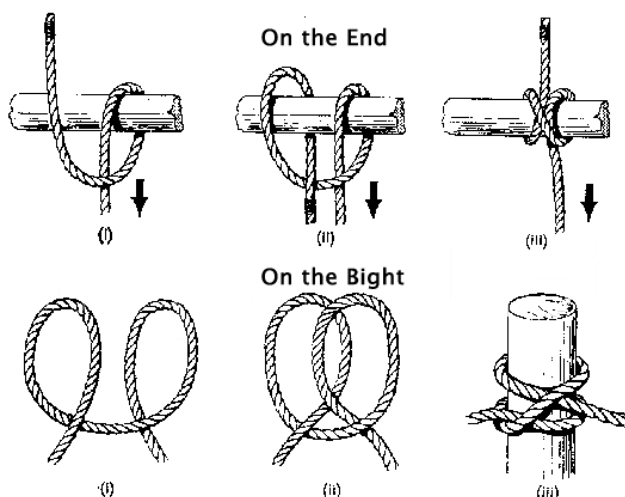


Hold one string in each hand. Twist the string on your left side round the one in your right, first over, then under, then over again. Pull gently to tidy up. Twist the string on your right side round the one on your left, first over, then under, then over again. Pull gently to tidy up again.

There is also an easier way of remembering this:

Right over left and under - Left over right and under

Clove Hitch Knot: Pass through a carabiner when climbing or temporarily moor a boat

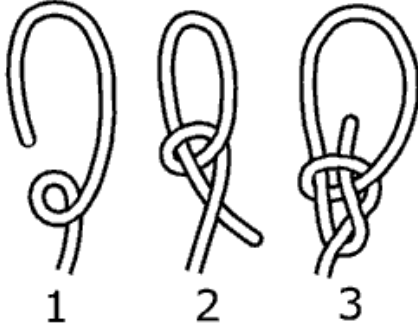


Loop the end of the rope around the object you are hitching to (let's say a pole) and cross it over the remaining length of rope.

Make another loop around the pole, but this time pass the end of the rope through the loop you've just formed (between the now two strands of rope looping around the pole).

Pull at both ends to tighten the knot.

Bowline Knot: Strong and easily untied. Use whenever you need a knot at the end of a rope



Make a small loop 18 to 24 inches from the end of the rope. This loop is called the hole.

Bring the end of the rope up through the hole, around the rope, and back down into the hole

Pull the knot tight

Some people find the bowline easier to learn by saying:

**The rabbit comes out of its hole,
round the tree
and back down the hole again**