

Knots for All

Knots are useful in all aspects of life, here are a few for you to try.

Reef Knot:

Used for joining two ends of rope. Remember: Left over right, under. Right over left, under...

Physical skills

*Develop and acquire technical knowledge and skills
Develop physical skills that they can adapt and apply*

Time:
20 min+

Space:
Anywhere

Equipment:
Rope or string



Clove Hitch:

This is a great way to attach a rope to a pole, post or karabiner. Note one loop is in front and one is behind.



Double Barrel Knot:

Another method for attaching two ends of rope together, much stronger than a reef knot.



Notes:

Knots can be stressful if they don't turn out right, be patient!