



Fire Protection Training

Procedures Handbook 4300

ROPES & KNOTS

TOPIC: How To Tie A Running Bowline Knot Around An Object

TIME FRAME: 15 Minutes

LEVEL OF INSTRUCTION:

BEHAVIORAL OBJECTIVE:

Condition: One piece of rope and a tree or floor to ceiling support member

Behavior: The student will tie a running bowline knot.

Standard: With a minimum of 100% accuracy within 30 seconds

MATERIALS NEEDED:

- One piece of rope per student
- Stop watch
- Performance examination

REFERENCES: None

PREPARATION: Knot tying is a basic firefighting skill. In emergency operations it is important that each knot be tied quickly and without error. A knot which is used inappropriately or which fails because it was tied improperly can further harm victims, injure fellow firefighters and become an embarrassment to you.

The running bowline is used most effectively to tie around an object where access to top and/or bottom is limited and it is necessary for the knot to slide up or down that object.

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HOW TO TIE A RUNNING BOWLINE
KNOT AROUND AN OBJECT

OPERATIONS

KEY POINTS

1. Grasp rope

2. Form an underhand loop

3. Form an overhand loop

4. Pass the running part end

5. Pass the running part end

6. Pass the running part end

7. Tighten the knot

INSTRUCTOR NOTE: It is recommended that a student who can correctly tie the knot using a different technique than that taught in this lesson be allowed to do so.

1a. At running part end with working hand

b. At a point on the rope 4' from the running part end with the non-working hand

2a. Around the object to be tied

b. With running part end extending 12" beyond the standing part

3a. In the running part leg of the first (underhand) loop

b. By twisting the thumb and wrist away from the body

4a. Back across the top of the intersection of the running part and standing part in the original (underhand) loop

b. Then up through the center of the second or overhand loop

5a. Around the standing part of the second (overhand) loop

b. At a point within the first (underhand) loop

c. But immediately outside the second (overhand) loop

6a. Down through the top of the second (overhand) loop

7a. Grasping both legs of the bight just formed

b. Simultaneously pulling the standing part in the opposite direction



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HOW TO TIE A RUNNING BOWLINE
KNOT AROUND AN OBJECT

APPLICATION:

Student to practice until proficient.

EVALUATION:

A performance examination.

ASSIGNMENT:

To be determined by instructor(s).

Performance Examination

INSTRUCTOR NOTE: It is recommended that a student who can correctly tie the knot using a different technique than that taught in this lesson be allowed to do so.

POINTS

TIME START

- | | | |
|----|---|-----------|
| 1. | Grasp the rope at the running part end with the working hand and at a point four feet from the running part end with the non-working hand | <u>10</u> |
| 2. | Form an underhand loop crossing the running part end under and twelve inches beyond the standing part | <u>10</u> |
| 3. | Form an overhand loop in the running part section or leg of the first (underhand) loop | <u>20</u> |
| 4. | Pass the running part end back across the top of the intersection of the running part and standing part which created the original (underhand) loop | <u>10</u> |
| 5. | Form a bight around the standing part of the second (overhand) loop at a point within the first (underhand) loop but immediately outside the second (overhand) loop | <u>20</u> |
| 6. | Pass the running part end down through the top of the second (overhand) loop adjacent to the other leg of the bight in the rope running part | <u>20</u> |
| 7. | Tighten knot by grasping both legs of the bight and simultaneously pulling the standing part in the opposite direction | <u>10</u> |

TIME STOP

ENTER TOTAL TIME: _____:

POINTS POSSIBLE: 100

POINTS DEDUCTED: _____

FINAL SCORE: _____

EVALUATOR'S SIGNATURE:

DATE:

COMMENTS:
