



Bolton Outdoors and Patterdale Hall Daily Outdoor learning Challenge



Activity

Tie a Bowline

Date

31/3/2020

Aim/Activity and Instructions.

Learn how to tie the knot and what it is used for. – Do it outside – around a tree or any fixed object perhaps.

History

Although first mentioned in the 1961 book, A Sea Grammar by John Smith, it is well known that the knot has ancient origins within sailing. It was used to hold the edge of a sail in square rigged boats. Most amazing is that it was discovered on the rigging of a solar ship belonging to Egyptian pharaoh Khufu who was believed to have been alive between 2589-2566 BC!

Uses

The Bowline (Boh-Lin) is most commonly used to secure boats to mooring and within sailing rigs. However, it is also used in rescue operations as a harness on a rope, tying banjo strings, hanging hammocks, tying horses and many more.

How to:

1. Make a loop in the rope and pass the end of the rope through the loop from the bottom (Figure 1)
2. Pass the end of the loop behind the other part of the rope and then poke it back through the loop (figure 2)
3. Pull the end of the rope whilst holding the loop to tighten (figure 4)

Learning rhyme: Up through the rabbit hole, round the big tree, down through the rabbit hole and off goes he! – The loop (Step 1) is the rabbit hole, the end of the rope is the bunny and the standing end (rope end coming from below the loop) is the tree.

Advantages:

- Does not slip under load
- Fast and easy to untie
- Does not jam

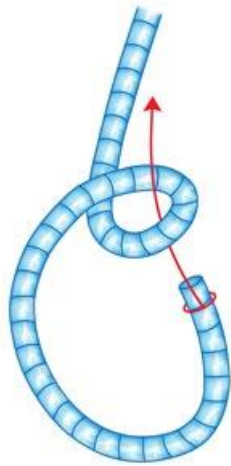
Disadvantages:

- If there is weight on the rope it cannot be untied
- Without additional knots it is unsuitable for climbing purposes due to its ease of untying

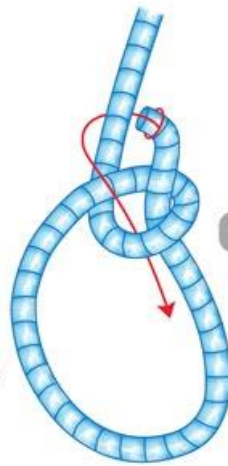
Challenges:

1. Can you tie it blindfolded?
2. Can you tie it with 1 hand?

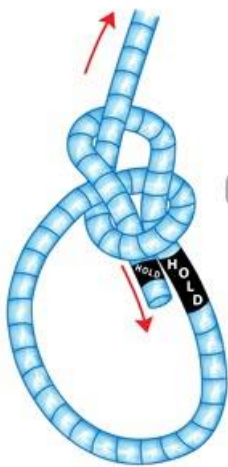
Bowline Knot Directions



1 Pass the tag end through the rope loop



2 Pass it behind the standing part and through the loop again



3 Hold the loop and tag end and pull to tighten



4 The knot is made

101KNOTS

Learning Outcomes:

Tying knots, following instructions, be resourceful.

Resources:

Find some rope or string, or your dressing gown belt will do.

Key Risk and Controls:

If going outside your home, take an adult with you.

Work with a short length of rope and be careful not to get tangled in it.

Follow all normal Covid 19 practice and normal behaviours for being in public places. Stay safe.

How to share your learning:

Once you have completed this task, share the results to sjb@boltonschool.org or ask a family member to put it on Twitter and Tag us in

Share your results and videos to us on:

@BoltonOutdoor and @Patterdale_Hall our Twitter

@PatterdaleHall for our Facebook

@patterdale_hall for our Instagram

Thought for the Day:

“Don’t be afraid of failure. This is the way to succeed.” — LeBron James

Disclaimer: Please undertake this activity under the direction of a competent adult agreed by your parents/carers. Be sensible and careful. Patterdale Hall and Bolton Outdoors cannot take responsibility for you on these activities, they are meant as a guide only.

Please get some fresh air, stay safe, have fun and share your learning and outcomes with others.