

Activity	Tie a rethreaded Figure of 8	Date	24/3/2020
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Aim/Activity and Instructions.

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

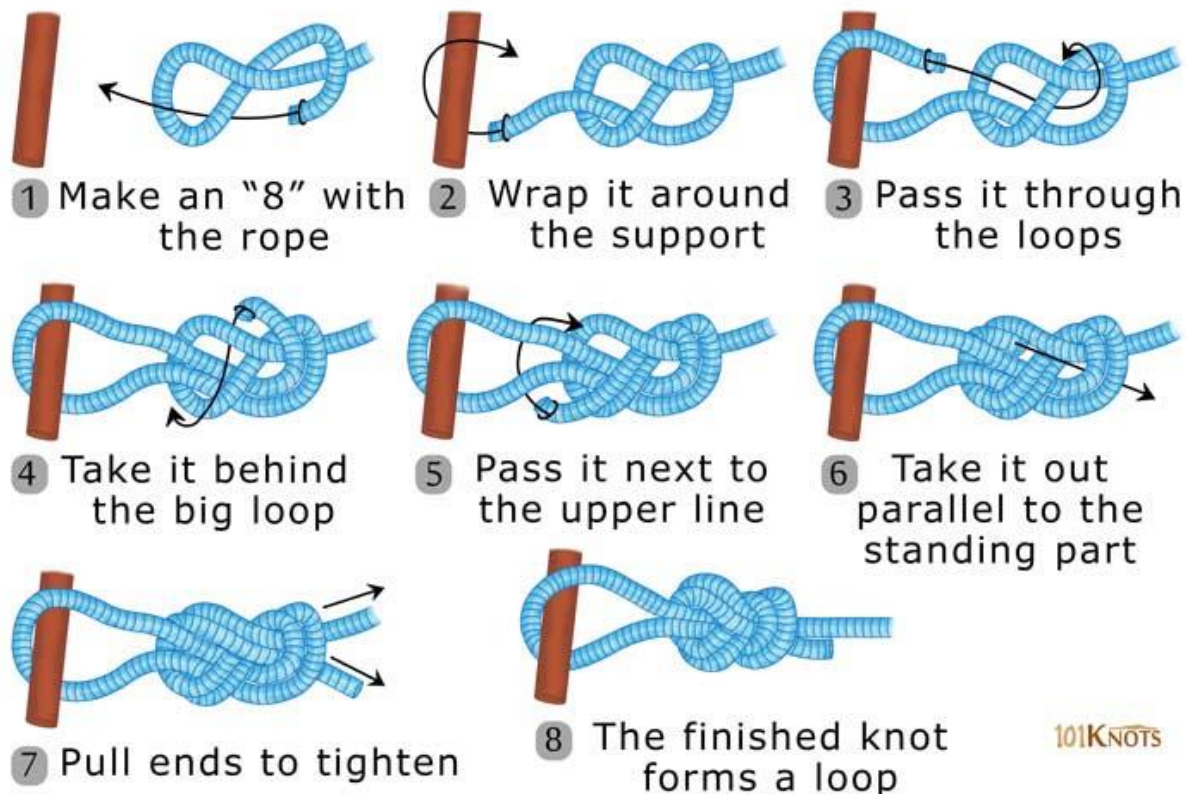
Uses

The rethreaded figure of 8 is used frequently in climbing. Its main use is to attach your harness to the end of a rope. The rethreaded figure of 8 is used as it is relatively simple, but very safe. It is also used in many different sectors to lift heavy loads.

How to:

1. Tie a figure of 8 an arm's length from the end of the rope. Do this by making a loop, wrapping round the loop and poking the end of the rope through the loop. You should be left with an 8 shape.
2. Put the end of the rope through or round the thing you are attaching too.
3. Pull the figure of 8 close to the object, then post the end back through the figure of 8, tracing the path of the existing one.
4. You should now be left with a double figure of 8 with a closed loop.

Figure 8 Follow Through Tying Steps



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, email a picture of your map to sjb@boltonschool.org or ask a family member to put it on Twitter and Tag us in

@BoltonOutdoor and @Patterdale_Hall our Twitter

@PatterdaleHall for our Facebook

@patterdale_hall for our Instagram

Thought for the Day:

'Spring will come and so will happiness. Hold on. Life will get warmer.'
Anita Krizzan

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.