



Daily Outdoor learning Challenge

Activity

Alpine Butterfly

Date

29/2020

Aim/Activity and Instructions.

Learn how to tie the knot and what it is used for. – Do it outside if you can.

Information

The butterfly loop, also known as lineman's loop, butterfly knot, alpine butterfly knot and lineman's rider, is a knot used to form a fixed loop in the middle of a rope. Tied in the bight, it can be made in a rope without access to either of the ends; this is a distinct advantage when working with long climbing ropes.

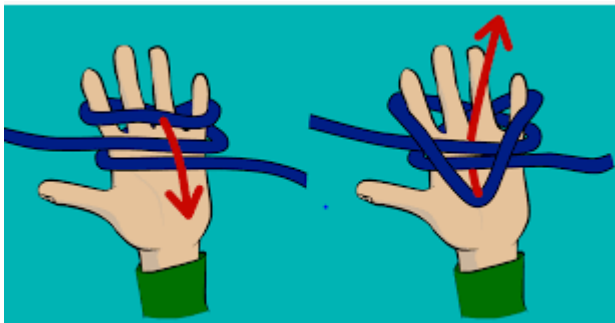
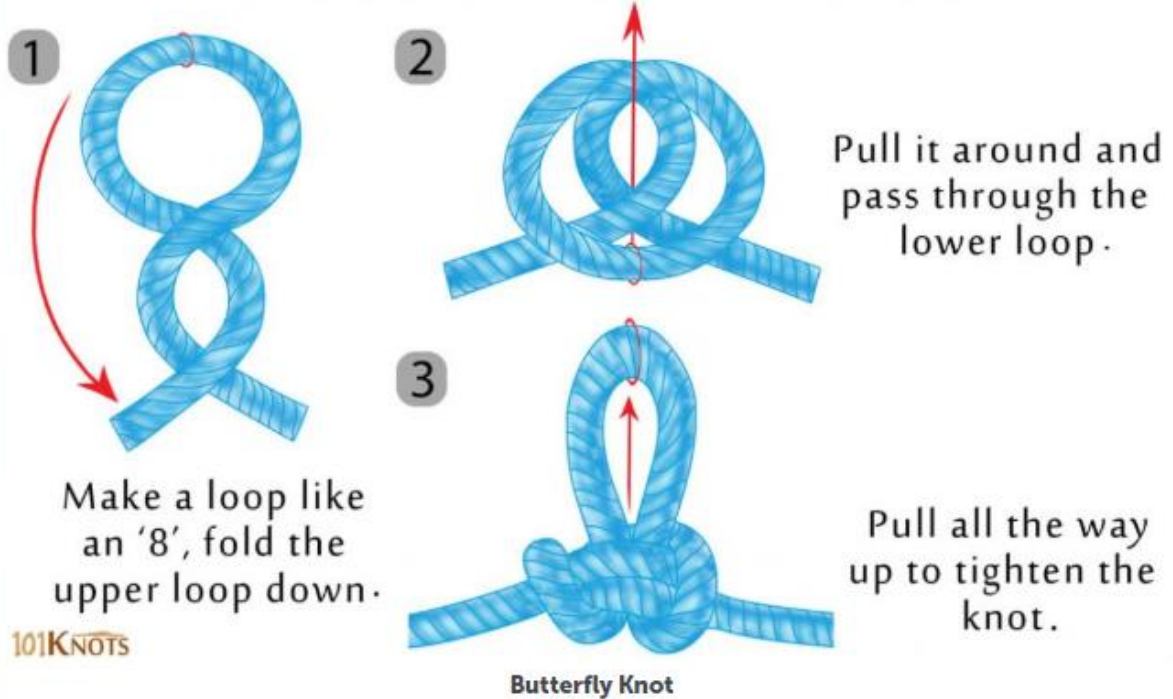
Advantages	Disadvantages
<ul style="list-style-type: none">* Does not slip easily once set properly* Easy to untie* Suitable for three-way loading* Uses less rope than other similar knots like the figure 8* Allows easy adjustments of the loop sizes* Comparatively more stable than other midline knots like the figure 8 loop and bowline on a bight	<ul style="list-style-type: none">* Needs some practice to perfect the knot* Difficult to tie with one hand* Does not work as well with thicker or harder ropes* Improper tying can result in a 'false butterfly knot', which looks similar, but is inferior in quality

Uses

- * Typically used for attaching carabiners to climbing harnesses
- * Securing the middle climber when three or more people travel to a rope
- * Isolating a worn out part in the rope

Tie the Alpine Butterfly Knot Step-by-Step

Butterfly Knot



Learning Outcomes:

Tying knots, following instructions, be resourceful.

Resources:

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

<https://www.youtube.com/watch?v=gX1dWkg6Ttc>

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

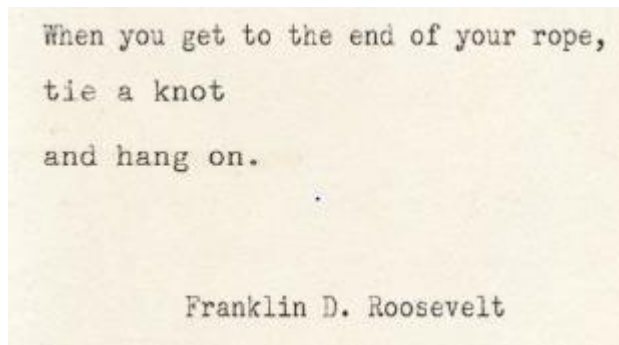
Share your results and videos to us on:

@BoltonOutdoor and @Patterdale_Hall our Twitter

@PatterdaleHall for our Facebook

@patterdale_hall for our Instagram

Thought for the Day:



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.