



**St. Louis County
Rescue Squad**

**Tie Knots
(Proficient Block)**

Member Name: _____

Number: H-300

Revision: 0

Date: 03-01-06

Page: 1 of 2

OBJECTIVE

During a practical checkout with an evaluator, tie the following knots, with appropriate in-line backup knots: Overhand, Overhand Bend (Water Knot), Double Overhand, Square, Sheet Bend, Bowline, Clove Hitch, Cleat Hitch; Figure-8, Figure-8 on a Bight, Figure-8 Follow-Through, and Figure-8 Bend. *NOTE: This is a very "meaty" module, so study and practice carefully before attempting the skill check! See separate criteria list associated with this module.*

PREREQUISITES

None

RESOURCES

None

ADDITIONAL RESOURCES

Book: *Ashley Book of Knots*, Clifford Ashley, 1944

Any Rope Rescue Team Member

AUTHORIZED EVALUATORS

Any Rope Rescue Team member

MAXIMUM RENEWAL TIME

2 years.



**St. Louis County
Rescue Squad**

**Tie Knots
(Proficient Block)**

Member Name: _____

Number: H-300

Revision: 0

Date: 03-01-06

Page: 2 of 2

Skill Sheet

H-300, Tie Knots (Proficient Block)

During a practical checkout with an evaluator, tie the following knots, with appropriate in-line backup knots: Overhand, Overhand Bend (Water Knot), Double Overhand, Square, Sheet Bend, Bowline, Clove Hitch, Cleat Hitch, Figure-8, Figure-8 on a Bight, Figure-8 Follow-Through, and Figure-8 Bend. *NOTE: This is a very "meaty" module, so study and practice carefully before attempting the skill check!* Do you have any questions?

NOTES TO EVALUATOR:

Task	Go	No-Go
Ties Square Knot ,both as a bend and on a standing bight		
Ties Sheet Bend, both as a bend and on a standing bight		
Ties Overhand Knot		
Ties Overhand Bend (Water Knot)		
Ties Double Overhand, both as a safety and to form a Double Overhand Bend		
Ties Bowline		
Ties Clove Hitch on both open and closed anchors		
Ties Cleat Hitch with no unnecessary turns about the cleat		
Ties Figure-8 stopper knot		
Ties Figure-8 on a Bight		
Ties Figure-8 Follow-Through		
Ties Figure-8 Bend		

Critical Criteria

Check if Go; Circle if No-Go

- All knots must be properly dressed; all bends must be properly seated
- All knots are critical. Score candidate a No-Go if any knots missed

_____ **Go**

_____ **No-Go**

_____ **Evaluator**

(Initial & 7100-number)