



# Fire Protection Training

Procedures Handbook 4300

ROPES & KNOTS

**TOPIC:** How To Tie A Bowline Knot - Open

**TIME FRAME:** 15 Minutes

**LEVEL OF INSTRUCTION:**

**BEHAVIORAL OBJECTIVE:**

*Condition:* One piece of rope

*Behavior:* The student will tie a bowline knot – open.

*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 bowline knot is one of the most widely used knots in the fire service because it does not slip while under load and it is easy to untie. The bowline also provides a loop in the end of the rope which can be used as the base for other rope maneuvers.



# Fire Protection Training

Procedures Handbook 4300

HOW TO TIE A BOWLINE KNOT-OPEN

## OPERATIONS

## KEY POINTS

1. Grasp rope
2. Form an overhand loop
3. Grasp overhand loop
4. Pass running part end
5. Pass the running part end
6. Pass the running part end
7. Tighten 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. Working hand on running part end
- b. Non working hand sufficient distance from running part end to create desired size loop or to circle object
- 2a. In rope standing part
- b. At location of non-working hand
- c. Twisting thumb and wrist outward from body
- d. Running part over standing part
- 3a. With non-working hand
- b. At intersection of running part and standing part
- c. Holding loop parallel to the ground
- 4a. Up through the loop
- b. Crossing over the point at which the running part and standing part intersected forming the original loop
- 5a. Behind and under the standing part
- 6a. Back down through the newly formed loop
- b. Forming a bight around the standing part outside the original loop
- 7a. Holding bight formed by running part and running part end around the standing part
- b. Simultaneously pulling standing part
- c. Until snug

4319.12

Page 2



# Fire Protection Training

Procedures Handbook 4300

HOW TO TIE A BOWLINE KNOT-OPEN

---

***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 running part end with the working hand and at a point two feet from the running part end, grasp the standing part, with the non-working hand   | <u>10</u> |
| 2. | Form a overhand loop at the location of the non-working hand   | <u>10</u> |
| 3. | Grasp the loop at the point where the running part and standing part cross with the non-working hand   | <u>10</u> |
| 4. | Holding the loop parallel to the ground pass the running part end upwards through the loop then crossing over point where the standing part and running part intersect forming the original loop | <u>20</u> |
| 5. | Pass the running part end behind and under the standing part outside the original loop   | <u>20</u> |
| 6. | Pass the running part end back through the newly formed loop at the base of the original loop forming a bight on the standing part outside the original loop                                     | <u>20</u> |
| 7. | Tighten knot by holding the running part and the running part end forming the bight around the standing part and simultaneously pulling the standing part until snug                             | <u>10</u> |

### TIME STOP

**ENTER TOTAL TIME:** \_\_\_\_\_:

**POINTS POSSIBLE:** 100

**POINTS DEDUCTED:**

**FINAL SCORE:**

# Performance Examination

**EVALUATOR'S SIGNATURE:**

**DATE:**

**COMMENTS:**

---

---

---

---