



Fire Protection Training

Procedures Handbook 4300

ROPES & KNOTS

TOPIC: How To Tie A Bowline On A Safety Line

TIME FRAME: 15 Minutes

LEVEL OF INSTRUCTION:

BEHAVIORAL OBJECTIVE:

Condition: One piece of rope

Behavior: The student will tie a bowline on a safety line around him or herself.

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.

Whenever a firefighter is entering an environment which dictates the use of a safety line it is imperative that a strong and secure knot be employed. The bowline is such a knot.



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HOW TO TIE A BOWLINE ON A
SAFETY LINE

OPERATIONS

KEY POINTS

1. Grasp rope

2. Position loop

3. Form a bight

4. Form an overhand loop

5. Form a second overhand loop

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. At running part end with working hand

b. At a point approximately five feet from the running part end with the non-working hand

2a. Behind back

b. At waist level

c. Parallel to the ground

d. Both arms fully extended

3a. Around student's body

b. Until running part end and standing part are to students front

4a. To front of body

b. At waist level

c. With running part end overlapping standing part by six inches

5a. Leaving slack in all sections of rope

b. Passing running part end up through the first loop

c. Simultaneously extending the running part end outward from the body and bringing standing part towards the body to create slack

d. Until second small overhand loop forms



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KEY POINTS

6. Form a bight

6a. Passing running part end under and behind the standing part at a point outside the loops

b. Forming a bight around the standing part

7. Pass the running part end

7a. Down through the small loop

b. Running part end should pass between the body and the standing part

8. Tighten knot

8a. Simultaneously grasping the running part end and the standing part

b. Pulling in opposite directions



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APPLICATION:

Student to practice until proficient.

EVALUATION:

A performance examination.

ASSIGNMENT:

To be determined by instructor(s).

POINTS

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.

TIME START

1. Grasp rope at the running part end with the working hand and at a point five feet from the running part end with the non-working hand 10
2. Pass the rope behind your back, parallel to the ground, at waist level with arms extended outward 10
3. Move arms to front of the body to form a bight around yourself 10
4. Form an overhand loop to the front of the student's body with six inches of the running part end extending beyond the standing part 10
5. Pass the running part end over, behind and under the standing part and then up through the first loop 10
6. Form a small second loop by simultaneously extending the running part end outward from the body and supplying slack to the standing part 15
7. Form a bight around the standing part outside the loops by passing the running part end under and behind the standing part 15
8. Pass the running part end down through the new loop with running part end on the inside of the loop 10
9. Tighten the knot by holding the running part and the running part end which formed the bight and pulling the standing part in the opposite direction until snug 10

TIME STOP

ENTER TOTAL TIME: _____:

POINTS

POINTS POSSIBLE: 100

POINTS DEDUCTED:

FINAL SCORE:

EVALUATOR'S SIGNATURE:

DATE:

COMMENTS:
