

# SURVIVOR UKNKNOT (YOU CAN KNOT)

AN INSTANT MEETING FOR PATHFINDERS  
FROM THE BC CAMPING COMMITTEE

**Purpose:** Practice tying and reinforce knowledge of basic Guiding knots: reef knot, Clove Hitch, Bowling, Sheet Bend and Round turn and 2 half hitches.

## Meeting Plan

- 10 min: Gathering: Knot Practice
- 5 min: Opening – divide girls into 2 teams
- 10-15 min: Reef Knot Challenge
- 10-15 min: Bowline Rescue
- 10-15 min: Snake Attack!
- 10-15 min: Sheet Bend Challenge
- 10-15 min: Nighttime Collapse
- 30-45 min: Immunity Bracelets/Anklets
- 5 min: Closing

*120 minute meeting. Approximate activity times shown.*

## Program Connections

**Let's Take it Outside:  
Knots, Knives and Outdoor  
Lore**

3. Knots

**My Music, My Movies, and  
More!: The Arts from A to Z**

6. Make a craft.

**Creating Your Future:  
We're a Team**

Work together as a team  
(one alternate activity)

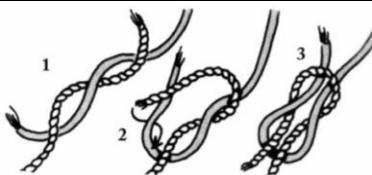
## Meeting Supplies

- ropes
- knot practice sheets
- challenge instructions for each team
- blindfolds
- sticks
- hemp cord
- beads
- charms

## Gathering: Knot Practice

### Reef Knot

This is an easy-to-tie knot that is also easy to undo. You can use the technique: right over left and under, left over right and under.



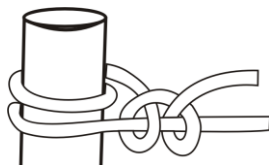
Remember that one end is always the working end.

**Final Look:** flat knot with 2 ends on one side under a loop and 2 ends on the other side over a loop.

**Uses:** to join two ropes of equal diameter; tying first aid bandages; tying your Pathfinder tie.

### Round Turn & 2 Half Hitches

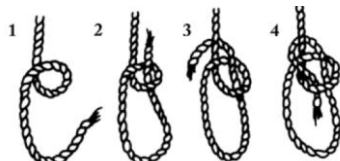
Go around the post twice. Pass the working end around the standing end, and through the loop, then repeat a second time.



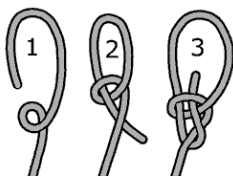
**Uses:** to secure boats and animals.

### Bowline

The rabbit comes out of the hole, runs around the tree and back down the hole.



This knot can be tied either with the loop formed at the top or below the knot.

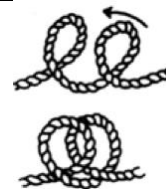


- Form a loop with the standing end at the back and the working end running down.
- Take the working end from the bottom, up through the loop, behind the standing end and down through the loop.
- Hold the standing end to tighten

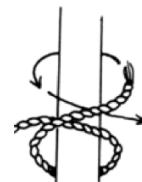
**Uses:** rescue - it forms a non-tightening loop. Tying something that moves to something that doesn't (example: tying up a boat or an animal)

### Clove Hitch

**Tying method A:** Granny Glasses

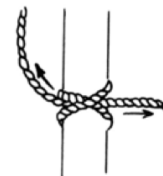


- form a loop with the standing end at the back
- form an identical loop along the rope to the right of the first loop. You now have the "granny glasses"
- slide the second loop BEHIND the first loop
- slip both loops over a stick and tighten



**Tying method B:** this is used when it is impossible to slip the loops over a stick

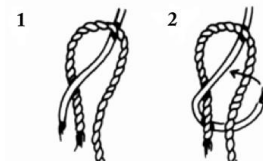
- hold the standing end and pass the working end around the stick (or tree) and back over across the standing portion
- continue around the stick (tree) again
- tuck the working end under the cross piece and tighten



**Final Look:** 2 ropes in the middle with cross piece on top.

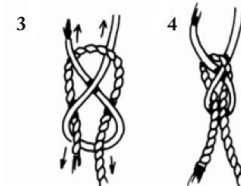
### Sheet Bend

Note: 2 ropes are needed for this knot, preferably of 2 different colours.



Make and hold a small loop with one of the ropes.

Take the working end of the second rope and pass it up through the center of the loop, around beneath the loop. .



Now take the working end and slip it under itself above where it came up the loop.

**Uses:** join 2 ropes of un-equal diameter, attach the bottom of the flag to the flag pole line.

## Reef Knot Challenge

Introduce the challenge by sending a reef knot challenge message to each team. These should be written on construction paper and rolled up. (or something similar)

Left over right and under

Right over left and under

Do this knot as fast as you can

See who is the best then make a plan

The fastest here will challenge their best

Immunity's at stake - you know the rest

Just be careful if you think you're free

Anyone may be picked - we'll have to see!

Be sure all members of each tribe are practicing and timing each other.

Tribes come together. Decide from practice and or times if all will be part of the challenge or if only the fastest tying the knots. ( 1 vs 1, 2 vs 2, 3 vs 3, etc or if only 1 vs 1).

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## Bowline Rescue

Girls from each team work in pairs.

You and your buddy are out looking for water. She yells and disappears. She has fallen down an old mine shaft and can't get out. Throw her the end of a rope. She must tie a bowline around herself and you "haul" her out of the hole. While giving you a thank you hug, she knocks you into the mine shaft! She throws one end of the rope to you. You tie the bowline around yourself and she pulls you out. No more hugging!

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## Snake Attack!

Explain to the girls that it is now nighttime. All girls are blindfolded and lying on the floor. Have a rope tied to a stick or post with a round turn and two half hitches ready which the girls can't see.

You are lying in bed when you feel something on your leg. Snake! Actually, it is only the pet pig who has broken loose and is dragging her tether.

The Guider can drag a rope across the girls' legs, then pass the post & knot around for the girls to feel and identify.

Tell the girls that it is now time to wake up, remove their blindfolds, and "re-tie" the pig.

Everyone ties the knot to chase away any nightmares about snakes.

Morning comes.

## Sheet Bend Challenge

This challenge should be prepared in the same format as in the first challenge.

To teach something is never easy  
You have to know it really well  
You have to understand its workings  
And even more you have to tell  
In a description very perfect  
Which part to move and which to part to hold  
Working end or standing end  
Come to the challenge and then be told.

Each girl pairs up with a girl from the other tribe. Sitting back to back, one girl describes to the other how to tie a sheet bend. She may not mention which knot she is describing but she may have two pieces of rope to help her with the description.

Once the knot is tied, the girl doing the describing will be given a piece of paper and a pencil. Again while sitting back to back, her partner will describe how to draw the knot. The girl describing the knot may look at a picture but the one doing the drawing may not.

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## Nighttime Collapse

Girls return to their tribes. Night comes to Uknknot. Each girl is given a short piece of rope and a stick. When they are all settled in their shelters, turn out the lights. Their clothesline has fallen down. They must re-tie the line using a clove hitch (in the dark).

Turn the lights on and check the knots.

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## Immunity Bracelets/Anklets

Bring all tribe members together and show them how to create macramé necklaces. This project will likely need more time than is available at a single meeting.

There are many different bracelet patterns you can use. This one uses square (reef) knots.

### Directions

Start in the center of the bracelet. Thread the charm through one of the shorter strands. If necessary use a small hoop or a bit of cord so the charm will lie flat. Make an overhand loop to secure one side of the charm.

#### Right side:

- With longer threads, tie 3 square knots around the shorter ones
- Thread a bead on the 2 short threads
- Tie 3 more square knots
- Thread another bead
- Continue as above **or** tie 3 square knots and finish there.

Left side: untie the overhand knot.

- Repeat as for the Right side

Finishing: Make a loop in one end. Thread the threads from the other end through the loop and tie it around your wrist or ankle.

### Supplies per girl

- 2 - 15 cm and 2 - 30 cm lengths of hemp cord
- 4 beads with a large enough hole to thread 2 hemp cords
- 1 charm

