



# The Boys' Brigade Australia

## Basic Knots in Outdoor/Adventure Awards




The Award Level relevant to the knot is shown in brackets eg. (L1) is level 1

### Some terms used in Rope work


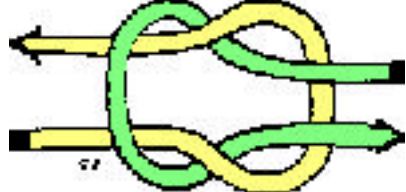
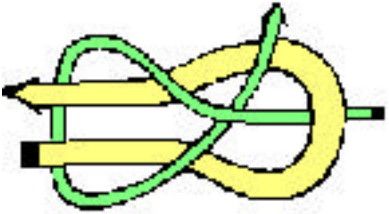
- Running end - the end used to tie the knot - shown by an arrow head (>)
- Standing end - the end not being used - shown by a square (◻)
- Bight - the rope between the standing end and the running end.

### Knots at the end of a rope

These knots may be used to stop a rope pulling through a pulley, abseil device or prevent an end from fraying.

<p><b>Thumb Knot (L1)</b> Also called the overhand knot.</p> 	<p><b>Figure Eight (L1)</b> Distributes the load on the rope making it easy to untie.</p> 	<p><b>Overhand Knot (L1)</b> This version has an extra turn to make it easier to untie.</p> 
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### Knots to join ropes

<p><b>Reef Knot (L1)</b> Used to join two ropes of equal thickness.</p> 	<p><b>Thief Knot (L1)</b> Differs from the Reef knot in the placement of the running end. Devised by sailors as a means of deterring entry into a pack</p> 	<p><b>Sheet Bend (L1)</b> Used to join two ropes of unequal thickness. Notes that the thicker rope forms the loop.</p> 
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### Protecting the ends of rope

**Whipping (L1)**  
Fibre ropes need to have the end bound with twine to stop them unravelling. Synthetic ropes usually have the ends melted to bind their strands together.

