

# Volunteer Handout - Knots Night

## Notes:

- Students will be split into two sections: New Belayers, and Knots-Only
- We will finish on time at 9:00pm, so start wrapping up by 8:50pm.
- The purpose of tonight is for students to see belaying (for new belayers) and the knots once so they can go home and practice. We don't expect students to practice belaying or learn all the knots tonight.

## Suggested agenda:

- 1. (New Belayers groups only) Explain the harness, and harness-up**
  - a. Explain the features of a harness (belay, haul, leg, capture, and gear loops).
    - i. Cover which of these is load bearing and which is not.
  - b. Explain the types of harness buckles (show doubled-back).
  - c. Ensure everyone can properly put on their harness
- 2. (New Belayers groups only) Tying in**
  - a. Demonstrate tying in with a figure eight using a fisherman's backup.
  - b. Have students practice tying in. Ask them to practice before belay weekend.
- 3. (New Belayers groups only) Belaying**
  - a. Explain how the ATC works.
  - b. Demonstrate "pull-brake-under-slide" for new belayers
  - c. Explain voice signals when beginning and finishing a climb:
    - i. Climber: **ON BELAY?** Belayer: **BELAY ON!**
    - ii. Climber: **CLIMBING!** Belayer: **CLIMB ON!**
    - iii. Climber: **OFF BELAY!** Belayer: **BELAY OFF!**
  - d. Explain the other voice signals
    - i. **UP ROPE** (meaning the climber wants less slack)
    - ii. **TAKE** (meaning the climber wants the rope tight, often to take a rest)
    - iii. **WATCH ME**
    - iv. **SLACK**
    - v. **LOWER**
- 4. Knots**
  - a. Describe each of the following knots, showing how they are tied and describing situations that each are best used in:
    - i. Rewoven figure 8 with a fisherman's backup
    - ii. Bowline
    - iii. Figure 8 on a bight
    - iv. Barrel knot
    - v. Water knot
    - vi. Girth hitch
    - vii. Clove hitch
    - viii. Münter hitch
    - ix. Time Permitting: flat overhand bend
    - x. Time Permitting: coiling a rope.