

# First Class First Year: Knots and Lashings II



# ***Knots and Lashings II***

## **Learning Objectives**

As a result of this experience, each participant should be able to:

Complete advancement requirement F7a .

Tie the timber hitch, clove hitch. F7a.

Use these knots in the square, shear, and diagonal lashings. 7a

Use these lashings in a real outdoor setting F7b.

## **Materials Required**

2 short sticks for each participant and one for the instructor.

115 foot rope for each participant and one for the instructor.

4 Five foot poles.

2 Seven foot poles.

## **Discovery**

Build an H trestle for the scouts to inspect with the five foot and seven foot poles. Let them notice how sturdy the structure is. Let the scouts take the structure apart.

# ***Knots and Lashings II***

## **Teaching-Learning**

- I. Show the scouts the following knots and allow them to tie them several times
  - A. Clove hitch
  - B. Timber hitch.
- II. Show scouts these lashings and allow them to practice.
  - A. Square.
  - B. Sheer
  - C. Diagonal.

## **Application:**

For this meeting, have scouts build the H trestle and compete against their own time.

You may want to practice these skills more during the skills time of the next meeting. If so, scouts can make an X trestle or some other pioneering projects.

Have scouts make a simple camp gadget on this month's outing to complete requirement F7c.

# Knots and Lashings II



## FIRST CLASS Rank Requirements

Effective January 1, 2010

Leader initial and date

|  | Leader initial and date |
|--|-------------------------|
| <input checked="" type="checkbox"/> 1. Demonstrate how to find directions during the day and at night without using a compass. (Pages 368–371)   |                         |
| <input type="checkbox"/> 2. Using a map and compass, complete an orienteering course that covers at least one mile and requires measuring the height and/or width of designated items (tree, tower, canyon, ditch, etc.). (Pages 346–351, 372–374)   |                         |
| <input type="checkbox"/> 3. Since joining, have participated in 10 separate troop/patrol activities (other than troop/patrol meetings), three of which included camping overnight. Demonstrate the principles of Leave No Trace on these outings. (Pages 247–256)  |                         |
| <input type="checkbox"/> 4a. Help plan a patrol menu for one campout that includes at least one breakfast, one lunch, and one dinner, and that requires cooking at least two of the meals. Tell how the menu includes the foods from the food pyramid and meets nutritional needs. (Pages 102–105, 316–317, 320) |                         |
| <input type="checkbox"/> 4b. Using the menu planned in requirement 4a, make a list showing the cost and food amounts needed to feed three or more boys and secure the ingredients. (Pages 321–323)   |                         |
| <input type="checkbox"/> 4c. Tell which pans, utensils, and other gear will be needed to cook and serve these meals. (Page 324)  |                         |
| <input type="checkbox"/> 4d. Explain the procedures to follow in the safe handling and storage of fresh meats, dairy products, eggs, vegetables, and other perishable food products. Tell how to properly dispose of camp garbage, cans, plastic containers, and other rubbish. (Page 328–329)                   |                         |
| <input type="checkbox"/> 4e. On one campout, serve as your patrol's cook. Supervise your assistant(s) in using a stove or building a cooking fire. Prepare the breakfast, lunch, and dinner planned in requirement 4a. Lead your patrol in saying grace at the meals and supervise cleanup. (Pages 325–327, 342) |                         |
| <input type="checkbox"/> 5. Visit and discuss with a selected individual approved by your leader (elected official, judge, attorney, civil servant, principal, teacher) your constitutional rights and obligations as a U.S. citizen. (Pages 70–72, 81–82)   |                         |

Downloadable requirements checklists for all ranks and videos to guide you through the First Class rank requirements may be found on the *Handbook* Web site, [www.bsahandbook.org](http://www.bsahandbook.org).

|  |  |
|--|--|
| <input type="checkbox"/> 6. Identify or show evidence of at least 10 kinds of native plants found in your community. (Pages 212, 215)  |  |
| <input checked="" type="checkbox"/> 7a. Discuss when you should and should not use lashings. Then demonstrate tying the timber hitch and clove hitch and their use in square, shear, and diagonal lashings by joining two or more poles or staves together. (Pages 386–387, 392–398)   |  |
| <input checked="" type="checkbox"/> 7b. Use lashing to make a useful camp gadget. (Pages 392–401)  |  |
| <input type="checkbox"/> 8a. Demonstrate tying the bowline knot and describe several ways it can be used. (Pages 388–389)  |  |
| <input type="checkbox"/> 8b. Demonstrate bandages for a sprained ankle and for injuries on the head, the upper arm, and the collarbone. (Pages 155, 157–161)   |  |
| <input type="checkbox"/> 8c. Show how to transport by yourself, and with one other person, a person <ul style="list-style-type: none"> <li>• From a smoke-filled room</li> <li>• With a sprained ankle, for at least 25 yards (Pages 154, 172–173)</li> </ul>  |  |
| <input type="checkbox"/> 8d. Tell the five most common signals of a heart attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR). (Pages 164–166)   |  |
| <input type="checkbox"/> 9a. Tell what precautions must be taken for a safe trip afloat. (Page 194–195)  |  |
| <input type="checkbox"/> 9b. Successfully complete the BSA swimmer test.* (Pages 190–191)  |  |
| <input type="checkbox"/> 9c. With a helper and a practice victim, show a line rescue both as tender and as rescuer. (The practice victim should be approximately 30 feet from shore in deep water.) (Page 199)   |  |
| <input type="checkbox"/> 10. Tell someone who is eligible to join Boy Scouts, or an inactive Boy Scout, about your troop's activities. Invite him to a troop outing, activity, service project, or meeting. Tell him how to join, or encourage the inactive Boy Scout to become active. (Page 17)                                      |  |
| <input type="checkbox"/> 11. Describe the three things you should avoid doing related to use of the Internet. Describe a cyberbully and how you should respond to one. (Page 51, 61)   |  |
| <input type="checkbox"/> 12. Demonstrate Scout spirit by living the Scout Oath (Promise) and Scout Law in your everyday life. Discuss four specific examples (different from those used for Tenderfoot requirement 13 and Second Class requirement 11) of how you have lived the points of the Scout Law in your daily life. (Page 30) |  |
| <input type="checkbox"/> 13. Participate in a Scoutmaster conference. (Page 34)  |  |
| <input type="checkbox"/> 14. Complete your board of review. (Page 53)  |  |

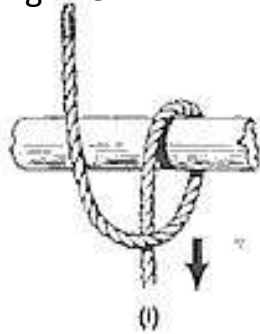
NOTE: Alternate requirements for the First Class rank are available for Scouts with physical or mental disabilities if they meet the criteria listed in the *Boy Scout Requirements* book.

\*See the *Aquatics* chapter for details about the BSA swimmer test.

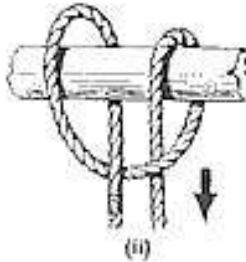
RANK REQUIREMENTS

# First Class 7a – Clove Hitch

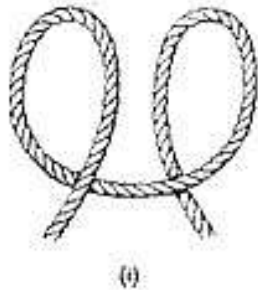
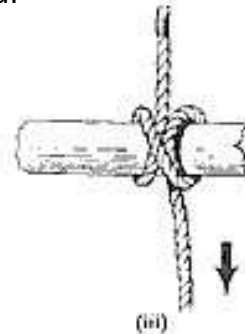
Loop the rope around the object you're tying to, crossing the running line over the standing line



Loop around again, this time tucking the running line into the loop connecting your two loops



Pull tight in opposite directions



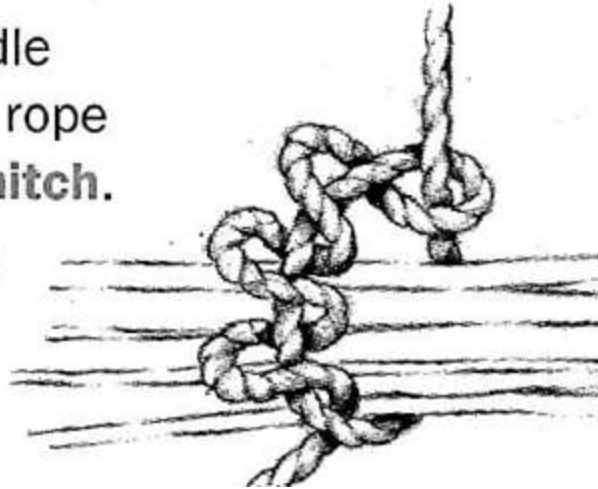
To tie a clove hitch to an open ended object, drop one over hand loop and one under hand loop over the top of the object and pull tight

# ***First Class 7a – Timber Hitch***

Holds poles or logs together temporarily.

1 With the bundle on top of the rope make a **half hitch**.

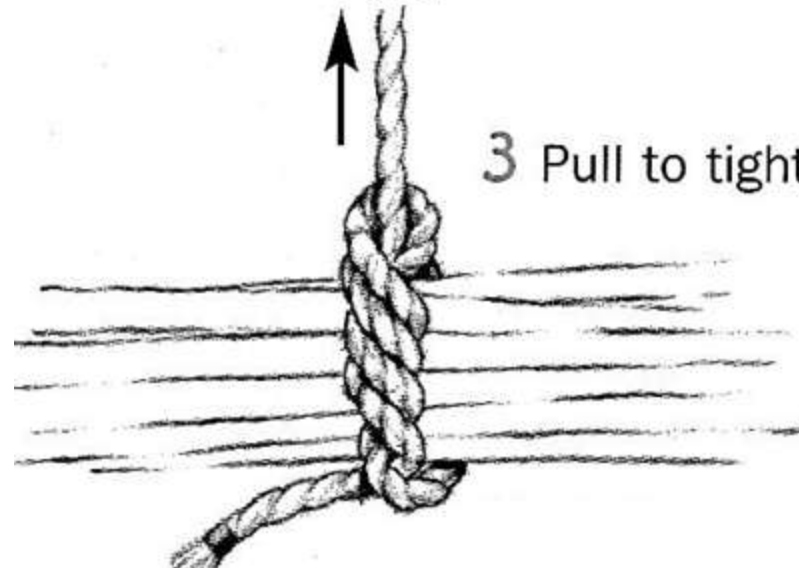
2 Wrap the end round itself two or three times.



PULL

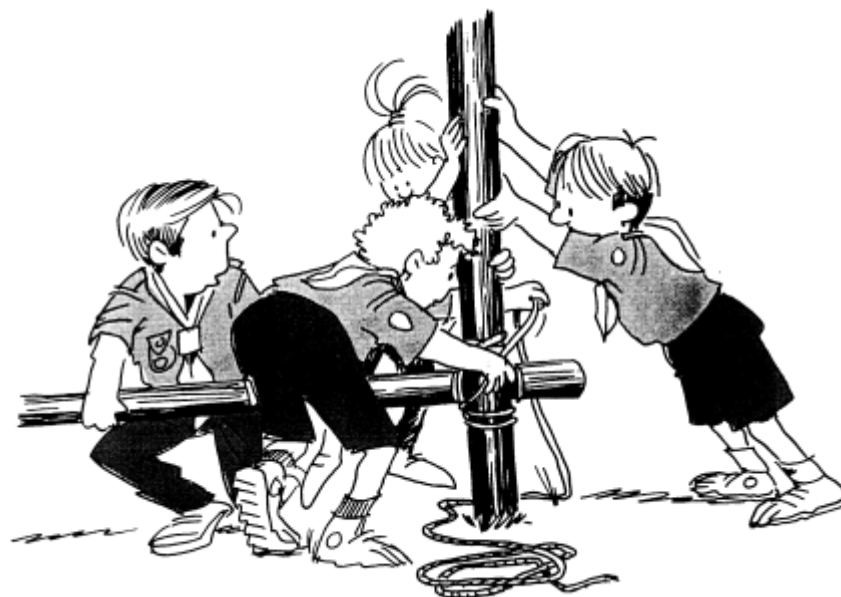
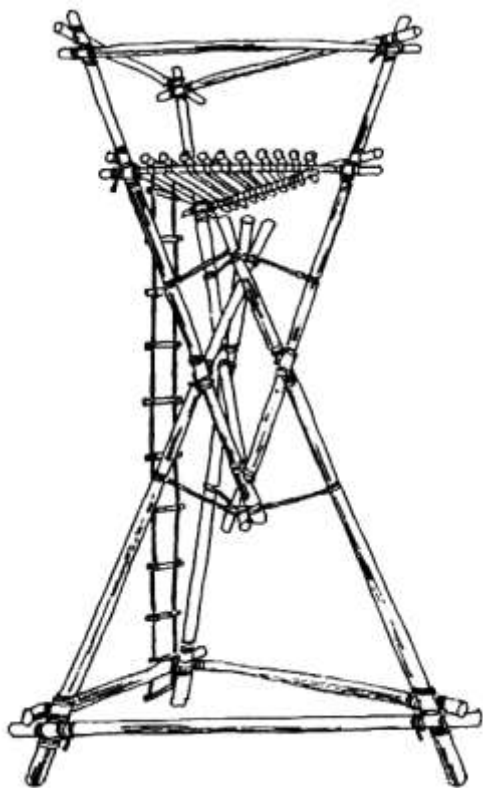


3 Pull to tighten.



# First Class 7a – Lashings

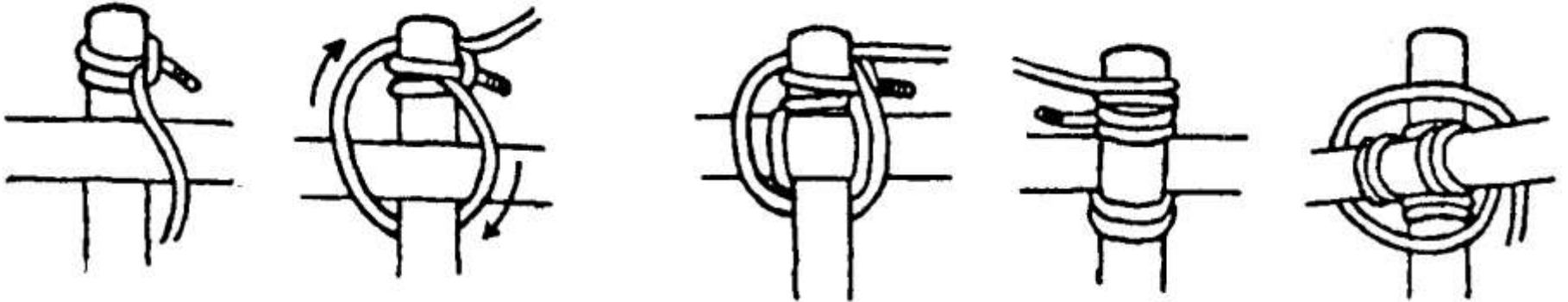
**DO:** Use lashings to build without nails useful simple structures like a tripod, a chair, a hang-drying rack or a flagpole. *Pioneering* is the use of spars and lashings to build



**Don't:** There are times to not use lashings. Do not build structures without permission while camping – never build lashing structures in backcountry. If lashing is permitted, only use approved materials, then untie all structures and practice principles of leave no trace.



# *First Class 7a – Square Lashing*



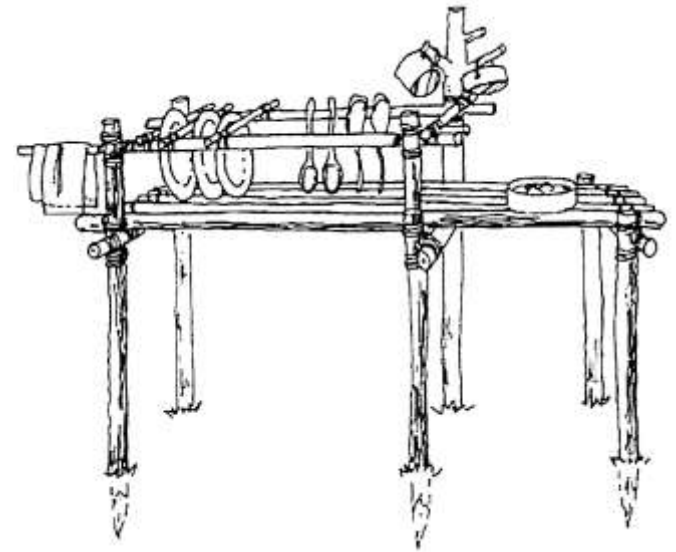
You begin with a clove hitch on one upright stick (or tree) leaving enough of a tail to tie a square knot when this portion of lashing is complete.

Cross the other stick at right angles over the first stick (tree).

Cross the twine over the cross stick and behind the upright stick, then back over the cross stick and under the upper part of the upright stick.

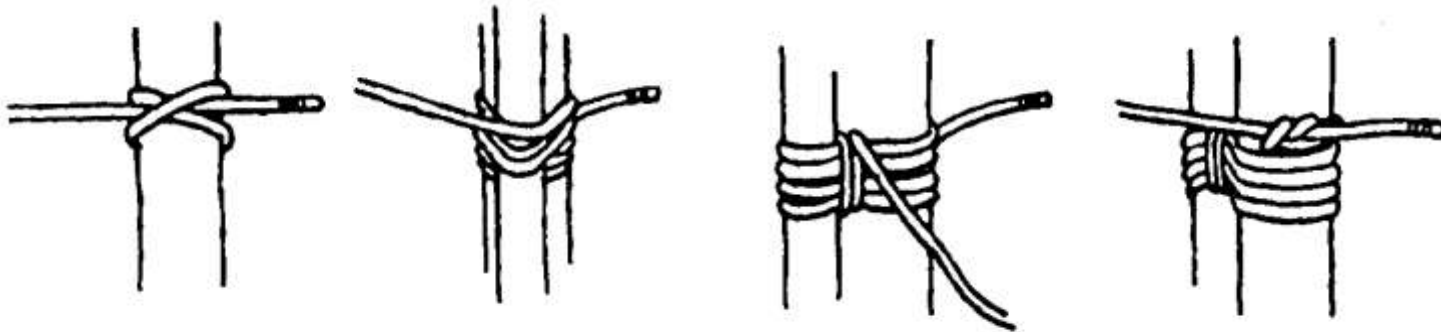
Continue this 4 times, keeping the twine neat, even, and tight.

When you've finished all sides with four rounds, now you 'frap' three times between the sticks and finish with a square knot, using the end piece from your original clove hitch.

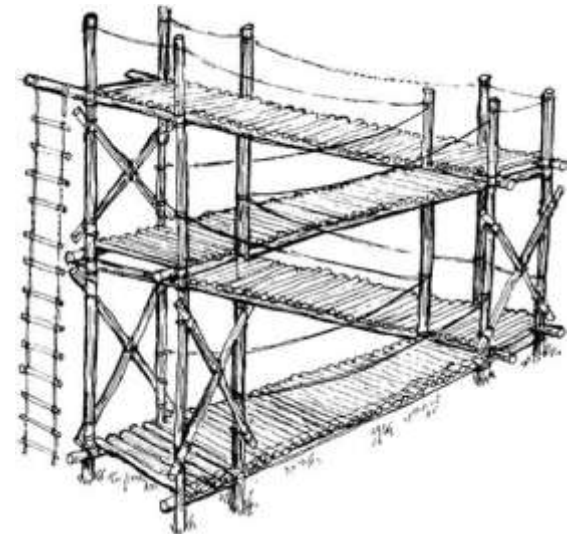


# *First Class 7a – Shear Lashing*

**Shear Lashing** adds frapping between the poles. With tight frapping, it can join two poles. Looser frapping is a great way to create an A-frame with two poles.



Lay two poles side by side and clove hitch around one pole. Make four or more wraps around both poles, somewhat loosely. Frap three times between the poles, tie a square knot with the original clove hitch end, and raise as an A-frame.



# ***First Class 7b – Camp Gadget***

On the next campout create a camp gadget using lashings.

