













Learn to tie knots

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Modern ropes are strong and light, and come in a wide range of sizes. Used to secure the boat, hoist, trim, and adjust the sails. To sail efficiently you need to understand how to handle rope, and how to keep it tidy when not in use. You need to know only a few knots when you start sailing, spend time practising them so that your technique becomes fluent.

<p>BOWLINE</p> 	<p>An essential knot on a boat whenever it is desired to put a loop at the end of a rope.</p> <p>It can be made quickly and will not jam, no matter how much tension is put on the line. However the bowline cannot be undone whilst it is under load.</p>	<ol style="list-style-type: none"> 1. With the working end of the rope held in the palm of the hand over the standing part, rotate the hand so the working end is pushed under the standing part as the palm turns face upwards 2. Turn the hand and the working end so that a crossing turn is created around the hand and the working end. 3. Pass the working end behind the standing part and back down through the crossing turn, pull the standing part and the double working end to tighten. 
<p>CLOVE</p> 	<p>A quick and easy hitch useful where only light loads are going to be encountered i.e. tying on fenders.</p> <p>This knot can be adjusted easily. The load is perpendicular to the spar.</p>	<ol style="list-style-type: none"> 1. Make a turn around the post and bring it over the standing part. 2. Use the working end to make a second turn in the same direction, taking it behind the post and bringing it to the front. 3. Tuck the working end under the second turn. Pull on the working end and the standing part to tighten. 
<p>REEF</p> 	<p>Used in one piece of line to tie the ends as in a parcel or a reef in a sail.</p> <p>Never use it to join synthetic ropes (use the sheet bend).</p>	<ol style="list-style-type: none"> 1. Bring the rope under the object and then cross the two ends left over right. 2. Next bring the left end up, over and behind the right end. 3. Work both ends up and bring the right over and under the left through the hole created by the move. 4. Tighten by pulling both ends. 
<p>FIGURE OF EIGHT</p> 	<p>Used as a stopper knot, to stop the end of a rope going through a block or eye.</p> <p>Tie the figure-of-eight in the end of every sheet and halyard to prevent the ropes running through the fairleads and blocks.</p> <p>Never use the overhand knot for this.</p>	<ol style="list-style-type: none"> 1. Cross the end over then under the standing part. 2. Pass it through the loop made by the crossing turn. Leave a long tail and pull to tighten. 
<p>ROUND TURN</p> 	<p>The round turn and two half hitches is a very secure knot, simply and quickly made and can be undone even under strain. A very safe knot for securing a rope to a ring or post. This is the best knot with which to tie up a dinghy to a pontoon.</p>	<ol style="list-style-type: none"> 1. Make a turn through the ring. Pass the end around the standing part over itself, to form a half hitch. 2. Pass the end around the standing part and over itself again to form the second hitch. 3. Pull the end and the standing part to tighten the knot. 
<p>SHEET</p> 	<p>The sheet bend is a handy bend for securing two unequal sized lines together or securing a line to an eye.</p>	<ol style="list-style-type: none"> 1. Create a loop in the first rope (red) and pass the working end of the other rope through it (white). 2. Now pass the white rope's working end around and under the shorter end of the red rope. 3. Take the working end of the white rope over the long end of the loop and back under itself. 4. Tighten pulling the working end of the white rope and the loop. 

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