

NSW STATE ROAD CRASH RESCUE CHALLENGE

STRONGER TOGETHER



RESCUE SKILLS- KNOTS

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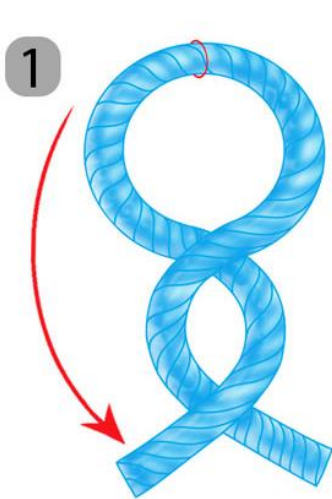
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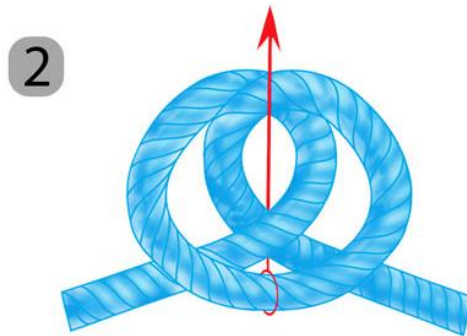
Page 1 of 5

Review By: February 2024

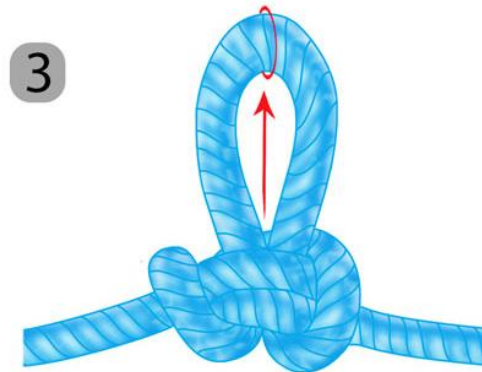
1. Alpine Butterfly Loop



1
Make a loop like an '8', fold the upper loop down.



2
Pull it around and pass through the lower loop.



3
Pull all the way up to tighten the knot.



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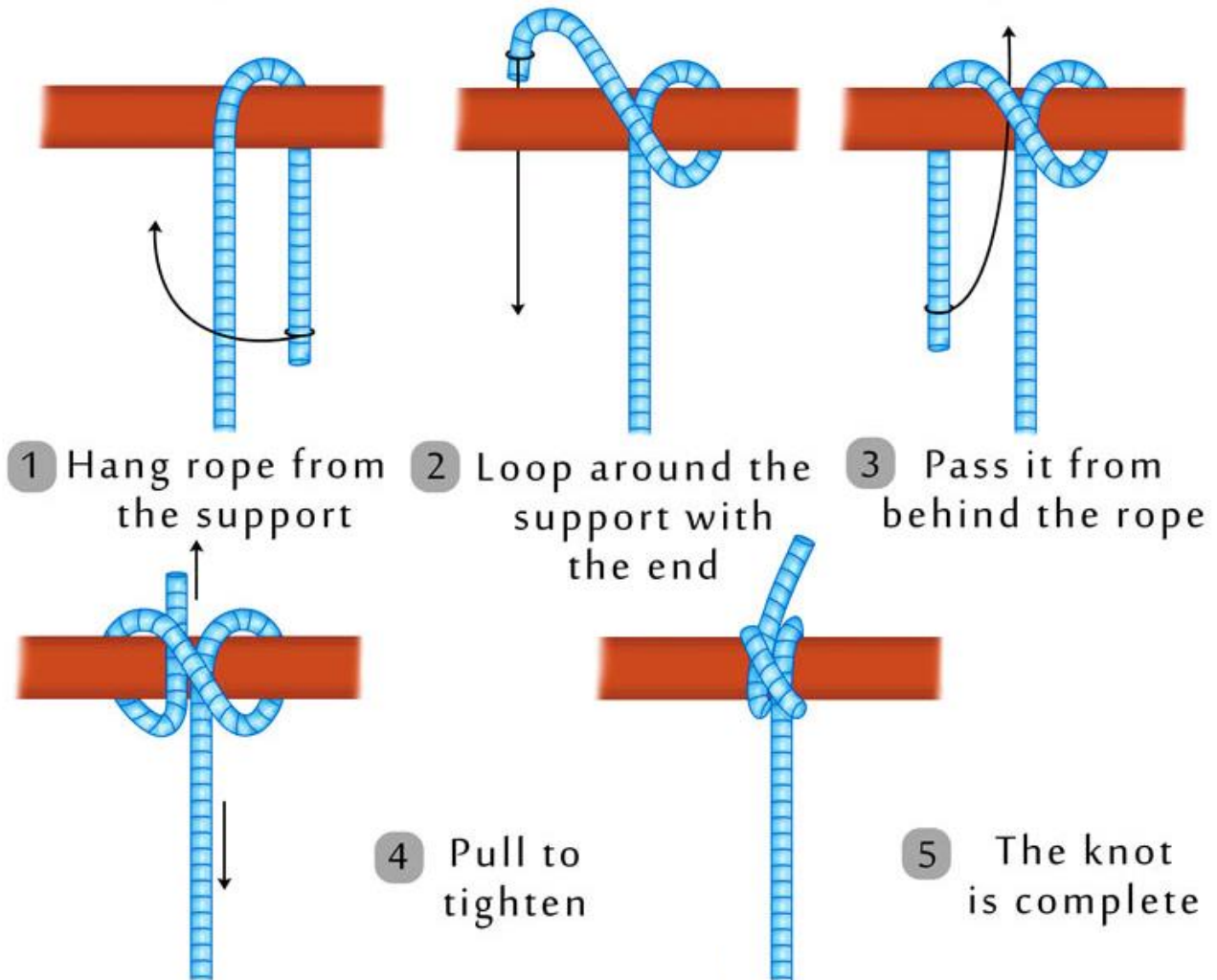
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Page 2 of 5

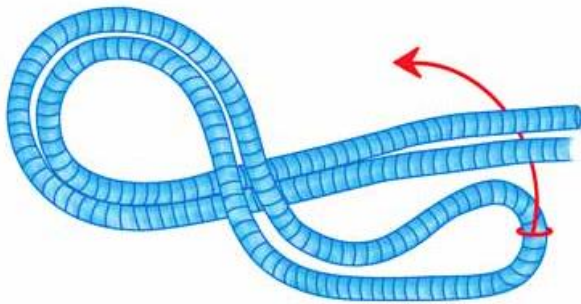
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2. Clove Hitch

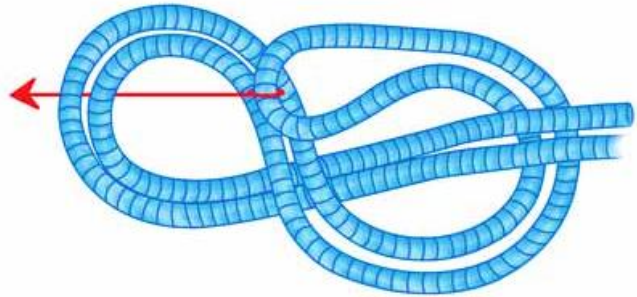


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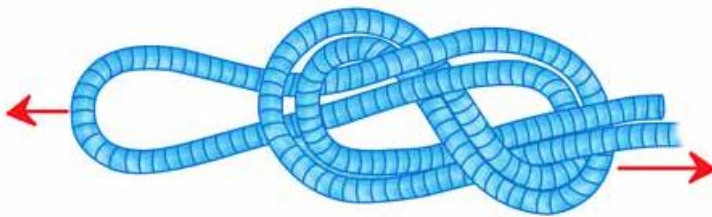
3. Figure 8 – Loop



1 Make a loop with a bight of rope



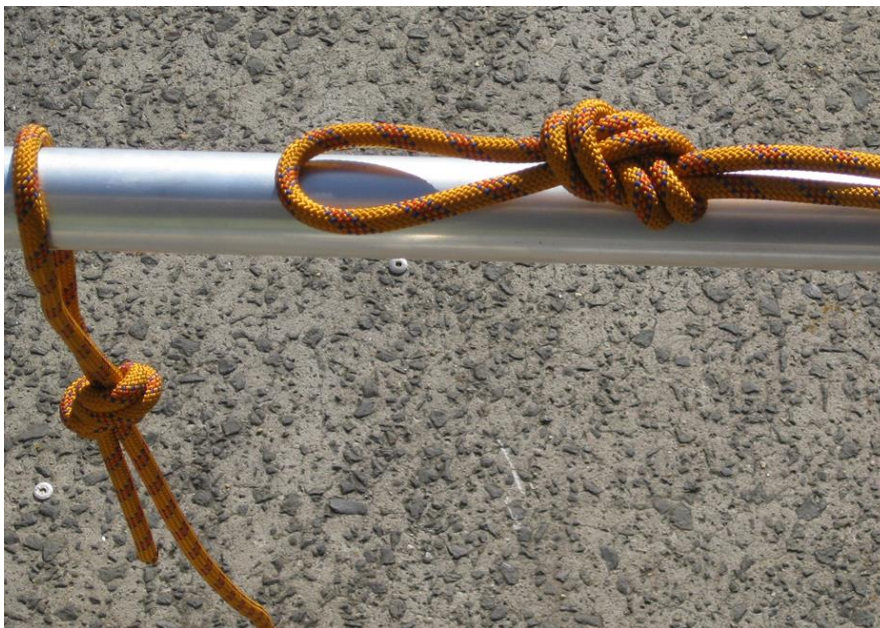
2 Pass the end through the loop



3 Pull both ends to tighten



4 The completed knot forms a loop



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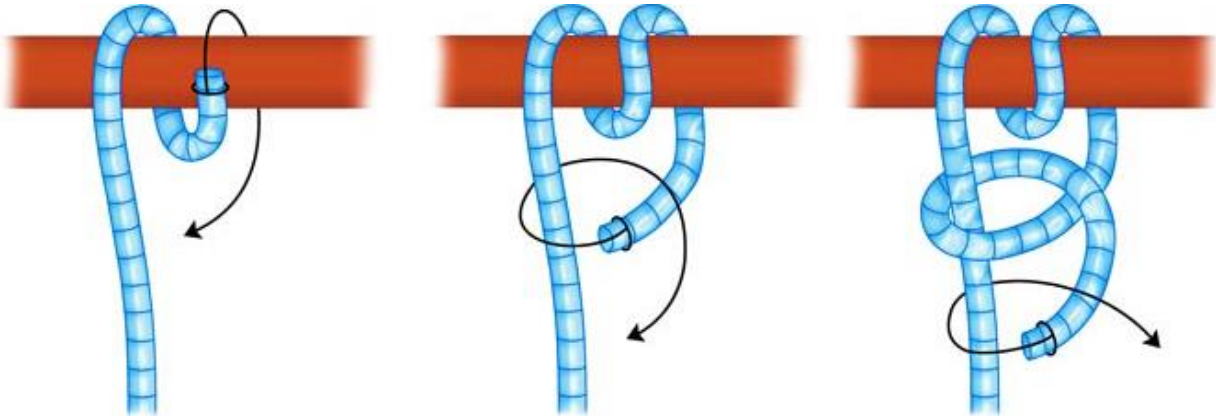
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Page 4 of 5

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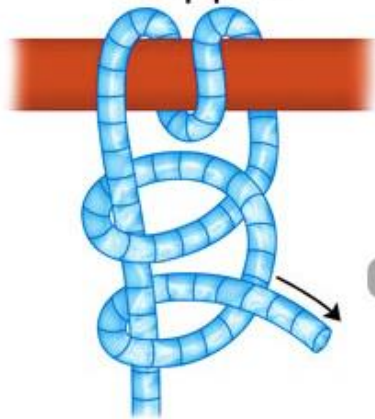
4. Round Turn and Two Half Hitches



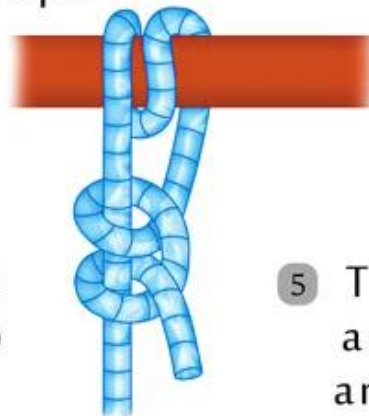
1 Wrap the end around the support

2 Wrap it around the standing part of the rope

3 Make another turn



4 Take it out of the loop



5 Tighten and you are done



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Page 5 of 5

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