

## What you will need

- Several lengths of rope

## Before you begin

- Don't forget to make sure all young people and adults involved in the activity know how to take part safely
- Make sure you'll have enough adult helpers. You may need some parents and carers to help if you're short on helpers

## Whats the objective?

Patrols race to complete the following tasks in order:

- Tie a Reef Knot.
- Tie a Figure Eight Knot.
- Tie a Clove Hitch.
- Pack up the rope neatly (e.g. coil it correctly).

The first Patrol to successfully complete all the steps, wins!



## Ready, Set, Tie!

### Set Up

- Divide Scouts into Patrols of equal size (2–4 per Patrol works best).
- Provide each Patrol with a length of rope for each Scout.
- Mark a starting line and set up a designated area for knot-tying about 3 meters away.

### Starting the Relay

- Patrols line up at the starting line.
- At the signal, the first member of each Patrol runs to the knot-tying area, ties a reef knot, and runs back to tag the next team mate.

### Progress Through the Knots

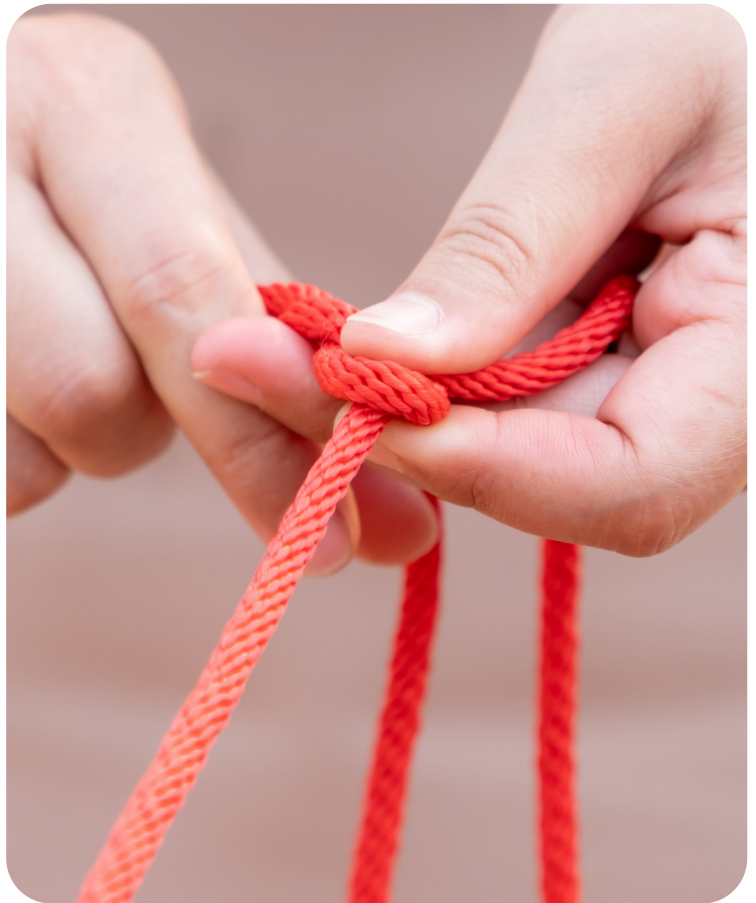
- The second teammate runs to the knot-tying area, ties a figure eight knot, and runs back to tag the next person.
- The third teammate ties a clove hitch and runs back.

### Packing the Rope

- Once all three knots are tied, the final task is to pack up the rope.
- Each Patrol member must participate in coiling or securing their ropes.

### Winning the Relay

- The first Patrol to complete all tasks and return to the starting line with ropes neatly packed wins the relay.
- A Leader should verify that each knot is tied correctly and the ropes are properly packed.



## Reflection

This activity emphasizes teamwork, communication, and knot-tying proficiency while offering flexibility to suit various skill levels and group sizes.

- How did you work together during the relay?
- Did any one need help learning the knots?
- How did you communicate who did which challenge?

## Change the challenge level

Try some of the following ideas to increase the challenge of your Knot Relay.

- Require Scouts to tie knots while blindfolded.
- Patrols must tie all knots using only one hand.
- Apply a time penalty for any incorrect knots or messy coiling.
- Add a small obstacle course to navigate between the starting line and the knot-tying area.
- Include more advanced knots like a bowline or round turn with two half hitches.
- Introduce a time limit for each Scout to tie their knot before they must move on.