Supplemental Bear Den Meeting C

Tying It All Up
Achievement 22.

Preparation and Materials Needed

- Review the *Cub Scout Magic Book* for rope tricks.
- Become proficient in tying a square knot, bowline, sheet bend, two half hitches, and slip knot; go to *www.scoutingmagazine.org* and search for "knots" for more ideas and tips to help you prepare for this meeting. The Web page at *http://meritbadge.org/wiki/index.php/Knots* includes animation to show you.
- Invite a den chief or other Scout from your local Boy Scout troop to assist with this meeting.
- Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
  - Bring lengths of nylon rope for each boy and leader (fuse the ends in advance to prevent fraying); bring dental floss for whipping and a lighter to demonstrate fusing.
  - You'll need at least one 20- to 30-foot piece, plus 4-foot pieces for each boy to practice with.
  - Twine and scissors
  - Red "shoelace" licorice—two for each Scout
  - Arrow Points for those completing the requirements today

Before the Meeting

- Make final preparations with assistance from any assistant den leader or other parent helper, den chief, and/or denner. Organize the space (seating, flags, advancement charts, activity materials, handouts, etc.). If you're snacking, organize space for that and the cleanup.

Gathering

- Have a gathering activity that will keep Scouts interested and busy, and that others may join as they arrive (maybe distribute ropes, and start teaching one or more "magic knots"; have early arrivals teach later arrivals. Do this with parents too!). If the den desires, serve a healthy snack during this time.
- Collect dues, record attendance and any advancement completed at home (a good job for an assistant den leader). Assign parents to meeting roles and hand out a meeting plan to each.

Opening

- Flag ceremony (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- Consider a roll call, uniform inspection, or den yell.

Business Items

- Discuss why this matters (lifesaving on or near water, emergencies in a house, sailing, backpacking, travel, general safety).
- Use this time to discuss participation in coming pack meetings or events, as needed.

Activities

- **Achievement 22a** ("Whip the ends of a rope.") See page 163 of the *Bear Handbook*.



  - Start with a 2-foot length of thin twine or fishing line or dental floss.
  - Form it into a loop and place it at one end of the rope, with the two ends of the loop against the rope.
  - Wrap tightly around the rope, starting ¼ inch from the end.
  - When the whipping is as wide as the rope is thick, pull out the ends of the loop hard, and trim off the twine or line.

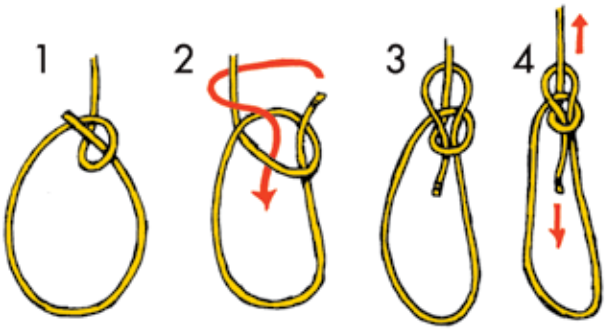


► **Achievement 22b** ("Tie a square knot, bowline, sheet bend, two half hitches, and slip knot. Tell how each knot is used.") See page 164 of the *Bear Handbook*; selected information is below.



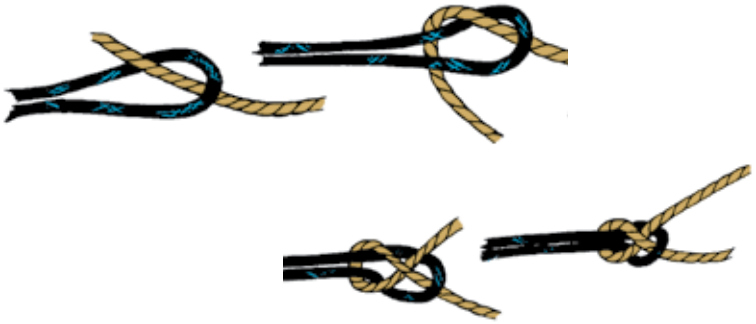
Square Knot

- The **square knot** is also known as the joining knot because it can join two ropes together and because it is the first knot Scouts learn when they join the BSA. It has many uses—from securing bundles, packages, and the sails of ships to tying the ends of bandages.
  - To tie a square knot, hold one rope end in each hand.
  - Pass the right end over and under the rope in your left hand . . . and pull it snug (now you're holding that end with your left hand, and you've switched the other to your right).
  - Next, pass that same end of the rope (the one that is now in your left hand) over and under the one that is now in your right hand . . . and pull it tightly snug.
  - Remember: right over left, left over right.



Bowline

- The **bowline** is also known as the rescue knot, the most useful of knots.
  - To tie a bowline, make a small overhand loop in the standing part of a rope.
  - Bring the rope end up through the loop, around behind the standing part, and back down into the loop.
  - Tighten the bowline by pulling the standing part away from the loop. It forms a loop that will not slip and is easy to untie.



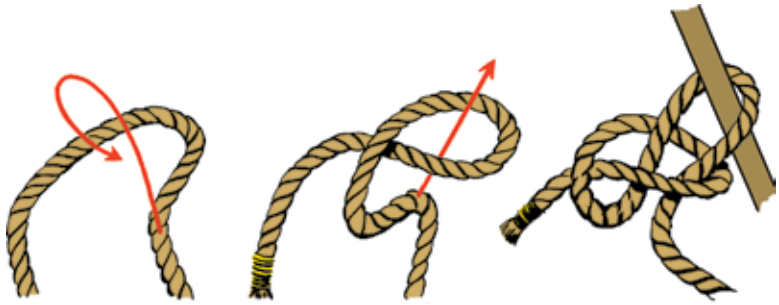
Sheet bend

- The **sheet bend** is recommended for joining two ropes of unequal size. It works equally well if the ropes are of the same size. The sheet bend is much more secure than a square knot.
  - To tie a sheet bend, make a bight at the end of one rope (if two sizes, use the larger).
  - The other end of the second rope comes up through the bight, around the back of the bight, and back under the second rope's path.



Two half hitches

- **Two half hitches** is a useful knot for attaching a rope to a pole or boat mooring. As its name suggests, it is two "half hitches," one after the other, with the small end of the rope going in the same direction around the long end of the rope.
  - Hook your rope around your post.
  - Cross the short end under the long, main length of the rope.
  - Bring the short end over and down through the hole between where the rope crosses and the pole. That's one half hitch.
  - Repeat to make the second half hitch.
  - To finish, push them together and snug them by pulling on the standing part.



Slip knot

- A **slip knot** is just an overhand knot with a "bight" or "loop" so it can be undone quickly simply by pulling one of the ends.
  - Hold a length of rope out and twist to form a loop.
  - Reach through the loop, grasp the dangling right end by the middle, and pull it through the loop, being careful not to let the end come through.
  - You can now hook the new loop around things, and pull the main length of the rope to tighten around them.

Want More Fun Activities?

Have the Scout use the red "shoelace" licorice to show how they can tie one or more of the knots. When they have successfully completed the knots you assign, they can eat the licorice!

- **Achievement 22c** ("Learn how to keep a rope from tangling.")

- **Achievement 22d** ("Coil a rope. Throw it, hitting a 2-foot-square marker 20 feet away.")

- **Achievement 22e** ("Learn a magic rope trick.") Here's the Magic Overhand Knot:
  - Ask a Scout if he can tie an overhand knot in the middle of one cord without letting go of either end. Let the Cub Scout try it, then show him the trick:
  - First fold your arms over your chest, then lean over and pick up each end of the cord without unfolding your arms. As you straighten up, unfold your arms—still holding the ends of the cord—and presto, there's the overhand knot!



Closing

- Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- Closing ceremony: Retire the colors (fold and return the flag), or have a den leader's minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- Hand out or send family information letter.
- Ask parents to sign for any other electives the boy has completed. Tally them to make sure that at the last pack meeting of the school year, each boy receives all Arrow Points he has earned.

After the Meeting

- If you've changed the sequence of den meetings, double-check to make sure you will still advance your boys appropriately and check with the Cubmaster to make sure you stay coordinated with the pack.
- Refreshments: If appropriate
- Cleanup: Recruit enough help to do a good job. Scouts always leave an area as clean, or cleaner, than they found it.