

# KNOTS for SAILORS

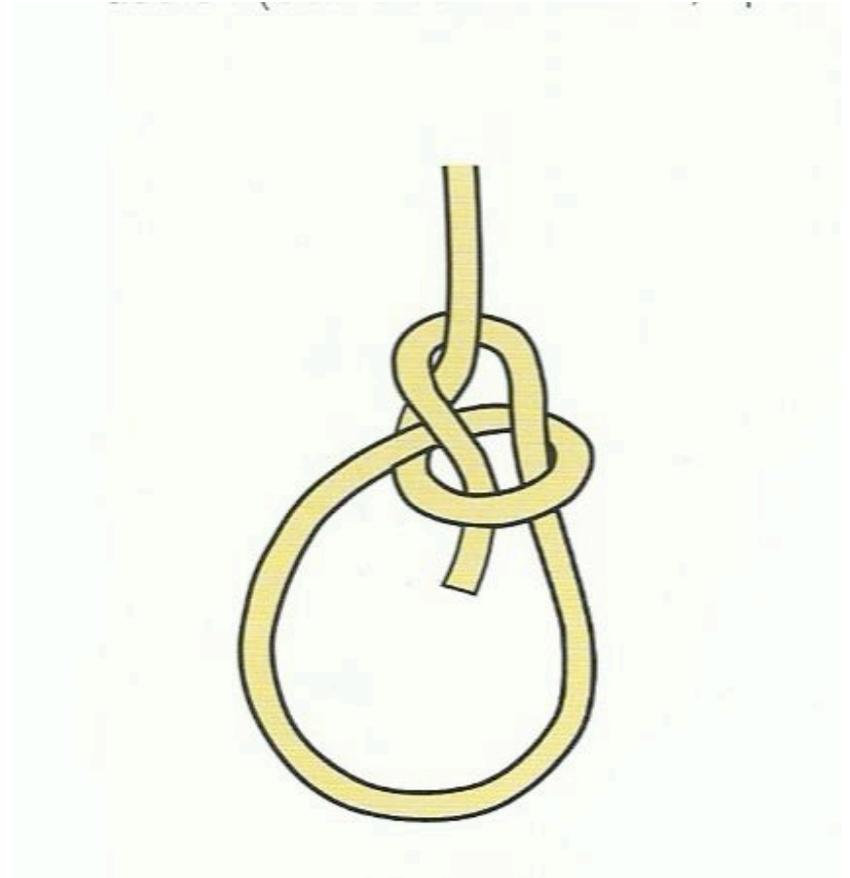
## with Poole Sailing

The nine essential knots that every sailor should know and where to use them.

All knots should be quick to tie, secure and equally easy to untie. They are just a combination of hitches and bends, so practice until you are confident with the nine essentials.

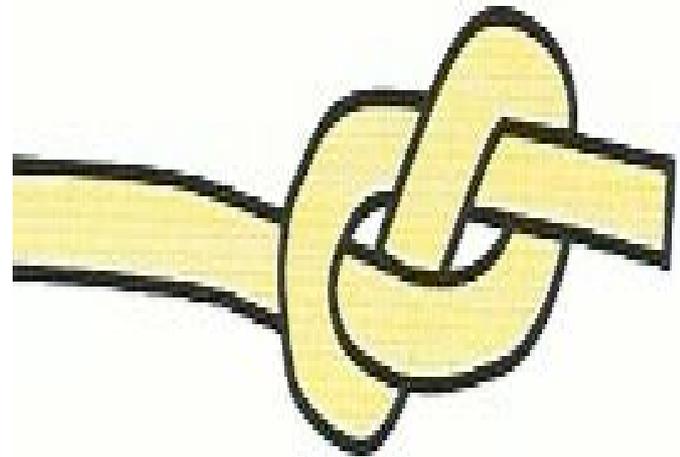
# The BOWLINE

- The purpose of a bowline is to create a non-slip loop in the end of a rope.
- It will be used to tie sheets to a jib or genoa.
- To make a loop in a mooring warp.
- To attach reefing pennants to a boom.
- The bowline has a myriad of uses around a yacht and every sailor should be able to tie one by feel, in the dark.
- Don't use a bowline if you need to untie, with the rope under load.



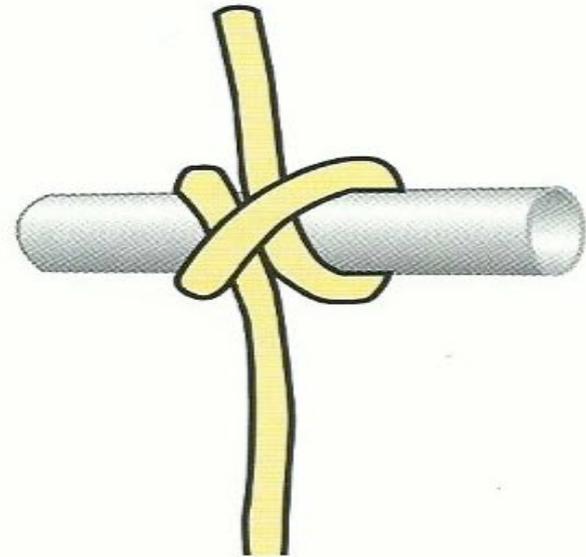
# The Figure of Eight Knot

- The Figure of Eight is the simplest of 'stopper knots'.
- We use a stopper knot in the end of a rope that we don't want run out through a deck fitting. Typically a Sheet or Halyard.
- Remember to leave enough rope behind the stopper knot to grab hold of.



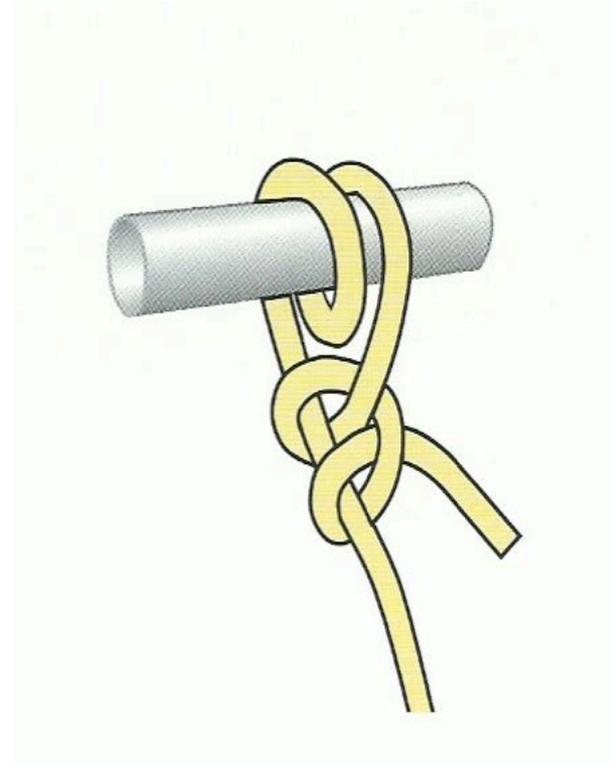
# The Clove Hitch

- The Clove Hitch is just two hitches, one after another.
- It can be used to tie a painter to a bar or post .
- The most common use is for tying fenders to the life-lines or guard rails.



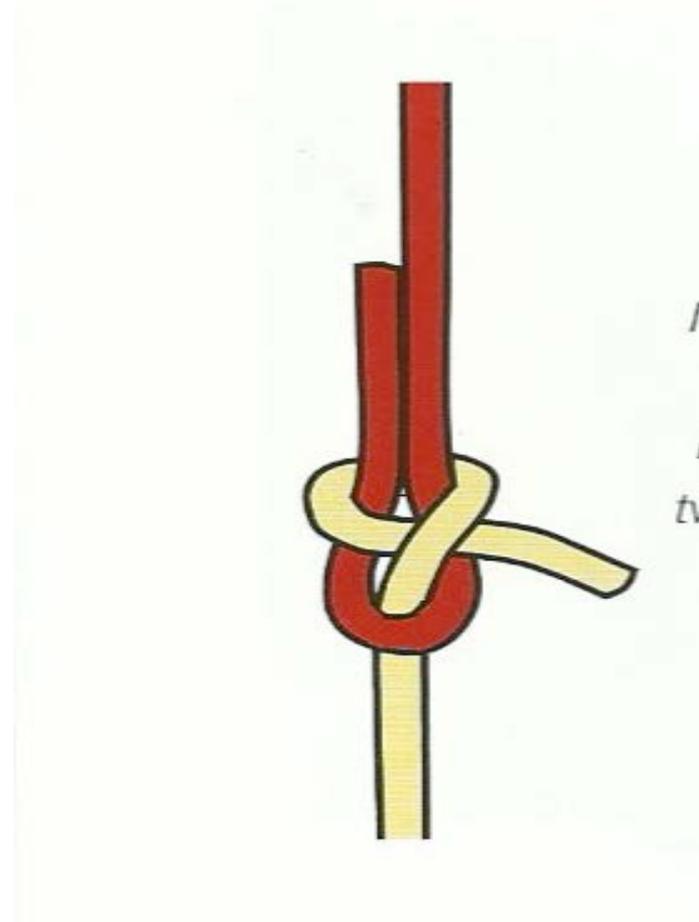
# The Round Turn and Two Half Hitches

- A simple but brilliant knot that is 'just what it says on the box'.
- The full 'Round Turn' will stop the rope from chafing on a rusty bar.
- But the best quality of this knot is that it can always be untied, even when the rope is under load.
- It can be used for tying on your fenders and all sorts of other locations.
- Always use this knot when securing warps to a tidal quay wall.



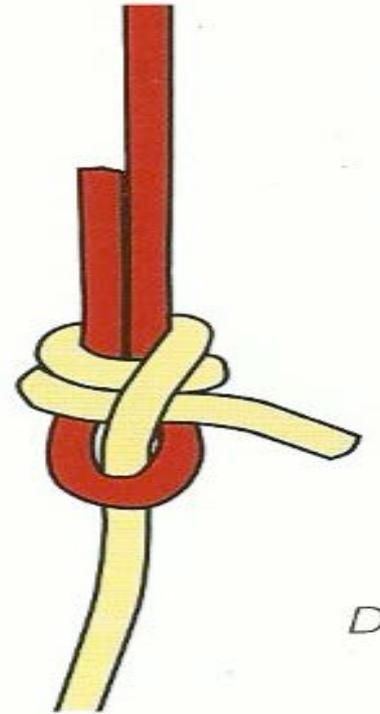
# The SHEET BEND

- The Sheet Bend is used to connect two ropes, end to end.
- It can be used with ropes of very different thickness.
- Make the initial (red) loop in the heavier rope and bend the lighter (yellow) line around it.
- The Sheet Bend is commonly used to tie a throwing line to a mooring warp or towing warp.



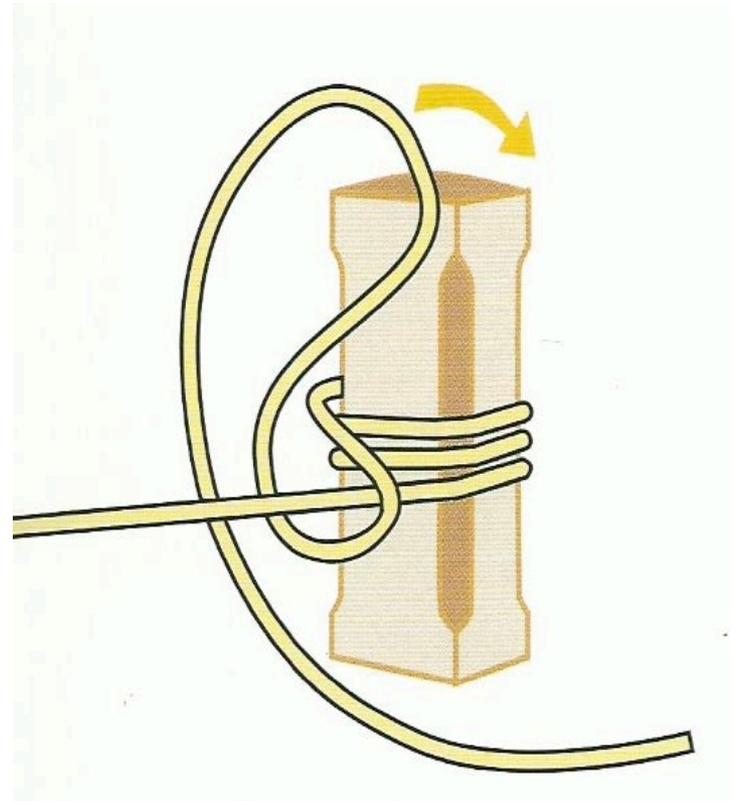
# The Double Sheet Bend

- If you are using shiny or smooth braided ropes, a single Sheet Bend may not be secure.
- That is when you should use a Double Sheet Bend, for added security.



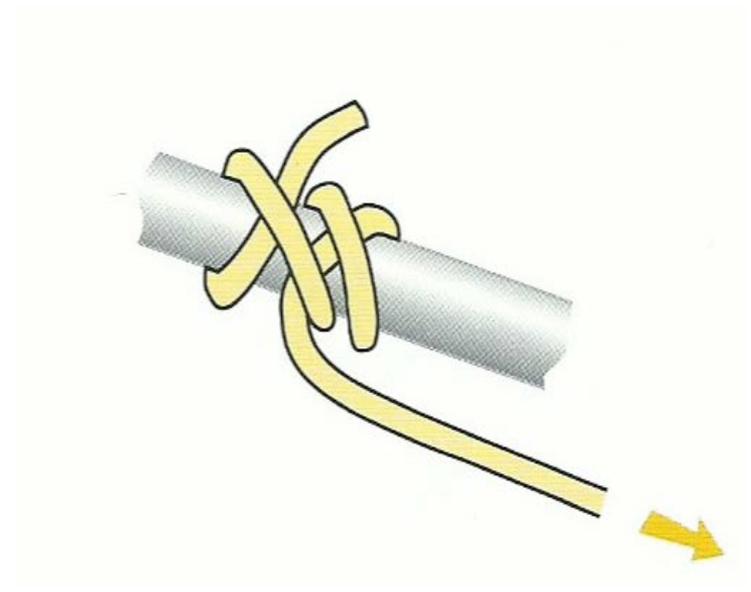
# The Tug Man's Hitch

- The Tug Man's Hitch is used to tie a mooring warp or a towing warp to a single bollard.
- It can be tied quickly, in the middle of a long rope. And it can be untied under load.
- We often use a winch as a single bollard.
- If you use a Tug Man's hitch there will be no load on the winch mechanism.



# The Rolling Hitch

- The rolling Hitch is a 'relieving' knot.
- Use it to take the load off of a rope under tension.
- Typically a jammed sheet or halyard.
- You won't tie this knot very often but when you need it you will want to be able to tie it quickly, so practice.



# The Reef Knot or Square Knot

- The Reef knots best quality is that it lies flat and is not abrasive when tied around a sail.
- So it can be used for sail ties.
- It can also be used to tie the ends of two ropes that have an equal thickness, but is probably not as secure as a Sheet Bend.

