

MISSION: SEA TO SPACE

Afraid Knot

What You'll Need:

1 piece of rope, string or a shoelace for each knot (we found a length of around 30cm works well)

Sink, bucket or similar are all fine for this activity, as long as your hands are fully submerged.

2kg Ice if you're braving the level up

Your phone or a timer

The Rules:

Keep your hands and the rope fully submerged at all times

Must be completed within 5 minutes

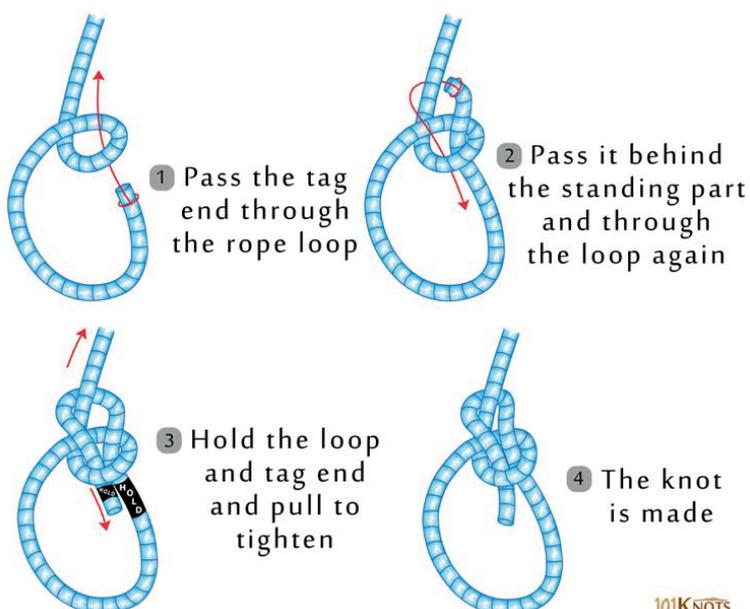
Must complete all knots in one go

Film or pictures of you completing it or it didn't happen

The Knots:

Bowline

The bowline is commonly used on boats to make a non-slip loop at one end of a line. It's tied with the ropes working end and tightens when pulled by the standing part of the line. Complete these 4 stages:



Double Overhand

Described as a stopper knot as it prevents rope from pulling through an anchor point as well as used at the end of a rope to prevent fraying or unravelling. Complete these 4 stages:

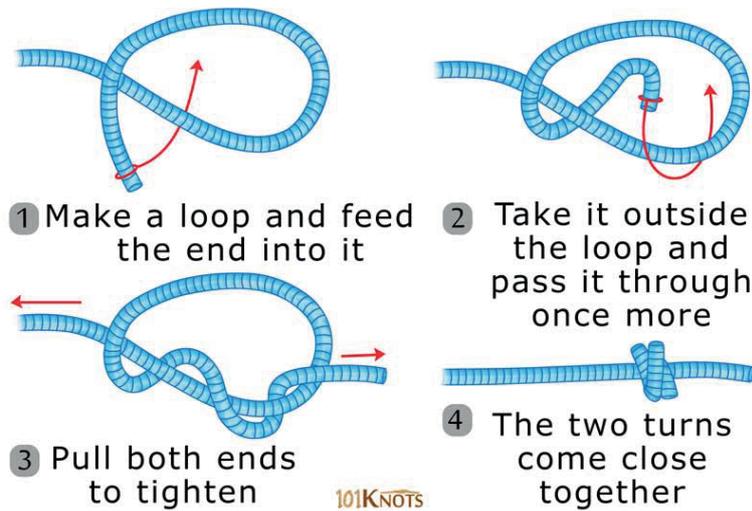
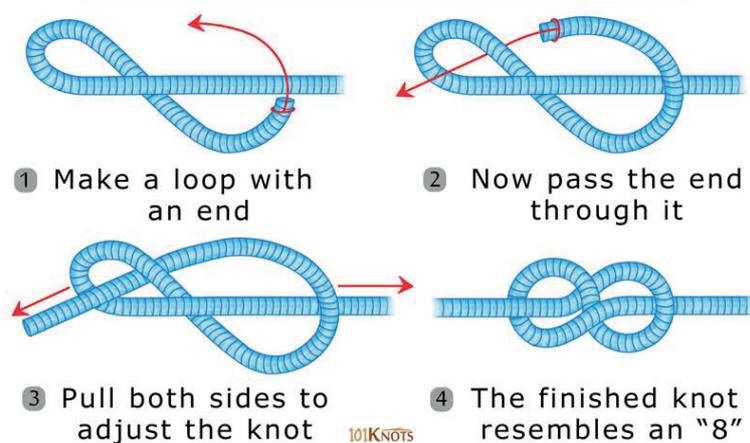


Figure Eight

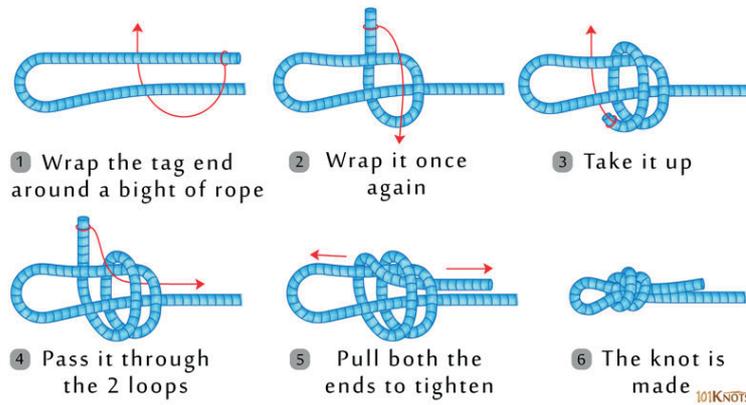
As quick as it is to tie as untie. The figure 8 knot is used where you need a line or rope to pass through a hole without it slipping through or coming undone. Complete these 4 stages:



Level up: Complete additional two knots shown below

Poacher's Knot

Used to tie a loop in the end of a piece of rope as the loop will get tighter during loading. One useful application of the poacher's knot is climbing, where the foot loop aids climbing. Complete these 6 stages:



Stevedore Knot

A fairly chunky and reliable stopper knot tied at the end of a rope. Known as a single strand knot that prevents a rope end from unreeving. Complete these 7 stages:

