

SAR COMPETITION EXERCISE

SAR SEAMANSHIP 3

Purpose

The purpose of this event is to be able to tie a bowline.

Equipment Required: A 10 foot piece of 12mm rope.

Set Up NIL

Exercise

1. A team of 3 people will be one team.
2. The team will have 10 minutes of practice time. The exercise is for each member of the team to be able to tie a bowline BEHIND their own back.
3. Other members of the team may verbally assist but must not touch the rope.
4. There is a five minute limit for each person.