



**Combined Agency Response Team**  
**2015 Minimum Mandatory Training Standards**

**KNOTS/HARNESS**

**OBJECTIVE:** Given a summary of the following knots, bends, hitches, and appropriate rope rescue equipment, the student shall demonstrate a working knowledge while donned in proper PPE (gloves minimum).

**CONDITION:** Given a summary of the following knots, bends, hitches and rope rescue equipment.

**BEHAVIOR:** The student shall tie the following knots, bends, hitches and harness with the appropriate back up (safety) in the given time limit.

**STANDARD:** With 100% Accuracy

Skill	Time	1st Attempt		2nd Attempt	
		Pass	Fail	Pass	Fail
Figure eight	10 sec.				
Figure eight on a bight	30 sec.				
Figure eight follow-through	90 sec.				
Figure eight bend	90 sec.				
Barrel knot	30 sec.				
Butterfly	30 sec.				
Triple fisherman	60 sec.				
Prussik (three wrap)	60 sec.				
Load Release Hitch - Mariners	120 sec,				
Load Release Hitch - Hokie	120 sec.				
Munter hitch	60 sec.				
Clove hitch (around an object)	30 sec.				
Square knot	30 sec.				
Water knot	60 sec.				
Hasty Modified Diaper	120 sec				