



**Combined Agency Response Team
2009 Minimum Mandatory Training Standards**

KNOTS/HARNESS

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

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

BEHAVIOR: The student shall demonstrate working knowledge and tie the following knots, bends, hitches and harnesses with the appropriate back up (safety) knot.

STANDARD: With 100% Accuracy

Skill	Time	1st Attempt		2nd Attempt	
		Pass	Fail	Pass	Fail
Figure Eight (stopper)	10 sec.				
Figure Eight on a Bight	45 sec.				
Figure Eight Follow-through	120 sec.				
Figure Eight Bend	120 sec.				
Butterfly	30 sec.				
Munter Hitch	30 sec.				
Triple Fisherman's Bend	60 sec.				
Triple Wrap Prussik Hitch	60 sec.				
Load Release Hitch (Mariner's)	120 sec,				
Hokie	180 sec.				
Water Knot	90 sec.				
Square Knot	30 sec.				
Tandem Prussik	60 sec.				
Hasty Modified Diaper	60 sec.				