



## Knots Checklist

Trainee's name and union classification \_\_\_\_\_

Registration # \_\_\_\_\_ Date \_\_\_\_\_

Company \_\_\_\_\_ Job location \_\_\_\_\_

**Trainee must tie, dress, and set all knots on the first attempt or do over until 100% competent.**

### **Knots for initial visit:**

Bowline Pass \_\_\_ Fail \_\_\_

Running Bowline Pass \_\_\_ Fail \_\_\_

Cow Hitch Pass \_\_\_ Fail \_\_\_

### **Knots for second visit:**

Bowline Pass \_\_\_ Fail \_\_\_

Running Bowline Pass \_\_\_ Fail \_\_\_

Cow Hitch Pass \_\_\_ Fail \_\_\_

4 Wrap Prusik Pass \_\_\_ Fail \_\_\_

Midline Knot (either Alpine Butterfly or Bowline-on-a-Bight) Pass \_\_\_ Fail \_\_\_

Friction Hitch (either Taut Line Hitch or Blakes Hitch) Pass \_\_\_ Fail \_\_\_

**Before climbing, must tie, dress, and set all the above plus 1 eye and eye split tail hitch from this list.** 4 Wrap Prusik Pass \_\_\_ Fail \_\_\_

French Prusik (VT) Pass \_\_\_ Fail \_\_\_

Distal Hitch Pass \_\_\_ Fail \_\_\_

Schwabisch Prusik Pass \_\_\_ Fail \_\_\_

Michoacan Pass \_\_\_ Fail \_\_\_

Comments: \_\_\_\_\_

\_\_\_\_\_

Instructor's name \_\_\_\_\_ Signature \_\_\_\_\_

Trainee's signature \_\_\_\_\_