



Bowline – the fixed loop

AT A GLANCE



What

A fixed loop that does not tighten



What for

Line to a tree or post, rescue loop, guy line



Memory aid

The rabbit comes out of the hole, runs round the tree and jumps back down the hole



10 minutes to learn



from 8 years



1 rope, approx. 1.5 m



Step by step

- 1 Hold the rope so that the long end (the “tree”) hangs away from you and the short end (the “rabbit”) points towards you.
- 2 Make a small loop (the “hole”) in the long end: the rope crosses so that the part leading to the rabbit lies **on top**.
- 3 The rabbit comes out of the hole **from below**.
- 4 It runs **behind the tree**.
- 5 It jumps back down the hole **from above**.
- 6 Tighten: hold the loop and the short end together and pull on the long end.



How to check it

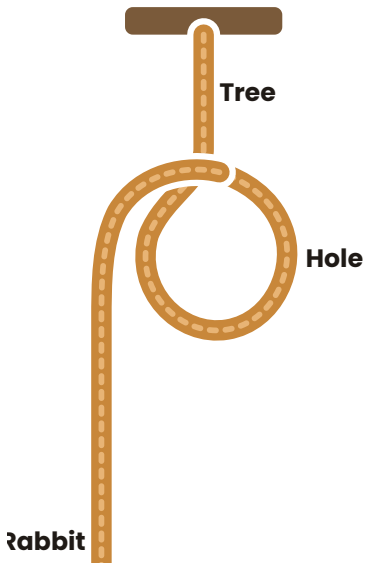
- The big loop stays the same size, even when you pull on the long end.
- The short end is at least a hand's width long.
- If you tied it wrongly, it slips – just try again.



Practice: Tie the bowline with your eyes closed. Experts can even tie it around their own waist.



The bowline in four pictures



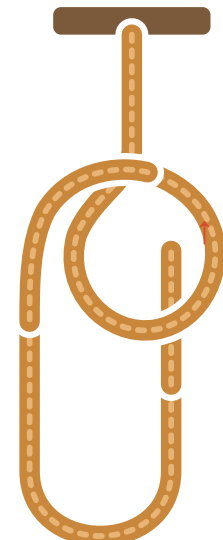
Tree

Hole

Rabbit

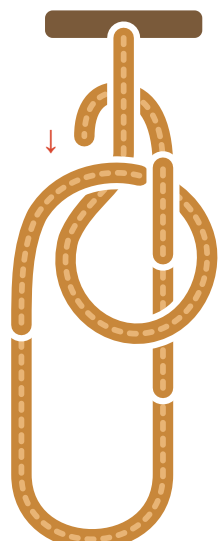
1

Make a hole in the long end – the part to the rabbit lies on top.



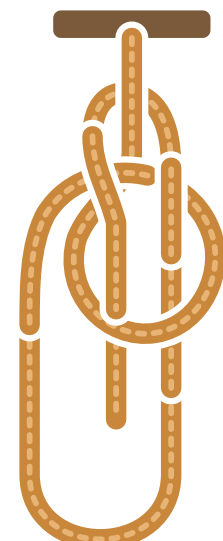
2

The rabbit comes up out of the hole.



3

... runs round behind the tree ...



4

... and jumps back down the hole. Pull tight!