

SAINTS GLOBAL

LEADER GUIDE

ROPES & KNOTS

INTELLECTUAL CORE

Version 2026.1





PURPOSE & IDENTITY

SKILL BADGE PURPOSE

This skill badge is designed to help saints develop essential skills in ropes & knots. Through structured learning and hands-on activities, participants will gain practical experience and deepen their understanding of key concepts.

DEVELOPMENT CORE: INTELLECTUAL

This badge develops intellectual attributes through focused activities and reflection. Saints will grow in this area while building practical skills.

CORE FOCUSES

- Understanding fundamental concepts and principles
- Developing practical application skills
- Building confidence through hands-on experience
- Connecting learning to daily life

TIME COMMITMENT

4-6 weeks (suggested)

RECOMMENDED AGE

12+ years



SAFETY CONSIDERATIONS

SUPERVISION

Ensure appropriate adult supervision for all activities following Saints Global guidelines. Never leave youth unsupervised during badge activities.

PRIVACY

Respect personal experiences and information shared during activities. Maintain confidentiality and help youth understand appropriate boundaries.

ENVIRONMENTAL SAFETY

Assess outdoor locations and weather conditions before activities. Ensure proper shelter, hydration, and protection from hazards appropriate to the environment.

FIRST AID

Maintain a first aid kit and ensure at least one leader is trained in basic first aid. Know the location of the nearest medical facility and have emergency contact information readily available.

EMERGENCY CONTACTS

Troopmaster: _____

Emergency: _____



THE DPAR METHOD

Saints Global uses the DPAR method for skill badge completion. As a leader, you should practice DPAR yourself when preparing to teach.

D

DISCOVER

Learn foundational knowledge and concepts. Research, study, and explore the topic.

YOUR ROLE AS LEADER:

- Immerse yourself in the material before teaching
- Study each requirement—understand what AND why
- Anticipate questions saints might ask

P

PLAN

Create a personal action plan with goals and timeline.

YOUR ROLE AS LEADER:

- Design your teaching approach for each requirement
- Gather materials and prepare discussion questions
- Consider how to adapt for different learning styles

A

ACT

Execute through hands-on practice with leader guidance.

YOUR ROLE AS LEADER:

- Shift from teacher to guide—step back
- Create safe space for practice and mistakes
- Model the skills yourself when helpful

R

REFLECT

Review what was learned and share experiences gained.

YOUR ROLE AS LEADER:

- Facilitate meaningful conversations
- Ask open-ended questions, listen more than speak
- Celebrate growth and help saints see their progress



STEP 1: DISCOVER

LEADER PREPARATION

- ☐ Review all DISCOVER requirements thoroughly
- ☐ Gather necessary resources and materials
- ☐ Prepare discussion questions and activities
- ☐ Identify potential challenges saints may face

STEP 1: DISCOVER — TEACHING GUIDE

Requirement 1a: Explain the difference between natural and synthetic ropes and how rope choice affects strength, stretch, and safety.

HOW TO TEACH

- Show real samples of natural and synthetic ropes side by side
- Have the Saint feel each rope and predict differences in strength, stretch, and grip
- Discuss when each rope is right for the job
- Reinforce that rope choice affects safety, not just performance

Completion: Saint explains the difference between natural and synthetic ropes and how rope choice affects strength, stretch, and safety.

Requirement 1b: Explain why correct knot choice matters more than simply knowing many knots.

HOW TO TEACH

- Walk three real tasks where the wrong knot would cause failure
- Have the Saint name the right and wrong knot for each
- Discuss why memorizing many knots is less useful than knowing five well
- Reinforce that knot choice is a judgment skill, not a recall skill

Completion: Saint explains why correct knot choice matters more than knowing many knots.



STEP 2: PLAN

LEADER PREPARATION

- ☐ Review all PLAN requirements thoroughly
- ☐ Gather necessary resources and materials
- ☐ Prepare discussion questions and activities
- ☐ Identify potential challenges saints may face

STEP 2: PLAN — TEACHING GUIDE

Requirement 2a: Match the correct knot to each task: joining two ropes, securing a load, creating an adjustable line, forming a fixed loop, or starting a lashing.

HOW TO TEACH

- Pair each knot with its task on a real worksheet or rope station
- Have the Saint match and explain why each knot fits its task
- Discuss what fails when the wrong knot is used (slip, jam, weakness)
- Reinforce that the right knot does the work the wrong knot cannot

Completion: Saint matches the correct knot to each listed task and explains each choice.

Requirement 2b: Explain basic rope safety rules including load limits, avoiding sharp edges, and preventing tripping hazards.

HOW TO TEACH

- Walk rope safety rules with real examples (load limits, sharp edges, tripping hazards)
- Have the Saint identify hazards in a current work area
- Discuss what slips when speed pressure builds
- Reinforce that rope failures usually trace to one ignored rule

Completion: Saint explains basic rope safety rules including load limits, sharp edges, and tripping hazards.



STEP 3: ACT

LEADER PREPARATION

- ☐ Review all ACT requirements thoroughly
- ☐ Gather necessary resources and materials
- ☐ Prepare discussion questions and activities
- ☐ Identify potential challenges saints may face

STEP 3: ACT — TEACHING GUIDE

Requirement 3a: Use a square knot and a sheet bend to join ropes for two different practical purposes, explaining why each knot was chosen.

HOW TO TEACH

- Demonstrate square knot and sheet bend on real rope, not diagrams
- Have the Saint tie each for two real tasks and explain his choices
- Watch for the common error in each knot (square slipping, sheet bend backward)
- Reinforce that the knot must hold under the load, not just look right

Completion: Saint uses square knot and sheet bend to join ropes for two practical purposes, explaining each choice.

Requirement 3b: Use two half hitches and a clove hitch to secure objects at camp or in a work area, demonstrating proper tension and safety.

HOW TO TEACH

- Demonstrate two half hitches and a clove hitch at real anchor points
- Have the Saint secure a real object under proper tension
- Discuss when each knot is right and what tension reveals
- Reinforce that tension control is the skill behind the knot

Completion: Saint uses two half hitches and a clove hitch to secure objects with proper tension and safety.

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STEP 3: ACT — TEACHING GUIDE (CONTINUED)**Requirement 3c: Use a taut-line hitch to secure and adjust a tent or rain fly under changing conditions.****HOW TO TEACH**

- Set up a tent or rain fly with the Saint and use taut-line hitches
- Have him adjust the line as conditions change (rain, wind, sag)
- Discuss how a taut-line outperforms a fixed knot in changing conditions
- Reinforce that adjustable knots solve real-world unpredictability

Completion: Saint uses a taut-line hitch to secure and adjust a tent or rain fly under changing conditions.

Requirement 3d: Use a bowline to create a fixed loop for a practical task such as securing a line to a post or tree without slipping.**HOW TO TEACH**

- Demonstrate the bowline as a fixed loop that does not slip under load
- Have the Saint tie it without prompting using the 'rabbit through the hole' or alternative method
- Discuss when a non-slipping loop is required (rescue, anchoring, securing)
- Reinforce that the bowline is the knot most professionals rely on most

Completion: Saint uses a bowline to create a fixed loop that secures a line without slipping.

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STEP 3: ACT — TEACHING GUIDE (CONTINUED)**Requirement 3e: Use a timber hitch to drag or secure a log or pole safely.****HOW TO TEACH**

- Demonstrate the timber hitch on a real log or pole
- Have the Saint drag or secure a real object using it
- Discuss why the timber hitch tightens under load
- Reinforce that the timber hitch is purpose-built for round objects

Completion: Saint uses a timber hitch to drag or secure a log or pole safely.

Requirement 3f: Build a simple structure using lashings (square or diagonal), such as a camp table, tripod, or drying rack, demonstrating stability and proper frapping.**HOW TO TEACH**

- Walk square or diagonal lashing technique with real cordage and timbers
- Have the Saint build a real structure (table, tripod, drying rack)
- Watch for proper frapping turns that tighten the lashing
- Reinforce that lashings hold weight only when properly frapped

Completion: Saint builds a simple structure using square or diagonal lashings with proper frapping and stability.



STEP 4: REFLECT

LEADER PREPARATION

- ☐ Review all REFLECT requirements thoroughly
- ☐ Gather necessary resources and materials
- ☐ Prepare discussion questions and activities
- ☐ Identify potential challenges saints may face

STEP 4: REFLECT — TEACHING GUIDE

Requirement 4a: Explain which knot or lashing you found most useful and why reliability matters when others depend on your work.

HOW TO TEACH

- Give the Saint a moment of silent reflection before answering
- Ask which knot or lashing he relied on most and why
- Discuss reliability when other Saints depend on his work
- Avoid correcting the Saint's reflection — listen and affirm

Completion: Saint explains which knot or lashing he found most useful and why reliability matters when others depend on his work.

Requirement 4b: Describe one situation where using the wrong knot could cause failure or injury.

HOW TO TEACH

- Begin with a brief personal example of a knot or lashing failure (his or a leader's)
- Ask the Saint to identify one situation where the wrong knot could cause injury
- Discuss what would have prevented the failure
- Keep the connection grounded in the Saint's own work with rope

Completion: Saint describes one situation where using the wrong knot could cause failure or injury.



RESOURCES & CONTACT

RECOMMENDED RESOURCES

- Saints Global Resource Library — Online materials and guides
- DPAR Method Quick Reference — Printable guide for leaders
- Child and Youth Program Guidebook — LDS Church Official Documentation for Children and Youth
- For the Strength of Youth — A Guide for Making Choices

SAINTS GLOBAL CONTACT INFORMATION

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Thank you for leading Saints Global!

Your dedication makes a difference in the lives of our children and youth.