



KNOT TYING

Safety Guide

Forest Schools

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Checklist Items

KEY BENEFITS

Dexterity

Develops fine motor control and hand-eye coordination.

Problem Solving

Builds spatial reasoning and logical thinking.

Practical Skills

Enables construction of shelters, swings and structures.

Heritage

Connects with traditional skills and outdoor heritage.

KEY HAZARDS & CONTROL MEASURES**Entanglement**

- ✓ No rope around neck rule
- ✓ Constant supervision
- ✓ Scissors immediately available
- ✓ Loose ends secured

Rope Burns

- ✓ Gloves available
- ✓ Appropriate rope type
- ✓ Correct handling taught
- ✓ No rope pulling games

Tripping

- ✓ Rope coiled when not in use
- ✓ Rope stored properly
- ✓ Working area defined
- ✓ Area cleared of excess

Tight Knots

- ✓ No tying on people
- ✓ Finger-space rule taught
- ✓ Practice on sticks/poles
- ✓ Quick-release knots used



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