



JROTC Virtual Learning

**LET 3 & 4/ How to Construct a One  
Rope Bridge**

April 30, 2020



Lesson: April 30, 2020

## **Objective/Learning Target:**

Students will learn how to build a one rope bridge including team positions, sequence of activities, and how to use the knots learned in the last lesson.

## **Let's Get Started:**

Watch Video: [Rope Bridge Instructions](https://www.youtube.com/watch?v=7GXq2YN64-Q) (7:54 Min)

<https://www.youtube.com/watch?v=7GXq2YN64-Q>

# First Rope Bridge Instructional Video

- There are two videos in this lesson regarding constructing a one rope bridge. Each video focuses on certain aspects of the bridge construction.
- This video provides a good explanation of how the rope and equipment is laid out at the beginning.
- What rules did the instructor state and point out?
- It is a good idea to watch both of the videos in this lesson then rewatch the video or parts of videos that explained things best for you.

# Second One Rope Bridge Tutorial Video

- Watch the video and pay attention to the responsibilities for each position:
  - Near Side
  - Far Side
  - Wireman's Position
  - Team Members

[One Rope Bridge Positions Tutorial](https://www.youtube.com/watch?v=o2BvI0BaoNw) (11:29)

<https://www.youtube.com/watch?v=o2BvI0BaoNw>

- After watching the video write down the responsibilities for each position (knots they tie, commands they say, how they break down the bridge)

# Details to Construct a One Rope Bridge in a Raider Competition

- The following document is a detailed description of how to build a one rope bridge.
- The instructions are taken from a Raider Competition Standard Operating Procedure (SOP)
- Think about the videos from this lesson as you read through the instructions.
- The next lesson we will look at specific rules for Raider Competition One Rope Bridge Construction.

# Instructions for Constructing a One Rope Bridge

## A. Preparation of Troops and Equipment:

- 1) The #1 (Far Side) and #8 (Near Side) man tie an Australian Rappel Seat with snap link. The #2 through #7 man tie on rappel seats with snap links for use in transporting across the rope-bridge.
- 2) The Main Rope will be laid out in a fashion so that it does not overlap itself in any way prior to starting construction.

## B. Construction:

- 1) The #1 (Far Side) man ties an end of the line bowline in the Main Rope; attaches the loop to the snap link in the Australian Rappel Seat, then moves across the obstacle. Another man belays the #1 man to the far side. An anchor point should be established approximately 52 feet from the near anchor point (starting point).
- 2) When the #1 man has reached the far side, he moves to his anchor point, detaches the snap link from his waist and wraps the rope around the anchor point. He temporarily secures the rope by closing the snap link on the main rope.
- 3) One man on the near side ties a wireman's knot as close to the obstacle as possible and places a snap link into the loop of knot (two additional snap links may be used in the knot for ease of disassembly). The opening gate must be up and away from the loop. If two snap links are used, the opening gates will be opposite. At that time, team members route the remainder of the rope around the near side anchor point and hook the rope into the snap link, then the far-side cadet (#1 Man) pulls the wireman's knot out at least two meters from the near side anchor point. This is due to the stretch factor and slack in the Main Rope.
- 4) The far side man (#1 Man) secures the rope to the anchor point using a round turn with two half hitches (a quick release may be tied in the second half hitch, but the half hitch must go over all wraps, not just one side).
- 5) Team members on the near side tighten the Main Rope. A transport tightening system is used to tighten and secure the one rope bridge. The tightening system is secured on the near side utilizing a round turn and two half hitches (a quick release may be tied in the second half hitch, but the half hitch must go over all wraps-not just one side).

## C. Method of Crossing.

- 1) The rappel seat method is preferred. Team members tie a rappel seat with snap link facing up and away from the body. Progress is made by snapping into the rope and

rotating under the rope, then pulling with the hands and arms. Feet and legs may also be used to assist movement on the rope.

2) Only two team members may be snapped in on the rope at any time. No part of the body or equipment may touch the obstacle while crossing.

D. Disassembly of the rope.

1) The #8 man disassembles the transport system on the near side, but not the wireman's knot.

2) He secures an end of the bowline (on the Main Rope) to his Australian Rappel Seat using the snap link (the bowline may be tied at any time during construction of the bridge).

3) The #8 man ensures that the rope is not wrapped around the anchor point and moves across the obstacle. If the rope is still around the obstacle and he must return to the near side to correct it.

4) Once the #8 man is across the obstacle, one man disassembles the wireman's knot while the rest of the team ensure that all other knots are taken out of the rope and that the rope is not laid on itself.

5) When the team captain is satisfied that all knots are removed from the rope and that all equipment is accounted for, he will call STOP and time will cease.