

**SECTION 13****PO 321 – RIG A LIFTING DEVICE**

1. **Performance.** Rig a Lifting Device.
2. **Conditions**
  - a. Given:
    - (1) Sheers kit (IAW Chapter 2, [Annex C, Appendix 1](#)),
    - (2) Load of 22 kg (50 lbs) or less,
    - (3) Hard Hat,
    - (4) Knife with lanyard,
    - (5) Supervision, and
    - (6) Assistance as required.
  - b. Denied: N/A.
  - c. Environmental: Training area large enough to accommodate the entire group.
3. **Standard.** The cadet, as a member of a group, will rig sheers, to include:
  - a. rigging;
  - b. responding to commands; and
  - c. de-rigging.
4. **Remarks.** N/A.
5. **Complementary Material**
  - a. Complementary material associated with PO 321 is designed to enhance the cadet's knowledge of lifting devices through a number of activities:
    - (1) EO C321.01 (Rig Sheers),
    - (2) EO C321.02 (Rig a Standing Derrick),
    - (3) EO C321.03 (Rig a Gyn),
    - (4) EO C321.04 (Make a Monkey's Fist), and
    - (5) EO C321.05 (Make a Turk's Head).
  - b. Some complementary training offered in previous phases may be selected as complementary training in Phase Three, specifically:
    - (1) EO C221.01 (Make a Back Splice, A-CR-CCP-602/PG-001, Chapter 4, Section 11),
    - (2) EO C221.02 (Make an Eye Splice, A-CR-CCP-602/PG-001, Chapter 4, Section 11),
    - (3) EO C221.03 (Make a Long Splice, A-CR-CCP-602/PG-001, Chapter 4, Section 11),
    - (4) EO C121.01 (Whip the End of a Line Using a West-Country Whipping, A-CR-CCP-601/PG-001, Chapter 4, Section 10),

- (5) EO C121.02 (Whip the End of a Line Using a Sailmaker's Whipping, A-CR-CCP-601/PG-001, Chapter 4, Section 10),
  - (6) EO C121.03 (Complete a Rolling Hitch, A-CR-CCP-601/PG-001, Chapter 4, Section 10), and
  - (7) EO C121.04 (Complete a Marling Hitch, A-CR-CCP-601/PG-001, Chapter 4, Section 10).
- c. When selecting complementary training from previous phases, training staff shall review the applicable performance objective, lesson specification(s) and instructional guide(s).
  - d. Complementary training associated with PO 321 is limited to a total of 12 periods. Corps are not required to use all 12 periods.

**EO M321.01 – DESCRIBE SAFETY PROCEDURES FOR OPERATING LIFTING DEVICES**

1. **Performance.** Describe Safety Procedures for Operating Lifting Devices.
2. **Conditions**
  - a. Given:
    - (1) Supervision, and
    - (2) Assistance as required.
  - b. Denied: N/A.
  - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard.** The cadet shall describe safety procedures for operating lifting devices, to include:
  - a. safe practices,
  - b. personal safety equipment, and
  - c. danger zones.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Discuss safety procedures and equipment for operating lifting devices, to include: <ol style="list-style-type: none"> <li>a. safe practices, to include:               <ol style="list-style-type: none"> <li>(1) personal conduct,</li> <li>(2) clothing, and</li> <li>(3) use of rigging equipment; and</li> </ol> </li> <li>b. personal safety equipment, to include:               <ol style="list-style-type: none"> <li>(1) hard hat,</li> <li>(2) issued cadet boots, and</li> <li>(3) knife lanyard.</li> </ol> </li> </ol>	Interactive Lecture	15 min	A1-004 (p. 4-5, p. 4-7, p. 4-11, p. 4-12) C1-131 (ch. 6, p. 9)
TP2	Describe danger zones of sheers, gyn and standing derrick, to include: <ol style="list-style-type: none"> <li>a. where they are located, and</li> <li>b. when they come into effect.</li> </ol>	Interactive Lecture	10 min	C1-131 (ch. 6, p. 4)

5. **Time**
  - a. Introduction/Conclusion: 5 min
  - b. Interactive Lecture: 25 min
  - c. Total: 30 min

6. **Substantiation.** An interactive lecture was chosen for this lesson to introduce safety procedures for operating lifting devices.
7. **References**
  - a. A1-004 B-GN-181-105/FP-E00 Chief of the Maritime Staff. (2000). *CFCD 105 Fleet Seamanship Rigging and Procedures Manual*. Ottawa, ON: Department of National Defence.
  - b. C1-131 Navy League of Canada. (2008). *NLP 101 Flotilla and Provincial Seamanship Competition Manual*. Toronto, ON: Navy League of Canada.
8. **Training Aids.** Presentation aids (eg, whiteboard/flip chart/OHP) appropriate for the classroom/training area.
9. **Learning Aids.** Safety zones handout.
10. **Test Details.** This EO is assessed IAW Chapter 3, [Annex B](#), [Appendix 5](#) (321 PC).
11. **Remarks.** This EO shall be conducted prior to EO M321.02 (Rig Sheers).

**EO M321.02 – RIG SHEERS**

1. **Performance.** Rig Sheers.
2. **Conditions**
  - a. Given:
    - (1) Sheers kit (IAW Chapter 2, [Annex C, Appendix 1](#)),
    - (2) Load of 22 kg (50 lbs) or less,
    - (3) Hard hat,
    - (4) Knife with lanyard,
    - (5) Supervision, and
    - (6) Assistance as required.
  - b. Denied: N/A.
  - c. Environmental: Training area large enough to accommodate the entire group.
3. **Standard.** The cadet, as a member of a group, shall rig sheers, to include:
  - a. describing its function;
  - b. identifying its parts;
  - c. rigging;
  - d. responding to commands; and
  - e. de-rigging.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Explain the function of sheers, to include: <ol style="list-style-type: none"> <li>a. lifting a load that is not required to be slewed; and</li> <li>b. lifting a load from a jetty onto the ship.</li> </ol>	Interactive Lecture	5 min	C1-049 (p. 197, p. 198)

TP	Description	Method	Time	Ref
TP2	Describe the parts of the sheers, to include: <ul style="list-style-type: none"> <li>a. spars,</li> <li>b. head lashing,</li> <li>c. topping lift,</li> <li>d. main purchase,</li> <li>e. leading block (for the fall of the main purchase),</li> <li>f. strops,</li> <li>g. splay tackle,</li> <li>h. heel tackles,</li> <li>i. tag line,</li> <li>j. martingale (if fitted), and</li> <li>k. shoes (if fitted).</li> </ul>	Interactive Lecture	10 min	C1-049 (p. 197)
TP3	Demonstrate and have the cadets tie a timber hitch.	Demonstration and Performance	20 min	C1-064 (p. 98, p. 99)
TP4	Demonstrate and have the cadets choke a luff.	Demonstration and Performance	20 min	C1-003 (p. 170, p. 171)
TP5	Describe the actions taken in response to the following commands: <ul style="list-style-type: none"> <li>a. heave in,</li> <li>b. check away,</li> <li>c. avast,</li> <li>d. choke,</li> <li>e. secure,</li> <li>f. handsomely, and</li> <li>g. roundly.</li> </ul>	Interactive Lecture	15 min	A1-004 (pp. 3-21 to 3-28)
TP6	Demonstrate and have the cadets, as members of a group, rig sheers.	Demonstration and Performance	20 min	C1-049 (pp. 205–207)
TP7	Have the cadets, as members of a group, operate the sheers, to include: <ul style="list-style-type: none"> <li>a. raising the sheers;</li> <li>b. hooking on a load of 22 kg (50 lbs) or less;</li> <li>c. raising the load;</li> <li>d. securing the load line;</li> <li>e. lowering the load; and</li> <li>f. lowering the sheers.</li> </ul>	Practical Activity	40 min	C1-049 (p. 210)

TP	Description	Method	Time	Ref
	<b>Note:</b> Minimum group size for this TP is four.			
TP8	Demonstrate and have the cadets, as members of a group, de-rig sheers.	Demonstration and Performance	10 min	

#### 5. Time

- |    |                                |         |
|----|--------------------------------|---------|
| a. | Introduction/Conclusion:       | 10 min  |
| b. | Interactive Lecture:           | 30 min  |
| c. | Demonstration and Performance: | 70 min  |
| d. | Practical Activity:            | 40 min  |
| e. | Total:                         | 150 min |

#### 6. Substantiation

- An interactive lecture was chosen for TPs 1, 2 and 5 to present and illustrate the function, basic materials needed and the application of commands for rigging sheers.
- Demonstration and performance was chosen for TPs 3, 4, 6 and 8 as it provides the instructor the opportunity to introduce sheers, demonstrate procedures and observe the cadets' rigging and de-rigging skills.
- A practical activity was chosen for TP 7 as it is an interactive way to introduce the cadets to operating sheers in a safe and controlled environment. This activity contributes to the development of seamanship skills and teamwork in a fun and challenging setting.

#### 7. References

- C1-003 (ISBN 11-770973-5) Royal Navy. (1972). *Admiralty Manual of Seamanship 1964* (Vol. 1). London, England: Her Majesty's Stationery Office.
- C1-049 (ISBN 0-11-771958-7) Royal Navy. (1967). *Admiralty Manual of Seamanship 1964* (Vol. 2). Cambridge, England: Her Majesty's Stationery Office.
- C1-064 (ISBN 1-55267-986-1) Budworth, G. (2001). *The Ultimate Encyclopedia of Knots & Ropework*. London, England: Anness Publishing Limited.

#### 8. Training Aids

- Presentation aids (eg, whiteboard/flip chart/OHP) appropriate for the classroom/training area,
- Sheers kit,
- Load of 22 kg (50 lbs) or less,
- Pylons,
- Whistle,
- Stopwatch,
- Parts cards,
- Picture/model of sheers, and

- i. Sheers scoresheet.

9. **Learning Aids**

- a. Sheers kit,
- b. Load of 22 kg (50 lbs) or less,
- c. Hook,
- d. Hard hat,
- e. Issued cadet boots, and
- f. Knife with lanyard.

10. **Test Details.** This EO is assessed IAW Chapter 3, [Annex B](#), [Appendix 5](#) (321 PC).

11. **Remarks**

- a. This EO shall be conducted after EO M321.01 (Describe Safety Procedures for Operating Lifting Devices).
- b. This EO may be conducted as five consecutive periods on a weekend training day or over two training nights. Training night one will consist of TPs 1 to 4 for a total of two periods. Training night two will consist of TPs 5 to 8 for a total of three periods.

**EO C321.01 – RIG SHEERS**

1. **Performance.** Rig Sheers.
2. **Conditions**
  - a. Given:
    - (1) Sheers kit (IAW Chapter 2, [Annex C](#), [Appendix 1](#)),
    - (2) Load of 22 kg (50 lbs) or less,
    - (3) Hard hat,
    - (4) Knife with lanyard,
    - (5) Supervision, and
    - (6) Assistance as required.
  - b. Denied: N/A.
  - c. Environmental: Training area large enough to accommodate the entire group.
3. **Standard.** The cadet, as a member of a group, shall rig sheers, to include:
  - a. rigging;
  - b. responding to commands; and
  - c. de-rigging.
4. **Teaching Points.** Supervise while the cadets, as members of a group, rig sheers.
5. **Time**
  - a. Introduction/Conclusion: 10 min
  - b. Practical Activity: 80 min
  - c. Total: 90 min
6. **Substantiation.** A practical activity was chosen for this lesson as it is an interactive way to introduce the cadets to rigging sheers in a safe and controlled environment. This activity contributes to the development of seamanship skills and knowledge in a fun and challenging setting.
7. **References.** C1-049 (ISBN 0-11-771958-7) Royal Navy. (1967). *Admiralty Manual of Seamanship 1964* (Vol. 2). Cambridge, England: Her Majesty's Stationery Office.
8. **Training Aids**
  - a. Sheers kit, and
  - b. Load of 22 kg (50 lbs) or less.
9. **Learning Aids**
  - a. Sheers kit,
  - b. Load of 22 kg (50 lbs) or less,
  - c. Hard hat, and

d. Knife with lanyard.

10. **Test Details.** N/A.

11. **Remarks**

a. This EO may be used as additional practice time for EO M321.02 (Rig Sheers).

b. There is no instructional guide for this EO.

**EO C321.02 – RIG A STANDING DERRICK**

1. **Performance.** Rig a Standing Derrick.
2. **Conditions**
  - a. Given:
    - (1) Standing derrick kit (IAW Chapter 2, [Annex C, Appendix 1](#)),
    - (2) Load of 22 kg (50 lbs) or less,
    - (3) Hard hat,
    - (4) Knife with lanyard,
    - (5) Supervision, and
    - (6) Assistance as required.
  - b. Denied: N/A.
  - c. Environmental: Training area large enough to accommodate the entire group.
3. **Standard.** The cadet, as a member of a group, shall rig a standing derrick, to include:
  - a. explaining its function;
  - b. identifying its parts;
  - c. rigging;
  - d. responding to commands; and
  - e. de-rigging.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	<p>Explain the function of a standing derrick, to include:</p> <ol style="list-style-type: none"> <li>a. lifting heavy objects on board ships when a crane or other lifting devices are unavailable; and</li> <li>b. lifting heavy objects on land when lifting devices, such as hydraulics, are not available.</li> </ol>	Interactive Lecture	5 min	<p>C1-047 (p. 3-192)</p> <p>C1-049 (p. 194, p. 195)</p>

TP	Description	Method	Time	Ref
TP2	Identify the parts of a standing derrick, to include: <ol style="list-style-type: none"> <li>a. topping lift (back guy),</li> <li>b. side guys,</li> <li>c. main purchase,</li> <li>d. spar,</li> <li>e. anti-twister,</li> <li>f. leading block (for the fall of the main purchase),</li> <li>g. strops,</li> <li>h. heel tackles,</li> <li>i. tag line,</li> <li>j. martingale (if fitted),</li> <li>k. shoe (if fitted), and</li> <li>l. thumb pieces/rope collars (if fitted).</li> </ol>	Interactive Lecture	15 min	C1-047 (pp. 3-193 to 3-202)  C1-049 (p. 195, pp. 199–201)
TP3	Describe the actions taken in response to the following commands: <ol style="list-style-type: none"> <li>a. heave in,</li> <li>b. check away,</li> <li>c. avast,</li> <li>d. choke,</li> <li>e. secure,</li> <li>f. handsomely, and</li> <li>g. roundly.</li> </ol>	Interactive Lecture	15 min	A1-004 (pp. 3-21 to 3-28)
TP4	Demonstrate and have the cadets, as members of a group, rig a standing derrick.	Demonstration and Performance	20 min	C1-047 (p. 3-201)
TP5	Have the cadets, as members of a group, operate a standing derrick, to include: <ol style="list-style-type: none"> <li>a. hooking on a load of 22 kg (50 lbs) or less;</li> <li>b. raising the load;</li> <li>c. lowering the load; and</li> <li>d. unhooking the load.</li> </ol> <p><b>Note:</b> Minimum group size for this TP is four.</p>	Practical Activity	75 min	
TP6	Demonstrate and have the cadets, as members of a group, de-rig a standing derrick.	Demonstration and Performance	10 min	

**5. Time**

a. Introduction/Conclusion:	10 min
b. Interactive Lecture:	35 min
c. Demonstration and Performance:	30 min
d. Practical Activity:	75 min
e. Total:	150 min

**6. Substantiation**

- An interactive lecture was chosen for TPs 1 to 3 to illustrate the function, parts and rigging commands for a standing derrick.
- Demonstration and performance was chosen for TPs 4 and 6 as it provides the instructor the opportunity to introduce a standing derrick, demonstrate procedures and observe the cadets rigging and de-rigging a standing derrick.
- A practical activity was chosen for TP 5 as it is an interactive way to introduce the cadets to operating a standing derrick in a safe and controlled environment. This activity contributes to the development of seamanship skills and knowledge in a fun and challenging setting.

**7. References**

- A1-004 B-GN-181-105/FP-E00 Chief of the Maritime Staff. (2000). *CFCD 105 Fleet Seamanship Rigging and Procedures Manual*. Ottawa, ON: Department of National Defence.
- C1-047 (ISBN 0-11-772695-8) Command of the Defence Council. (1995). *BR 67 Admiralty Manual of Seamanship*. London, England: Her Majesty's Stationery Office.
- C1-049 (ISBN 0-11-771958-7) Royal Navy. (1967). *Admiralty Manual of Seamanship 1964 (Vol. 2)*. Cambridge, England: Her Majesty's Stationery Office.

**8. Training Aids**

- Presentation aids (eg, whiteboard/flip chart/OHP) appropriate for the classroom/training area,
- Standing derrick kit,
- Load of 22 kg (50 lbs) or less,
- Pylons,
- Parts cards,
- Picture/model of standing derrick,
- Standing derrick scoresheet,
- Whistle, and
- Stopwatch.

**9. Learning Aids**

- Standing derrick kit,
- Load of 22 kg (50 lbs) or less,

- c. Hook,
- d. Hard hat,
- e. Issued cadet boots, and
- f. Knife with lanyard.

10. **Test Details.** N/A.

11. **Remarks**

- a. This EO shall be conducted after EO M321.01 (Describe Safety Procedures for Operating Lifting Devices).
- b. The cadets must wear issued cadet boots and hard hats while operating the standing derrick.

**EO C321.03 – RIG A GYN**

1. **Performance.** Rig a Gyn.
2. **Conditions**
  - a. Given:
    - (1) Gyn kit (IAW Chapter 2, [Annex C, Appendix 1](#)),
    - (2) Load of 22 kg (50 lbs) or less,
    - (3) Hard hat,
    - (4) Knife with lanyard,
    - (5) Supervision, and
    - (6) Assistance as required.
  - b. Denied: N/A.
  - c. Environmental: Training area large enough to accommodate the entire group.
3. **Standard.** The cadet, as a member of a group, shall rig a gyn, to include:
  - a. explaining its function;
  - b. identifying its parts;
  - c. rigging;
  - d. responding to commands; and
  - e. de-rigging.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Explain the function of a gyn, to include: <ol style="list-style-type: none"> <li>a. lifting heavy objects on board ships when a crane or derrick is unavailable; and</li> <li>b. lifting heavy objects on land when lifting devices, such as hydraulics, are not available.</li> </ol>	Interactive Lecture	5 min	A1-004 (p. 5-102)  C1-049 (p. 194)

TP	Description	Method	Time	Ref
TP2	Identify the parts of a gyn, to include: <ul style="list-style-type: none"> <li>a. head lashing,</li> <li>b. spars,</li> <li>c. main purchase,</li> <li>d. splay tackles,</li> <li>e. leading block (for the fall of the main purchase),</li> <li>f. strops,</li> <li>g. shoes (if fitted), and</li> <li>h. thumb pieces/rope collars (if fitted).</li> </ul>	Interactive Lecture	15 min	A1-004 (p. 5-102)  C1-047 (pp. 3-196 to 3-198, p. 3-204)  C1-049 (p. 200, p. 201, p. 207, p. 208)
TP3	Describe the actions taken in response to the following commands: <ul style="list-style-type: none"> <li>a. heave in,</li> <li>b. check away,</li> <li>c. avast,</li> <li>d. choke,</li> <li>e. secure,</li> <li>f. handsomely, and</li> <li>g. roundly.</li> </ul>	Interactive Lecture	15 min	A1-004 (pp. 3-21 to 3-28)
TP4	Demonstrate and have the cadets, as members of a group, rig a gyn.	Demonstration and Performance	20 min	C1-049 (p. 207, p. 208)
TP5	Demonstrate and have the cadets, as members of a group, operate a gyn, to include: <ul style="list-style-type: none"> <li>a. hooking on a load of 22 kg (50 lbs) or less;</li> <li>b. raising the load;</li> <li>c. lowering the load; and</li> <li>d. unhooking the load.</li> </ul> <p><b>Note:</b> Minimum group size for this TP is three.</p>	Practical Activity	75 min	
TP6	Demonstrate and have the cadets, as members of a group, de-rig a gyn.	Demonstration and Performance	10 min	

## 5. Time

a.	Introduction/Conclusion:	10 min
b.	Interactive Lecture:	35 min
c.	Demonstration and Performance:	30 min
d.	Practical Activity:	75 min
e.	Total:	150 min

## 6. Substantiation

- An interactive lecture was chosen for TPs 1 to 3 to illustrate the function, parts and rigging commands for a gyn.
- Demonstration and performance was chosen for TPs 4 and 6 as it provides the instructor the opportunity to introduce a gyn, demonstrate procedures and observe the cadets rigging and de-rigging a gyn.
- A practical activity was chosen for TP 5 as it is an interactive way to introduce the cadets to operating a gyn in a safe and controlled environment. This activity contributes to the development of seamanship skills and knowledge in a fun and challenging setting.

## 7. References

- A1-004 B-GN-181-105/FP-E00 Chief of the Maritime Staff. (2000). *CFCD 105 Fleet Seamanship Rigging and Procedures Manual*. Ottawa, ON: Department of National Defence.
- C1-003 (ISBN 11-770973-5) Royal Navy. (1972). *Admiralty Manual of Seamanship*. (Vol. 1). London, England: Her Majesty's Stationery Office.
- C1-047 (ISBN 0-11-772695-8) Royal Navy. (1995). *BR 67 Admiralty Manual of Seamanship*. London, England: Her Majesty's Stationery Office.
- C1-049 (ISBN 0-11-771958-7) Royal Navy. (1967). *Admiralty Manual of Seamanship 1964* (Vol. 2). Cambridge, England: Her Majesty's Stationery Office.

## 8. Training Aids

- Presentation aids (eg, whiteboard/flip chart/OHP) appropriate for the classroom/training area,
- Gyn kit,
- Load of 22 kg (50 lbs) or less,
- Pylons,
- Whistle,
- Stopwatch,
- Parts cards,
- Picture/model of sheers, and
- Sheers scoresheet.

9. **Learning Aids**

- a. Gyn kit,
- b. Load of 22 kg (50 lbs) or less,
- c. Hook,
- d. Hard hat,
- e. Issued cadet boots, and
- f. Knife with lanyard.

10. **Test Details.** N/A.

11. **Remarks**

- a. This EO shall be conducted after EO M321.01 (Describe Safety Procedures for Operating Lifting Devices).
- b. The cadets must wear issued cadet boots and hard hats while operating the gyn.

**EO C321.04 – MAKE A MONKEY’S FIST**

1. **Performance.** Make a Monkey’s Fist.

2. **Conditions**

a. Given:

- (1) Line,
- (2) Supervision, and
- (3) Assistance as required.

b. Denied: N/A.

c. Environmental: Classroom or training area large enough to accommodate the entire group.

3. **Standard.** The cadet shall make a monkey’s fist.

4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Explain the use of a monkey’s fist.	Interactive Lecture	5 min	A1-004 (p. 5-34, p. 5-35)
TP2	Demonstrate and have the cadets make a monkey’s fist.	Demonstration and Performance	45 min	A1-004 (p. 5-35)  C1-102

5. **Time**

- |                                   |        |
|-----------------------------------|--------|
| a. Introduction/Conclusion:       | 10 min |
| b. Interactive Lecture:           | 5 min  |
| c. Demonstration and Performance: | 45 min |
| d. Total:                         | 60 min |

6. **Substantiation**

- a. An interactive lecture was chosen for TP 1 to explain the use of the monkey’s fist.
- b. Demonstration and performance was chosen for TP 2 as it allows the instructor to demonstrate making a monkey’s fist while providing an opportunity for the cadets to practice this skill under supervision.

7. **References**

- a. A1-004 B-GN-181-105/FP-E00 Chief of the Maritime Staff. (2000). *CFCD 105 Seamanship Rigging and Procedures Manual*. Ottawa, ON: Department of National Defence.
- b. C1-102 Fukahara, D. (2002). *Fancy Knotting: An Introduction*. Vancouver, BC: David Fukahara.

8. **Training Aids**

- a. Presentation aids (eg, whiteboard/flip chart/OHP) appropriate for the classroom/training area,
- b. Completed monkey's fist, and
- c. Line.

9. **Learning Aids.** Line.

10. **Test Details.** N/A.

11. **Remarks.** N/A.

**EO C321.05 – MAKE A TURK’S HEAD**

1. **Performance.** Make a Turk’s Head.

2. **Conditions**

a. Given:

- (1) Line,
- (2) Supervision, and
- (3) Assistance as required.

b. Denied: N/A.

c. Environmental: Classroom or training area large enough to accommodate the entire group.

3. **Standard.** The cadet shall make a turk’s head.

4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Explain the use of a turk’s head.	Interactive Lecture	5 min	A1-004 (p. 5-41, p. 5-42)
TP2	Demonstrate and have the cadets make a turk’s head.	Demonstration and Performance	45 min	A1-004 (p. 5-42)

5. **Time**

- a. Introduction/Conclusion: 10 min
- b. Interactive Lecture: 5 min
- c. Demonstration and Performance: 45 min
- d. Total: 60 min

6. **Substantiation**

- a. An interactive lecture was chosen for TP 1 to explain the use of the turk’s head.
- b. Demonstration and performance was chosen for TP 2 as it allows the instructor to demonstrate making a turk’s head while providing an opportunity for the cadets to practice this skill under supervision.

7. **References.** A1-004 B-GN-181-105/FP-E00 Chief of the Maritime Staff. (2000). *CFCD 105 Seamanship Rigging and Procedures Manual*. Ottawa, ON: Department of National Defence.

8. **Training Aids**

- a. Presentation aids (eg, whiteboard/flip chart/OHP) appropriate for the classroom/training area,
- b. Completed turk’s head, and
- c. Line.

9. **Learning Aids.** Line.
10. **Test Details.** N/A.
11. **Remarks.** N/A.