

# NASSAU COUNTY FIRE SERVICE ACADEMY

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*Assistant Chief Instructor*

The following is the list of knots that are required for the NYS Firefighter 1 and subsequently will be used in the primary curriculum. These knots will also be reviewed and evaluated at the beginning of every rope class.

Please have your members be proficient with the list of required knots prior to night 1 of any rope class request.

- 1) Figure eight
- 2) Figure eight on a bight
- 3) Figure eight follow through loop
- 4) Figure eight bend
- 5) Double loop figure eight
- 6) Double fisherman
- 7) Prusik hitch
- 8) Overhand
- 9) Munter hitch
- 10) Square knot
- 11) Butterfly
- 12) Water
- 13) Clove hitch
- 14) Handcuff