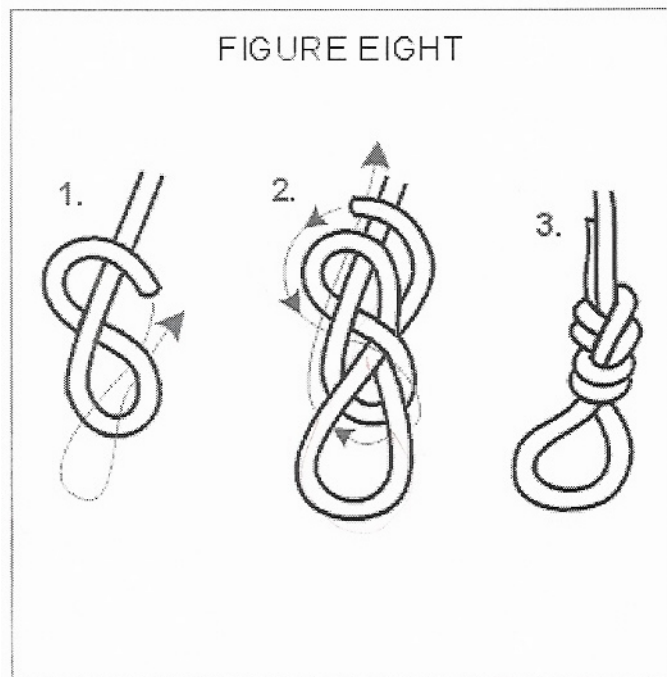


Suggested Knot for Attaching Swivel Clips to Spotting Rope

The Figure Eight Follow-through is one of the strongest knots. It is generally rated at 70% - 75% of rope strength. Due to its strength and the fact that it is easy to visually inspect, it is commonly used by climbers as their "tie-in knot" – the knot that connects the climber to the rope. It forms a secure non-slip loop at the end of a rope. For even greater security, finish the tag end with a backup knot such as the Double Fisherman's.



This knot can also be tied by tying Figure 1 with a doubled rope. It is faster but cannot be used if tying into a fixed object, which is why it is good to learn the "follow through" method. Also, Figure 1 can be tied by itself and that makes a good "Stopper Knot" at the end of the rope.