

# ANNEX C

## RIGGING EXERCISE TRAINING BOARD

To make your own cost effective training boards, which would be suitable for use in large or small classroom areas, the following equipment would be required.

### 1. THE BASE

1 Sheet of 8' X 4' Plywood (Flooring ply will suffice)

1 Sheet of 4' X 2' Plywood (allow extra 6" for join if necessary)

Both sheets may be joined using bolts through the overlap area or by making a simple fixing plate with studs to locate into holes.

Plywood for Shoes (off cuts from timber merchant)

7 Eye plates or Screw Eyes (available from hardware stores)

### 2. CORDAGE

75 metres X 8mm Polyester or other cordage available.

Strops (made from spare cordage).

Head Lashing.

### 3. BLOCKS

Makes of Blocks vary, both Barton Blocks and Holt Allen have been successfully used.

2 X Treble Blocks

10 X Double Blocks (4 with beackets)

2 X Single Blocks (with beackets)

3 X Single Blocks (without beackets)

20 X Stainless Steel Shackles

### 4. APPARATUS

#### ***Heel Tackles***

3 X Double Blocks (with beackets)

3 X Double Blocks (without beackets)

18 mtrs cordage (6 metres each tackle)

#### ***Purchase***

1 X Treble Block (with becket)

1 X Treble Block (without becket)

15 mtrs cordage

#### ***Topping Lift***

1 X Double Block (with becket)

1 X Double Block (without becket)

20 mtrs cordage

#### ***Guy Tackles***

2 X Double Blocks (with beackets)

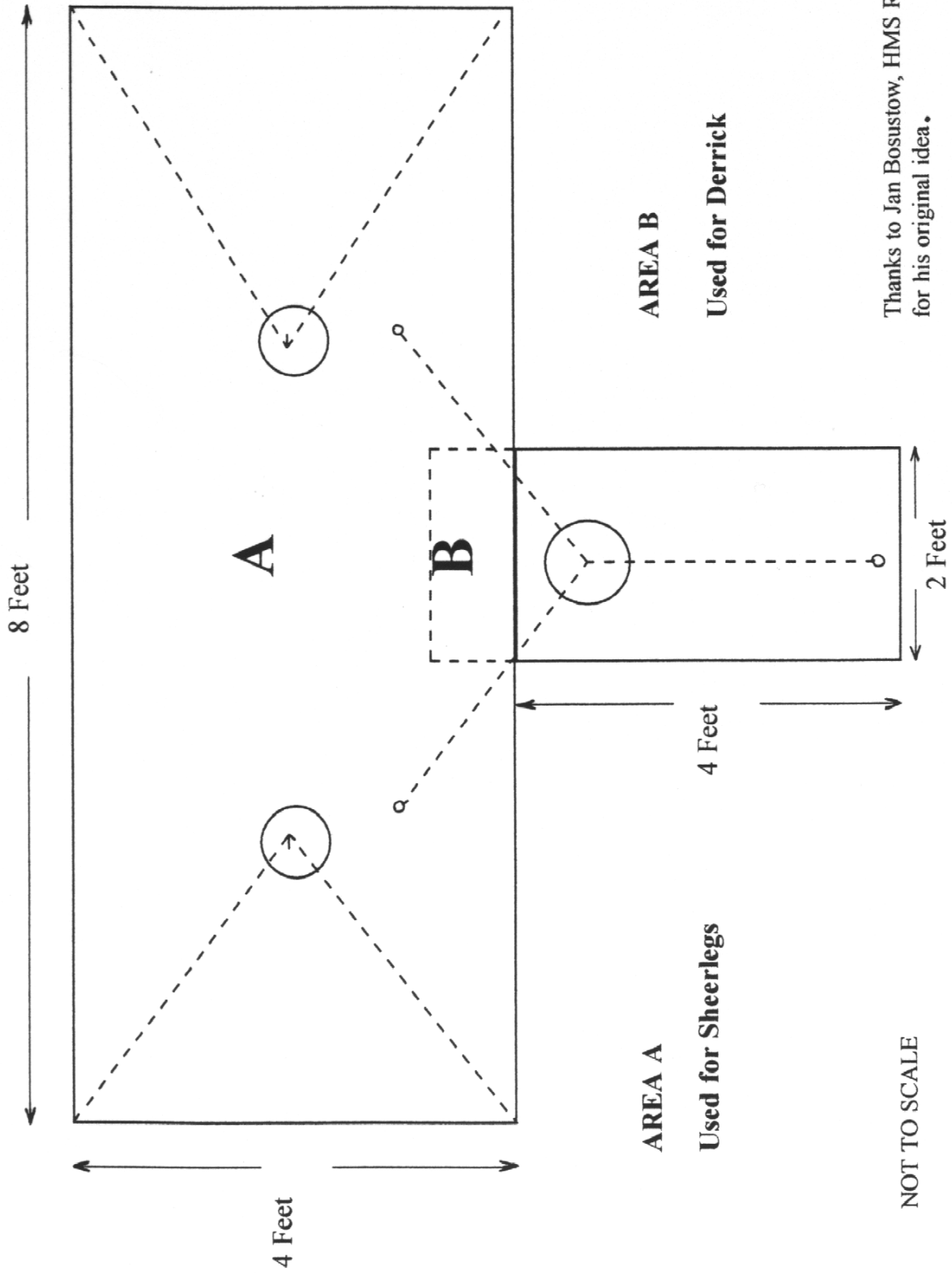
2 X Double Blocks (without beackets)

20 mtrs cordage (10 mtrs each guy)

### 5. SPARS

Minimum of 3 required

6' - 8' (max) in length, between 2 - 3" ideal thickness (old wooden tent poles are ideal)



**AREA B**  
**Used for Derrick**

**AREA A**  
**Used for Sheerlegs**

Thanks to Jan Bosustow, HMS Raleigh  
 for his original idea.

NOT TO SCALE

**RIGGING EXERCISE TRAINING BOARD**