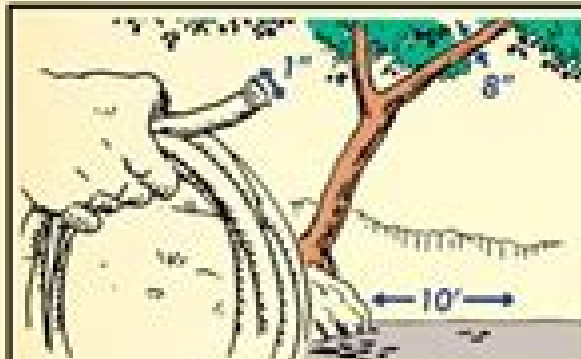


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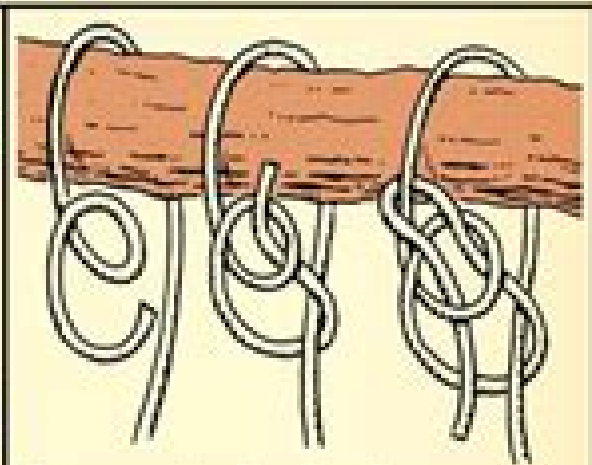


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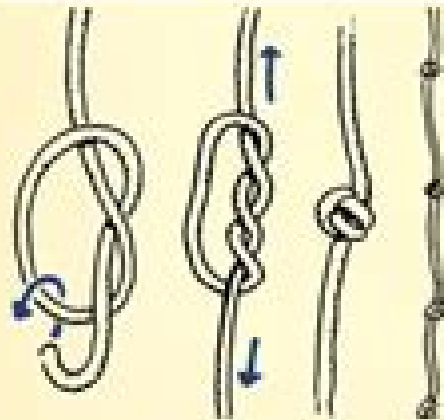
- 1: Thirty feet of nylon rope, at least 1 inch in diameter.
- 2: A sturdy tree branch at least 8 inches thick that leans well out over the water—ideally 10 or 15 feet.



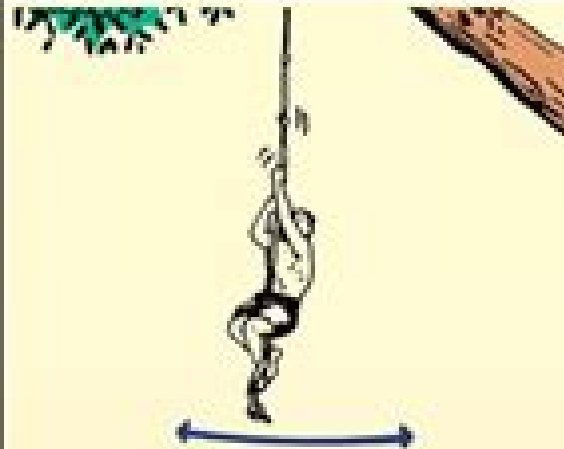
Clear the area of debris and test the water. The depth should be at least 8 ft. Make sure there are no rocks or logs in the landing area.



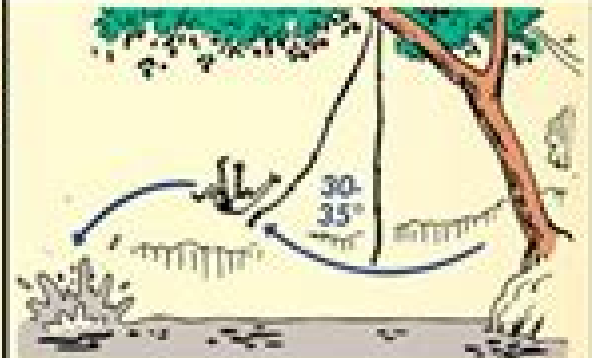
Use a running bowline knot to secure the rope to the tree. It's a durable knot, and won't strangle the tree.



Use a double overhand knot at various heights for hand grips while swinging. Be sure to have one each for kiddos, teenagers, and adults.



Test your weight on the swing and do a few smaller, low velocity jumps to make sure it will hold.



To gain maximum distance and height, make sure you let go before you hit 45 degrees. The ideal degree has many variables, but stick with between 30-35 degrees and you'll fly through the air like Tarzan.

How To Make A Rope Swing

Kathleen Armour



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