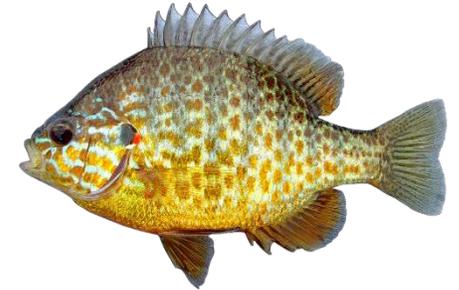
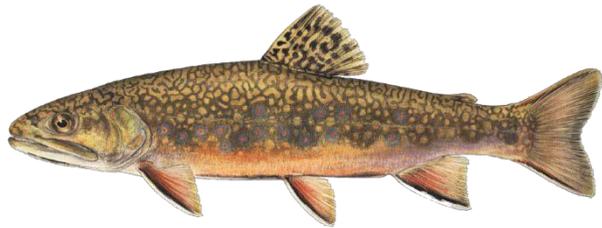


# BSA Fishing Basics

## CAI Instructor's Guide



**BSA FISHING**

# WELCOME & INTRODUCTION



## Introduce Instructors and the Scout Intro to fishing Program

- This course is designed as a ***basic introduction*** to the sport of freshwater fishing. Topics to be covered will be rod and reel setup, tackle, knots, rules and regulations, fish identification and ecology, baits, care of the catch, and casting.

This course was developed by the **State of Connecticut DEEP Fisheries' CARE Program,**  
**(Connecticut Angling Resources Education)**

and has been modified with permission by the

The **BSA CAI Program, (Certified Angling Instructor)**

# FISHING TACKLE

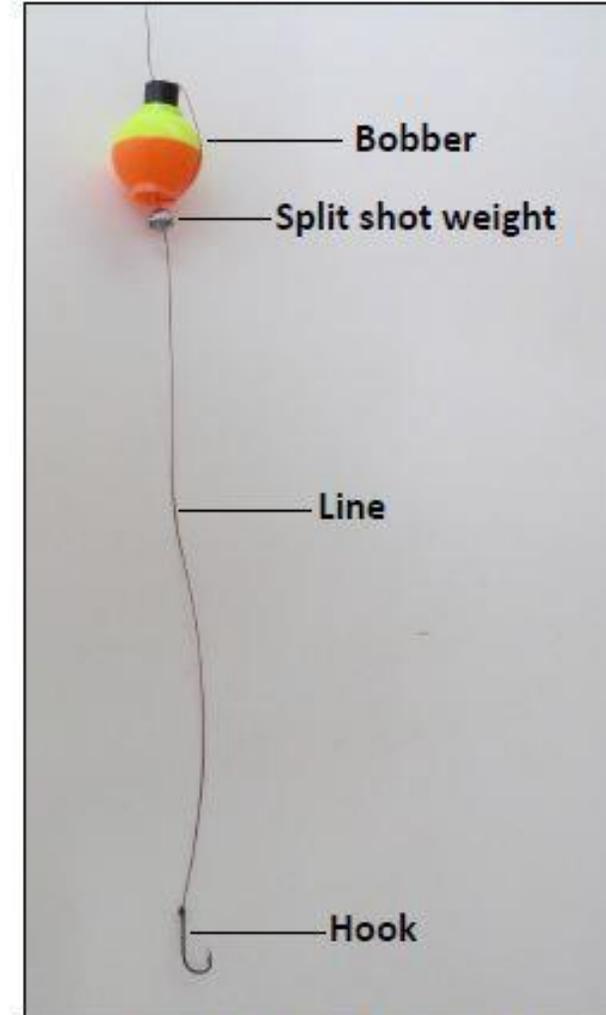


## Demonstrate Rod and Reel set-up

- Demonstrate with CARE spincast rods.
- *Optional* – bring your own spinning rod, fly rod, baitcasting rod to show.
- **Assemble two piece rod** – Line up guides and push ferrules firmly together.
- **Pull line up through guides** – be sure line is not wrapped around rod.

## Terminal tackle

- Explain and demonstrate how to **attach bobber** and placement for different fishing situations.
- Explain and demonstrate how to **attach a removable spilt-shot sinker**. Discuss placement of sinker on line.
- **Parts of the hook** – eye, point, and barb. Pinch barbs to create a “barbless” hook.



*The basic fishing set up used by CARE.*

# Hooks



**Inline “J” hook - Can be used as bait hook or to replace treble hooks on lures.**

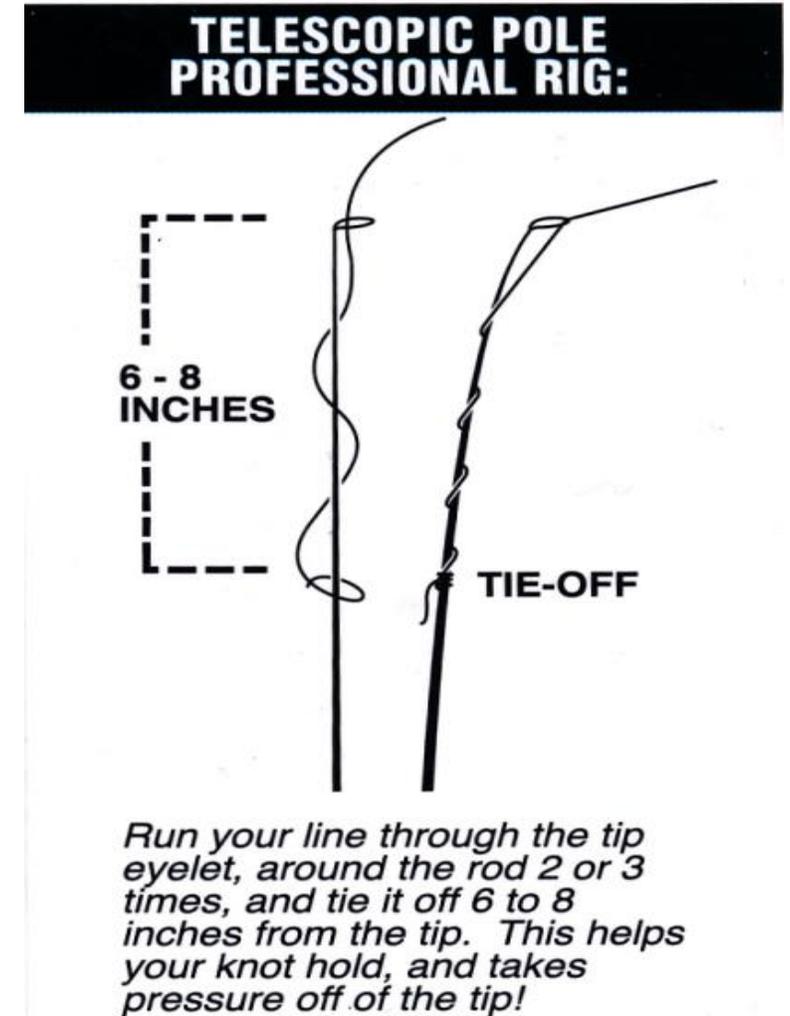


**“Circle” hook - Can be used as bait hook. Best choice for youth fishing - safer and easier for young Scouts to use.**

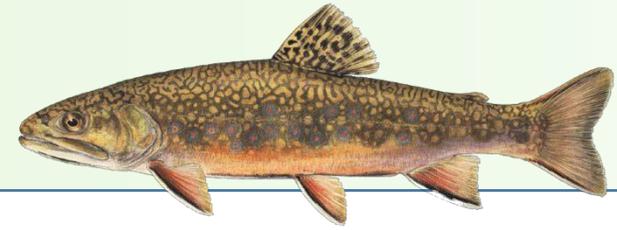
# Cane Pole & Crappie Pole Setup

14

- ▶ If the cane pole comes in two pieces, push them firmly together.
- ▶ Attach your line to the tip end. There's usually a metal ring there. An improved clinch knot or uni knot work great.
- ▶ Measure the line along the pole and cut it to match the pole length.
- ▶ Attach your terminal tackle – hook, split shot and bobber.



# KNOTS



## Rules for Strong Knots

**Knots MUST be neat.** Demonstrate that a bad knot weakens monofilament by  $\frac{1}{2}$  by showing them that you can't break it by hand then tie an over hand knot in the mono and break it with a sharp tug

**Lubricate your knot before tightening it.** The heat caused by the friction of pulling the knot tight weakens the monofilament. Use water or saliva to moisten the knot prior to tightening.

**Test Your Knot.** Hold the hook in one hand and pull on the monofilament with the other. If the knot is going to fail

let it be now, not when you have hooked the fish of a life time.

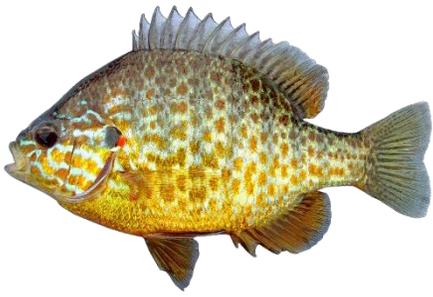
## Use the EDGE Method

### Attaching the Hook

**Demonstrate tying the "Improved Clinch Knot"** using wooden hook and rope.

Repeat knot tying process using a volunteer from audience.

Knots must be neat, mono must be lubricated.



## Hand out monofilament line and paperclips

**Guide - Have students tie improved clinch knot.  
Assist as needed. Have students teach other students.**



Explain that “**pound-test**” means that the manufacturer guarantees the line will not break below pound-test stated on spool (i.e. 6 lb test will take 6 lbs of pressure to break).

Higher the pound-test, the thicker the line but stronger (for pike and bass). Lower the pound-test, thinner the line but weaker (trout and panfish)

we use 6 pound-test which is perfect for freshwater fishing.

Mention [www.animatedknots.com](http://www.animatedknots.com) is an excellent online interactive resource to learn to tie knots.

## Putting a Worm on a Hook

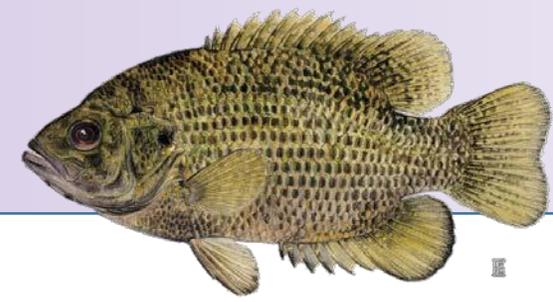
**Have the Scouts bend the paper clip into a hook.  
Hand out one Gummy Worm to each Scout.**

**Demonstrate how to put a worm on a hook. (Like putting a sock on the hook)**

**Have the Scouts break the Gummy Worm in ½ and put one of the halves on the paper clip hook, covering the hook.**

**Upon successful completion they can eat the Gummy Worm after removing it from the hook.**

# RESPONSIBLE AND ETHICAL ANGLERS



## Discuss Outdoor ethics and Sportsmanship

means following rules, respecting others, and leaving your fishing area in better condition than you found it. **Example: pick up trash (even if its not yours!).** Anglers should show non-fishing public that Scouts respect the environment. Go over the points on the slide.

- ***Ethical anglers do the right thing even when nobody is watching!***

## Discuss Proper Catch and Release

- Have camera and forceps or pliers ready
- Support large fish by tail and belly and hold horizontally (see picture) .
- Keep fish in water and handle as little as possible.
- Wet your hands before handling fish to protect the slime coat on fish.
- Nets must be knotless mesh or rubber to protect the slime coat.
- If fish swallows hook, cut the line as close as possible to hook.





**Try to retrieve ALL lost fishing gear, monofilament, hooks, weights.**

**Properly dispose all discarded fishing gear especially monofilament.**

**Pack out all trash, yours and any that you find.**

**Recycle all plastic**

**Respect Wildlife**

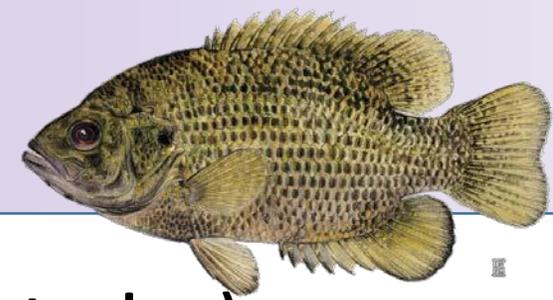
**Be considerate of others**

**Leave your fishing spot cleaner than you found it!**

**Take nothing but pictures, Leave nothing but foot prints**

# RESPONSIBLE AND ETHICAL ANGLERS

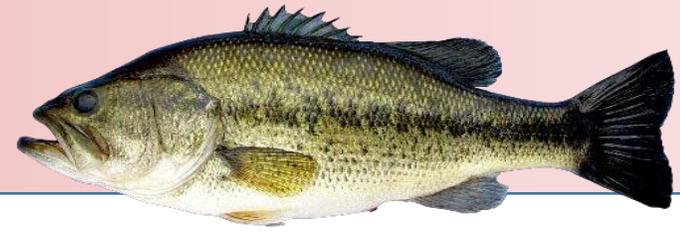
## ( *State Fishing Guide* )



### **Distribute your State's *Fishing Guide* (bookmark and flag key topics prior to class)**

- *Fishing Guides* - explain that it is updated yearly because regulations and information changes.
- State phone numbers and website address. Report Violations at 1-800-XXX-XXXX.
- State program webpage and upcoming events.
- Fishing license requirements – years old require fishing license *\*emphasize 100% of license fees go to support improving fish and wildlife in your State.*
- Aquatic invasive species – *Help Stop the Spread!*
- **Statewide species regulations:**
  - Explain open and closed seasons, minimum length, and daily creel limit.
  - Identify regulations for panfish, trout and bass. Have students follow in guide answering methods, seasons, etc.
- **Lakes and Ponds regulations:**
  - Select a local pond or lake and guide students to use lake and pond legend and key to fish species abbreviations.
  - Explain that some lakes and ponds may have specific regulations that supersede general statewide regulations. Demonstrate an example.

# GOING FISHING



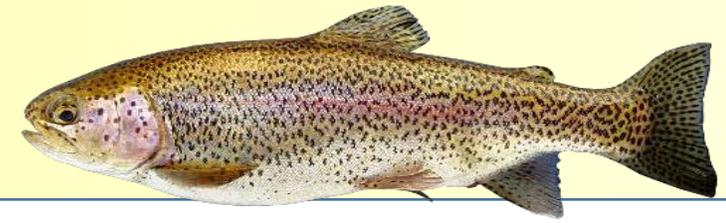
## Fishing Trip Preparation

- Call a friend or relative and invite them along. Share the experience! (**Buddy System**)
- Watch Weather – proper clothing to match weather conditions.
- Check regulations in your *Fishing Guide* for the body of water you plan to fish.
- Check your gear – condition of line, organize tackle box, catch or purchase bait.
- Notify someone about where you are going and when you expect to return.
- Remember Scouting Essentials and **Eye Protection**

## Where are the fish?

- Refer to diagrams in this presentation
- Look for **structure** – rock piles & boulders, sunken logs, docks, and weed edges all attract fish.
- Changes in depth – fish like drop-offs in depth and channels.
- Lake and pond contour maps – You can often find most lake maps on your State's web site.
- Trout Stocking Location Maps can be found on your State's web site.
- Check Facebook and Twitter for Daily Stocking Updates.

# FISH IDENTIFICATION

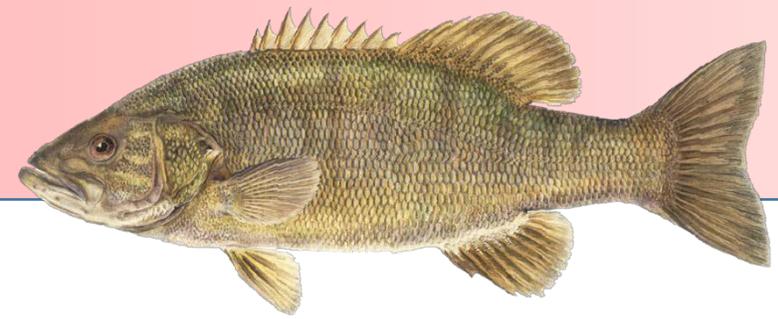


## Identification of Fish

- Use **FISH SLIDES** to show students the different species.
- **TALKING POINTS:**
  - Different shapes of fish and the habitat the fish would occupy.
  - Different color patterns that allow some protection by camouflaging in with habitat.
  - Different locations of fins which allow fish to maneuver in different ways.
- Explain which fish are predators and which are prey.

Predator fish	Prey fish
Largemouth Bass	Bluegill sunfish
Smallmouth Bass	Calico Bass
Trout species	Yellow Perch
Northern Pike	White Perch
Chain Pickerel	Pumpkinseed Sunfish
Walleye	Minnows

# BAITS AND LURES



## Discuss Natural Baits

### Emphasize that natural baits are ideal for beginners

- Live baits commonly used for fishing like worms, meal worms, and minnows
- Explain how to put each bait on a hook
- Explain how to find your own worms by digging in soil, leaf piles, and compost piles
- Explain how to go on a night crawler hunt
- Where is the closest bait shop to purchase natural baits



## Artificial lures mimic natural baits

- Refer to next slide in the presentation for examples.
- Once students gain experience, there is an endless variety of artificial lures

# CASTING



## Learning to Cast a Spincast Rod & Reel

- Set up “Backyard Bass” in an area of short grass or asphalt. Gymnasiums are OK but plugs will get caught in ceiling supports and fans.
- Avoid over-hanging vegetation, overhead wires, or any other potential tangling objects.
- Set up 5 or 6 rods with casting plugs. Avoid having too many students casting at once.
- If there is no area to cast, perform casting practice first thing on day of fishing trip.

## Explain Steps to Casting

- Hold rod with reel facing upward
- Push and hold button on back of reel
- Look around to avoid humans and/or objects that would cause a snag.
- If safe, slowly bring rod over your shoulder.
- To cast, swing rod forward releasing button right after rod tip passes the vertical position.



# Casting a Simple Cane or Crappie Pole

1. Hold the rod in your rod hand and the bobber in your other hand.
2. Point the rod where you want your bait to go.
3. Lift the rod and let go of the bobber so it swings outward.
4. Lower the rod to give a little slack line from the rod tip to the bobber.



# Additional Information and Resources

Refer students to additional chapters in the Fishing Guide to learn more about fishing in your State such as

- Fisheries Management
- Ice Fishing
- Saltwater Fishing

Encourage students to test their new knowledge by fishing and find your State's web sites on



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Your State may have printed & electronic media available:

- **trout stocking maps**
- **lake and pond contour maps**
- **Weekly Fishing Reports**
- **Electronic Fishin' Tips newsletter**

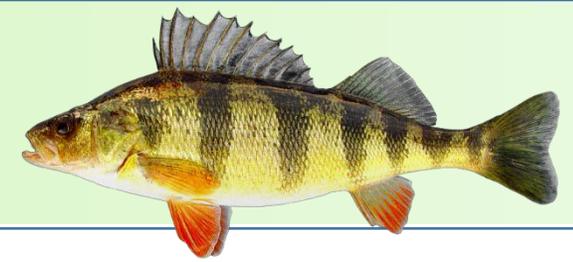
# Fishing Trip



## Fishing Trip

- **INSTRUCTORS SHOULD PICK SITE OF TRIP AHEAD OF TIME **with Fish!!****
- **A pond full of sunfish often works best. We want to do all that we can to ensure success.**
  - Scout area for hazards. Avoid rocks, steep banks, streams and rivers.
  - Look for an open shoreline – void of overhanging trees, brush, and thick aquatic vegetation
  - Consider creature comforts – picnic tables, restrooms or outhouse (Trout Parks and Community Fishing Waters!)
- **Discuss with students:**
  - What waterbody are you fishing and where you will meet?
  - What time?
  - **Have students bring their own bait!** Recommend a local Bait and Tackle shop or they can dig their own worms.
  - Rain or shine? Decide and discuss a rain date if possible.
- **Remind Scouts to bring:**
- **Scouting Essentials**
  - Snacks, lunch, water.
  - Sunscreen, **sunglasses or safety glasses**, wipes or towels, bug spray, extra footwear or clothes.
  - Cooler with ice if they plan to harvest fish.
  - Rods and reels. Or they could borrow our equipment if available.
- Students should set up their own rods and reels with guidance from Instructors and parents of Cubs.
- Instructors consider setting up a few rods and reels with casting plugs to practice casting with backyard bass.

# CARE OF THE CATCH



## Harvesting of Fish for the Table

Fish is part of a healthy diet!

- High in omega-3 fatty acids and protein, and low in fat and cholesterol. *Therefore, fish are a good choice of food so long as you follow the guidelines published by the State Department of Health*
- Keep harvested fish cold and on ice to preserve freshness.
- **SELECTIVE HARVEST** - It is better to keep panfish and smaller gamefish and release large trophy size fish. This will help to preserve future fish populations and limit consumption of bio-accumulates.
- **Refer to manual for directions and fish filleting and cooking.**

**Play Care of the Catch**

**&**

**Cooking the Catch video segments**

## 2015 Advisory for Eating Fish From Connecticut Waterbodies

### STATEWIDE FRESHWATER FISH ADVICE

Waterbody	Fish Species	High Risk Group <sup>a</sup>	Low Risk Group <sup>b</sup>	Contaminant
<i>All fresh lakes, ponds, rivers &amp; streams</i>	Trout <sup>c</sup>	No Limits on Consumption	No Limits on Consumption	--
	All other freshwater fish	One meal per month	One meal per week	Mercury

a. High Risk Group includes pregnant women, women planning pregnancy within a year, nursing women, and children under age 6.

The High Risk Group should eat no more than one fish meal per month of most freshwater fish from local waters.

b. The Low Risk Group should limit eating most freshwater fish to once a week.

c. Most trout are not part of the advisory and are safe to eat. However, the high risk group should eat no more than one meal of large trout (>15") per month and should not eat trout from the Housatonic River.

**\*PLEASE SEE ANGLERS GUIDE FOR SPECIAL ADVISORIES FOR SPECIFIC SPECIES ON SPECIFIC WATERBODIES\***

# If I Catch it can I Eat It?

## Consumption of bio- accumulates

Check with Your State Fisheries Department to Determine what Waterbodies are Safe.  
Some Water Bodies are not completely safe and divide consumers into groups

- a. **High Risk Group** includes pregnant women, women planning a pregnancy within a year, nursing women, and children under age 6.

*The High Risk Group* should eat no more than one fish meal per month of most freshwater fish from local water.

- b. **Low Risk Group** should limit eating most freshwater fish to once a month
- c. Most trout are not part of the advisory and are safe to eat.

**\*PLEASE SEE Your States FISHING GUIDE FOR SPECIAL ADVISORIES FOR SPECIFIC SPECIES ON SPECIFIC WATERBODIES\***

# SUMMARY & CLOSING



**Here is your opportunity to inspire your class to go fishing!**

## **Emphasize:**

- Fishing is a great family activity
- Have Fun!
- Your State has diverse fishing opportunities: Lakes, ponds, rivers, streams,
- 100% of sportsmen license fees go directly to support improving fish and wildlife in YOUR STATE!!
- Enjoy the beautiful surroundings and wildlife while fishing

**Thank your students for coming to the class and get pumped up for our Fishing Trip!**

**Set up Back Yard Bass and let them have fun Casting!!!**

# Equipment List for Class & Trip



**Spin Cast outfits**

**Hooks size 6 or 8**

**Split shot**

**Bobbers, (1 inch)**

**6 or 8 lb. test monofilament**

**Paper clips**

**Gummy Worms**

**First Aid Kit**

**Back Yard Bass Set**

**Large hook, or ply wood hook & large**

**Pliers and Hemostats**

**Nippers or finger nail clippers**

**Sun Glasses**

**Computer, Projector, & Screen**

**State Angler's Guide, one for each Scout**

**Worms or Grubs for Fishing Trip**