

Fishing Basics

Tom Bourret, Connecticut DEEP
Justin Wiggins, Connecticut DEEP
Fred Monahan, BSA CAI





Intro to Fishing



Developed by:
Connecticut Aquatic Resources Education (CARE) program
BSA National Fishing Team



Topics

- **Basic fishing tackle**
- **Fishing Knots**
- **Fishing ethics**
- **Fishing regulations**
- **Finding fish**
 - **In a stream or river**
 - **In a pond or lake**
- **Fishing trip checklist**
- **Fish identification**
- **Baits and lures**
- **Casting**
- **Fishing techniques**

Basic Fishing Outfits



2-Piece Spincast Outfit



Telescoping Pole



3-Piece Cane Pole

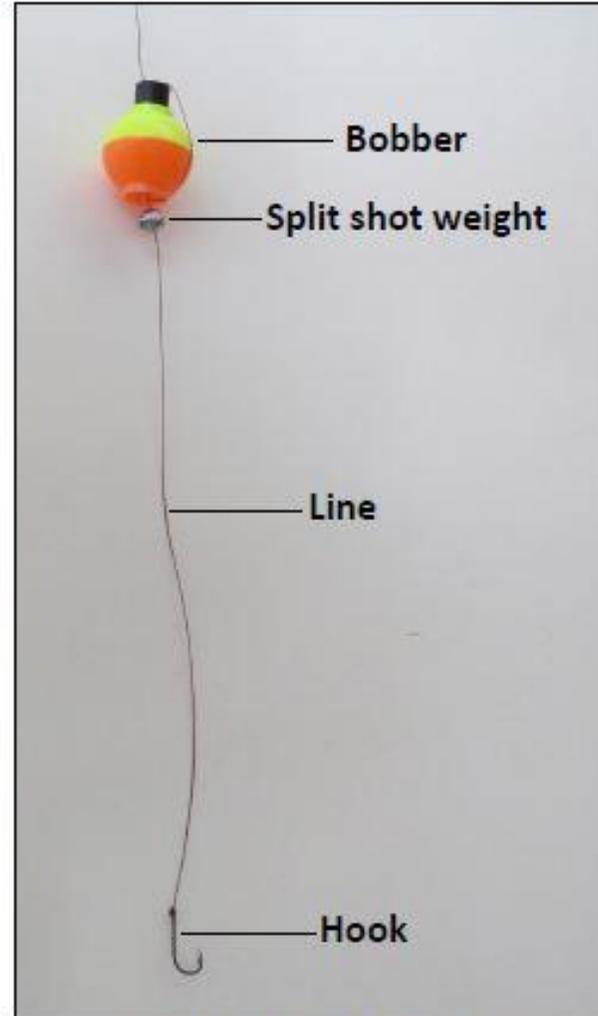
Basic Fishing Tackle



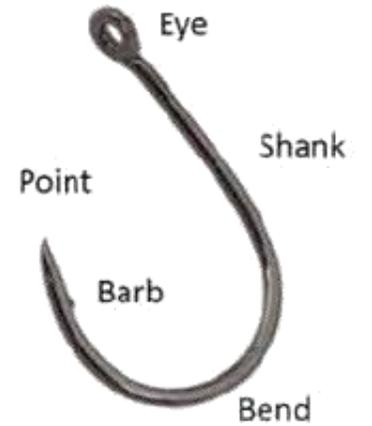
Hook sizes 6-10 perfect for freshwater fishing



Spincast reel



The basic fishing set up used by CARE.



Split shot weight



Hooks

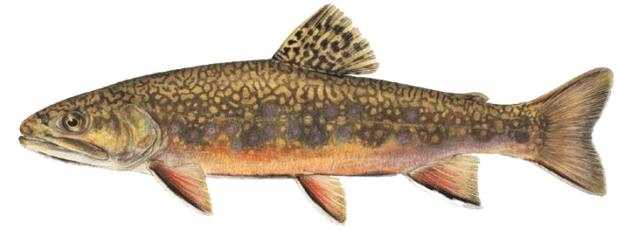


Inline “J” hook - Can be used as bait hook or to replace treble hooks on lures.



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

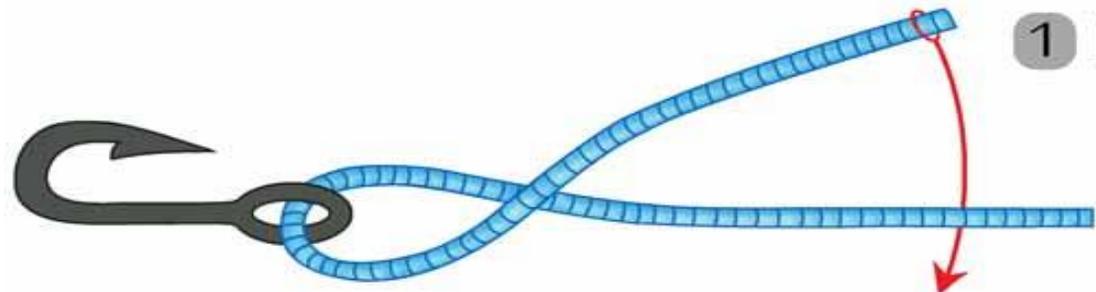
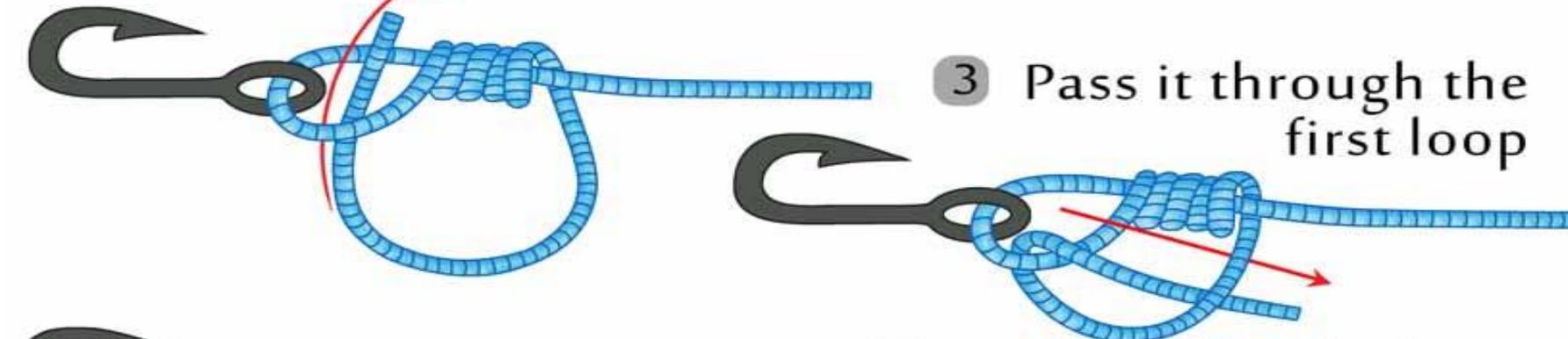
Rules for Strong Knots



- Knots must be neat !
 - Make sure wraps are side-by-side and don't overlap (like the Improved Clinch Knot).
- Lubricate before tightening !
 - Use water, spit or dog slobber (the best).
- Test your knots !
 - Better to have them break in your hand than in a big fish.

Improved Clinch Knot



- 1 Pass the working end through the eye of the hook
- 2 Wrap it 5 times round standing line
- 3 Pass it through the first loop
- 4 Pass it under the bigger loop just created
- 5 Tighten the knot by pulling on both ends

Outdoor Ethics

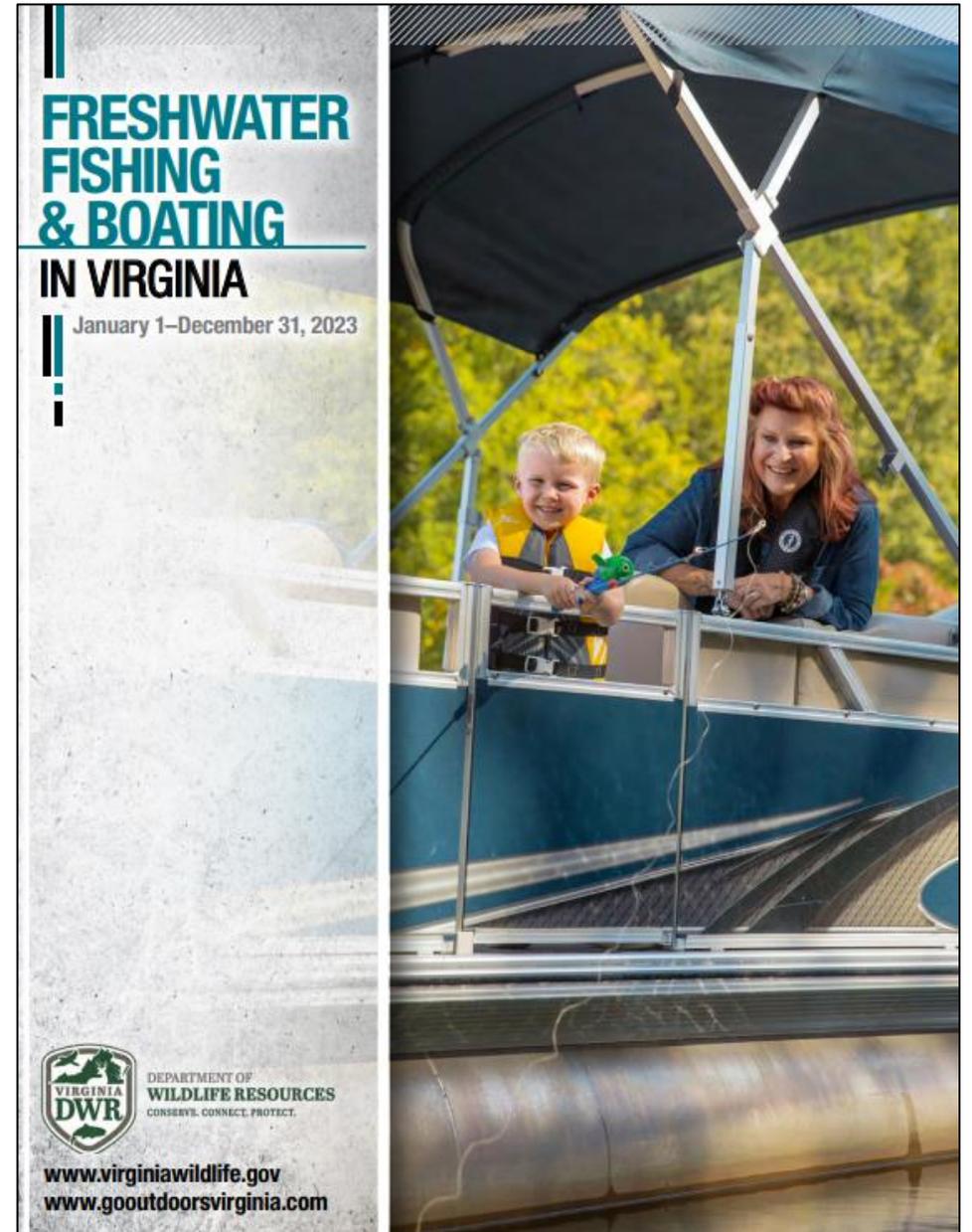


- 1. Try to retrieve ALL lost fishing gear, monofilament, hooks, weights, etc.**
- 2. Properly dispose all discarded fishing gear, especially monofilament and fluorocarbon.**
- 3. Pack out all trash - yours and any that you find. Recycle all plastic.**
- 4. Respect Wildlife.**
- 5. Be considerate of others.**

**Leave your fishing area cleaner than you found it.
Take nothing but pictures; leave nothing but footprints.**

State Fishing Regulations

- Species
- Bag Limits
- Size Limits
- License Requirements
- Where to go Fishing
- What Gear to Use



Finding Stream Fish Near Seams

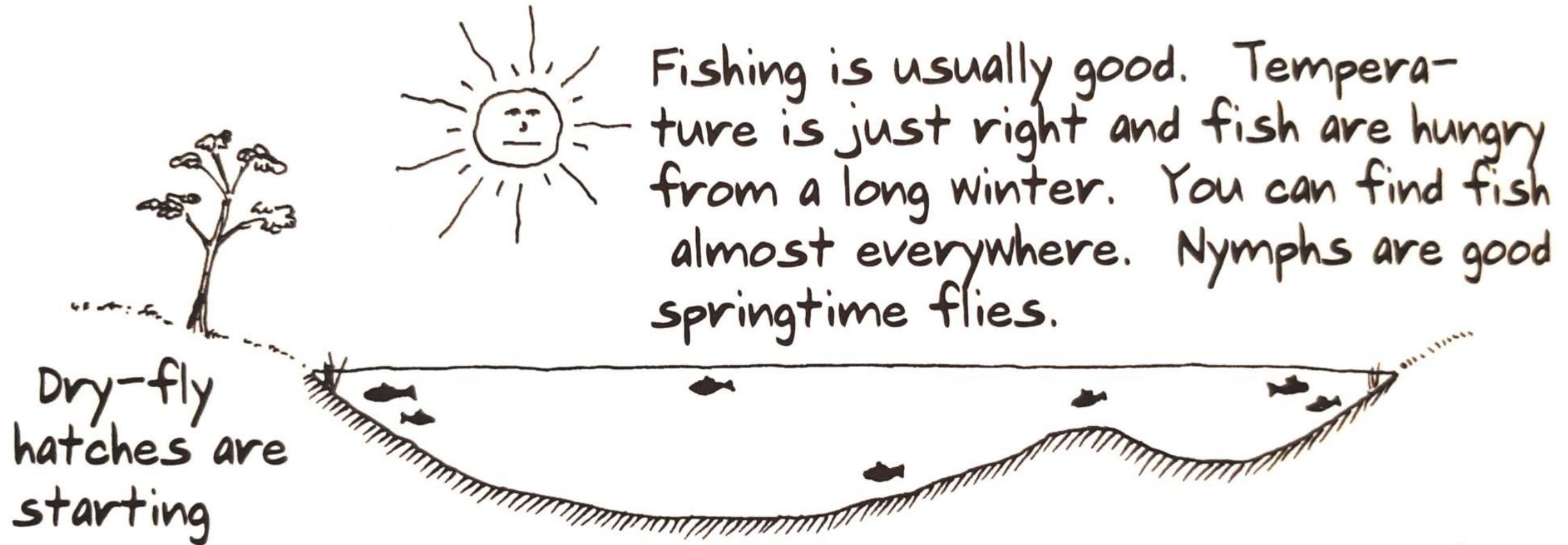
(note the bubble trail...)



Finding Stream Fish Near Structure



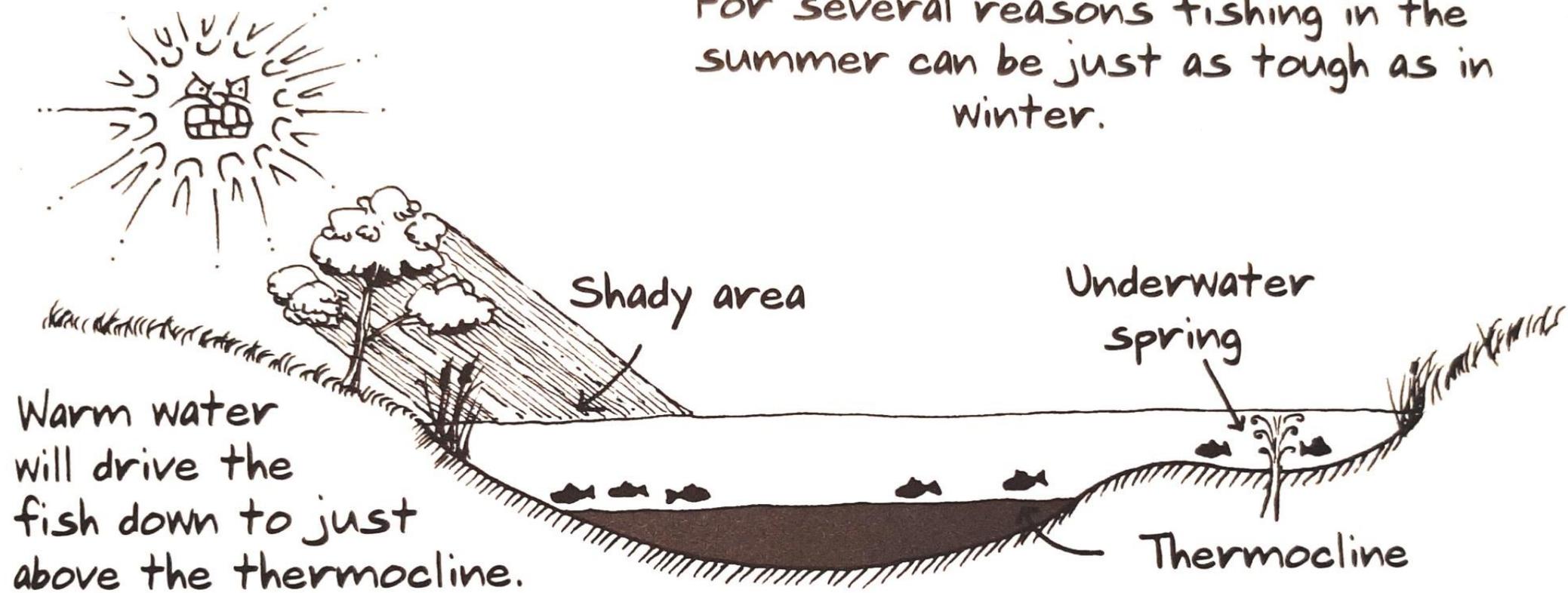
Finding Pond and Lake Fish in the Spring



From *Lake Fly-Fishing Manifesto* by Mike Croft

Finding Pond and Lake Fish in the Summer

For several reasons fishing in the summer can be just as tough as in winter.



From *Lake Fly-Fishing Manifesto* by Mike Croft

Fishing Trip Checklist



- Check the weather (rain gear)
- Check local fishing regulations (available online)
- Check your gear (fresh line, hooks, floats, bait, tackle box, eye protection, etc.)
- Check Scout essentials (next slide)
- Tell someone where you are going

Invite a buddy - share the fun!

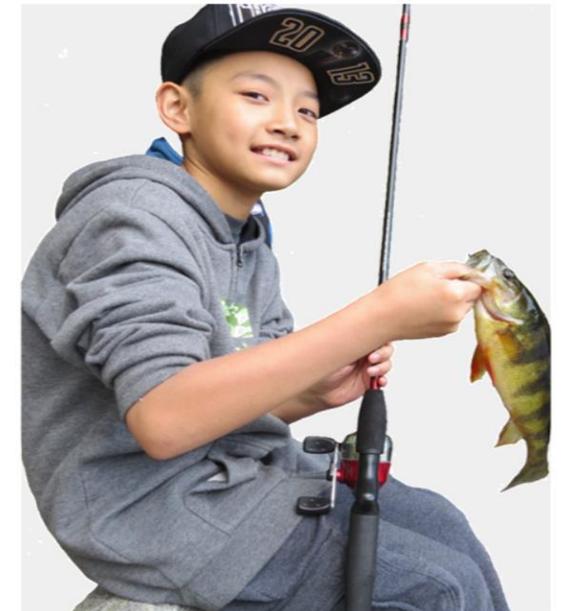
Scout Essentials

Cub Scouts

- First Aid Kit
- Water Bottle
- Flashlight
- Trail Food
- Sun Protection, Hat & Sun Screen
- Whistle

Scouts BSA (additional)

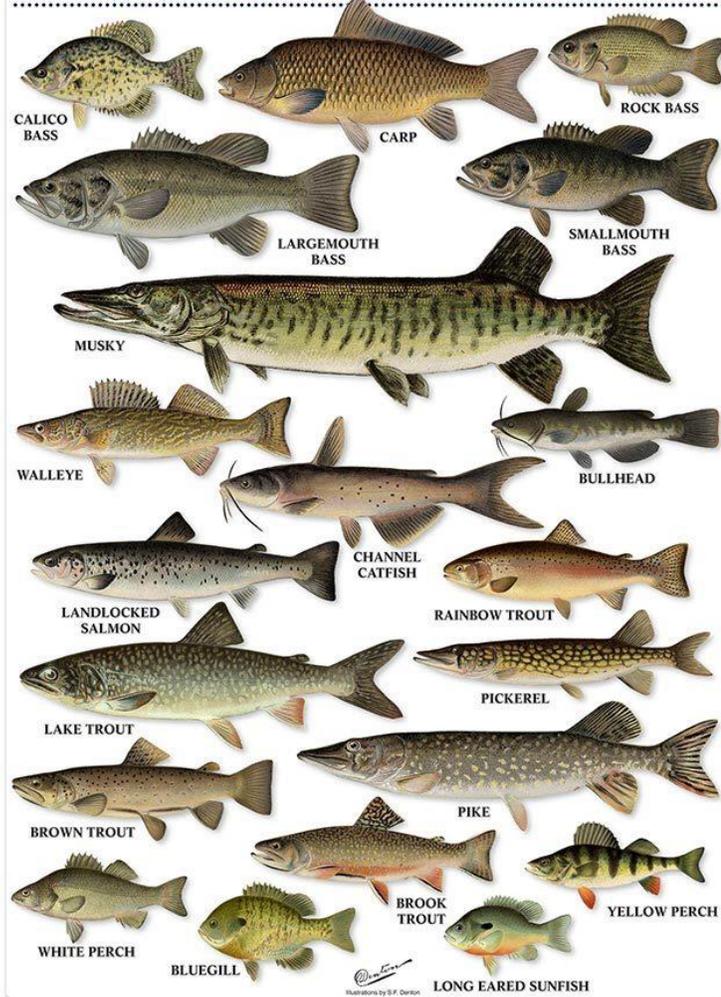
- Pocket knife
- Rain Gear
- Extra Clothing
- Map & Compass
- Matches & Fire Starters



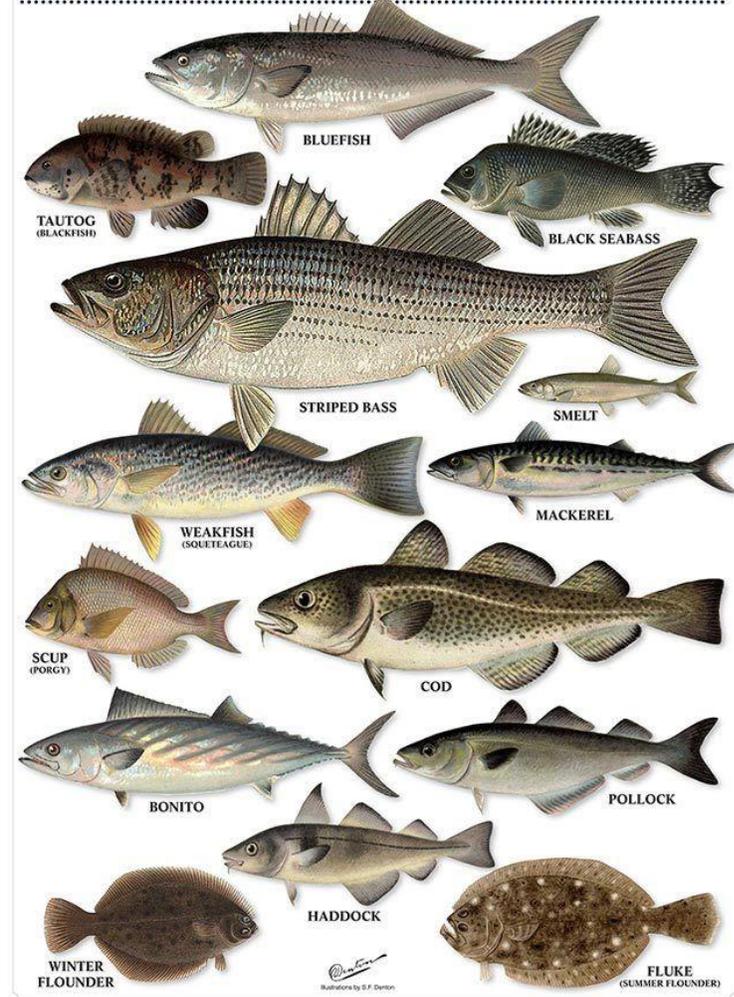
Fish Identification

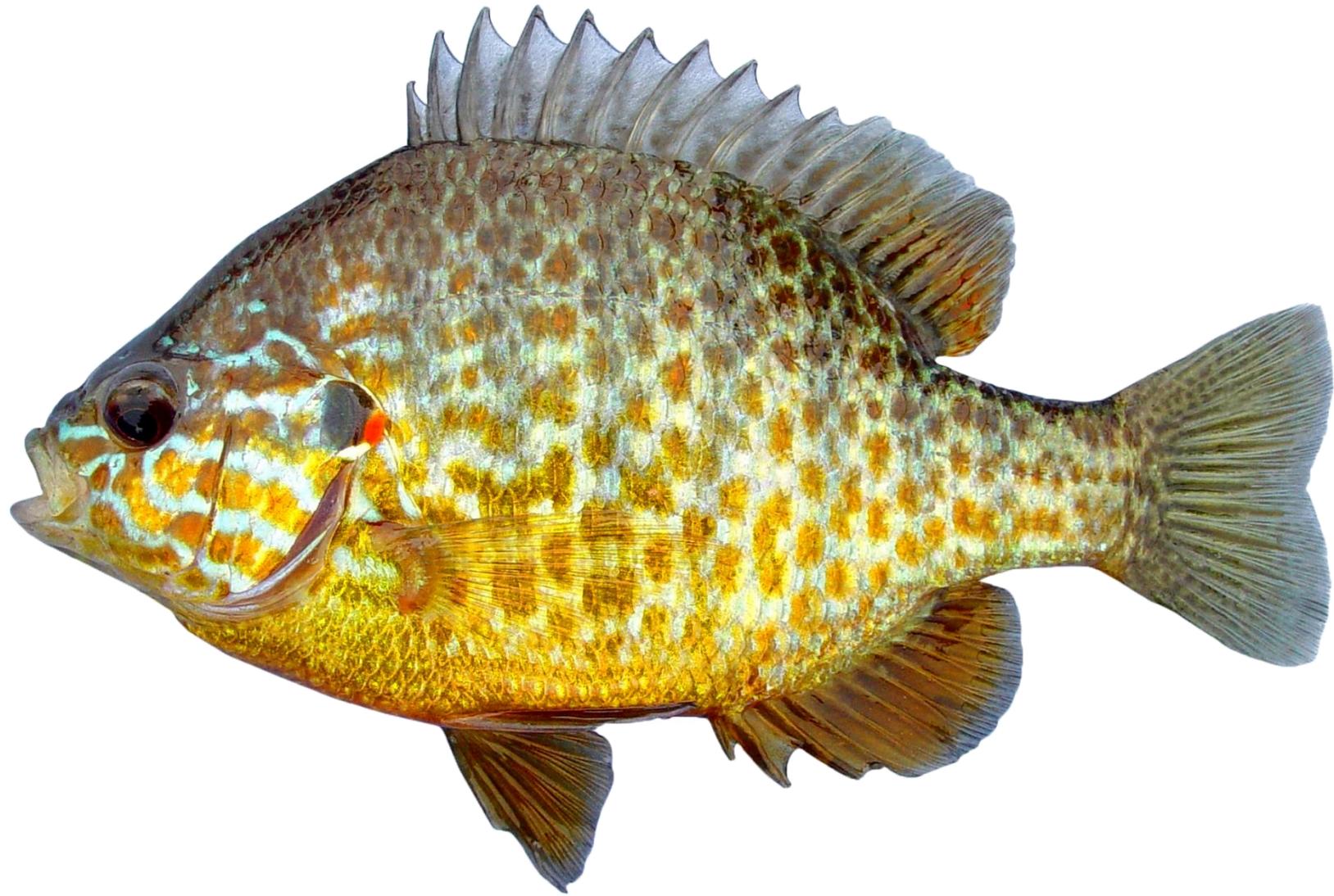


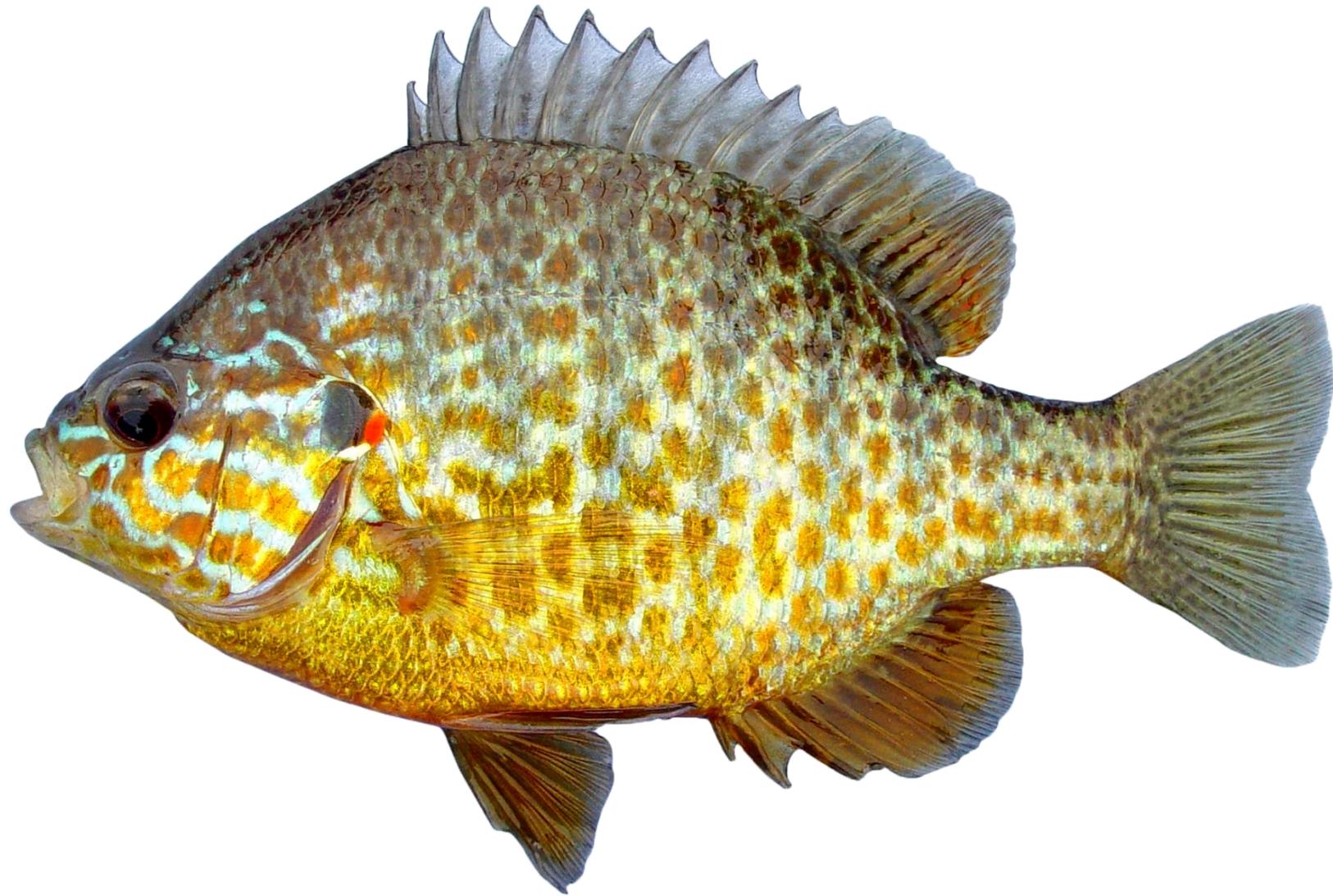
FRESHWATER GAMEFISH OF THE NORTHEAST



SALTWATER GAMEFISH OF THE NORTHEAST

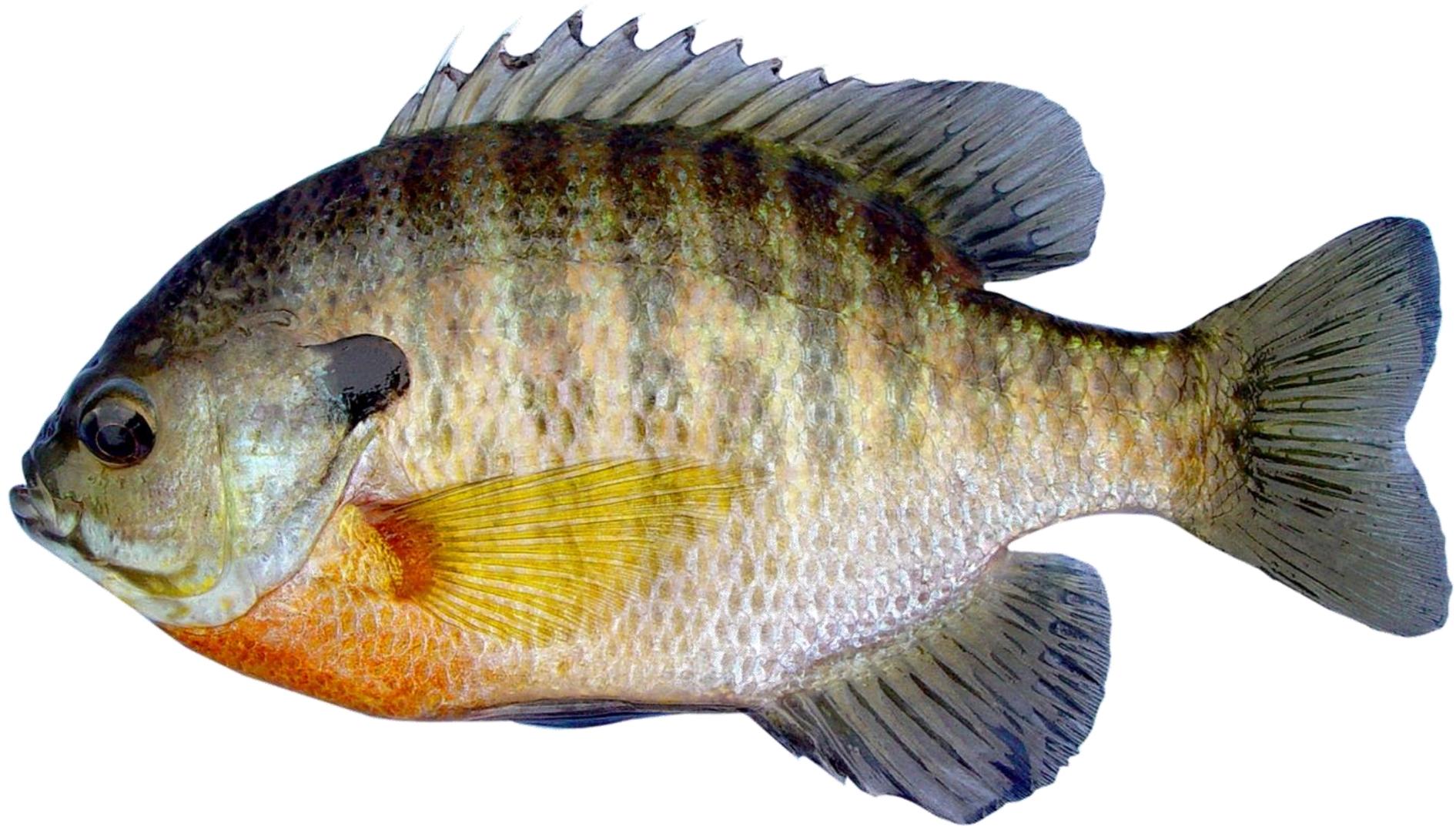






Pumpkinseed Sunfish





Bluegill Sunfish





Largemouth Bass





Yellow Perch





Rainbow Trout





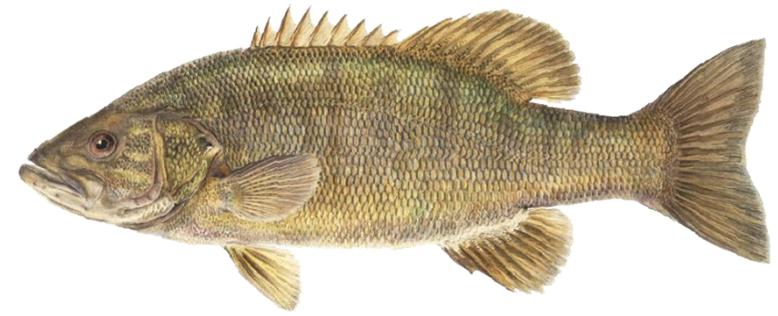
Chain Pickerel





Channel Catfish

Natural Baits



Live baits commonly used for fishing



Worm (small fish)
or Nightcrawler (big fish)



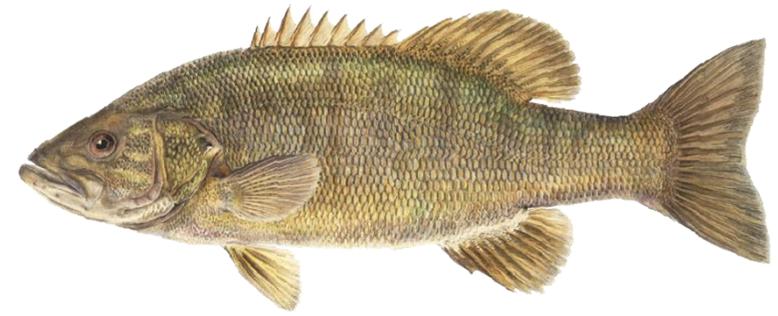
Meal Worm



Minnow or Shiner



Artificial Lures



**Lures commonly used for fishing
(replace all treble hooks with inline "J" hooks)**



Casting a Cane or Crappie Pole

- 1. Hold the rod in one hand and the bobber in your other hand.**
- 2. Point the rod tip where you want your bobber and bait to go.**
- 3. Lift the rod tip and let go of the bobber so it swings outward like a pendulum.**
- 4. Lower the rod as the bobber and bait swing out.**
- 5. After the bobber lands, lower the rod to give a little slack line from the rod tip to the bobber.**



Casting a Spincast Outfit



Hold the rod with reel facing UP. Push and hold the button on the reel.

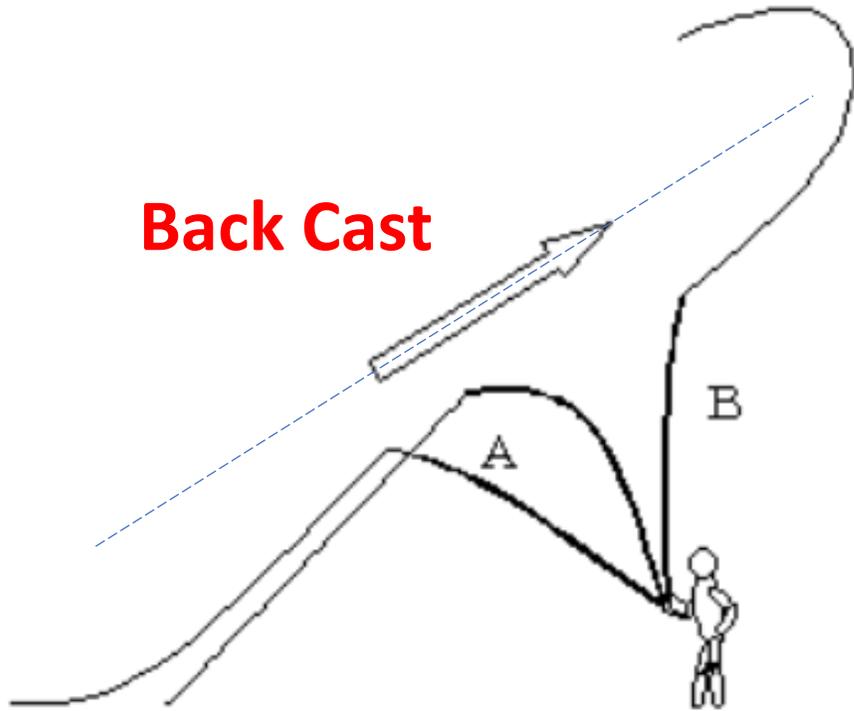


Look around for hazards. If safe, slowly bring the rod back over your shoulder.

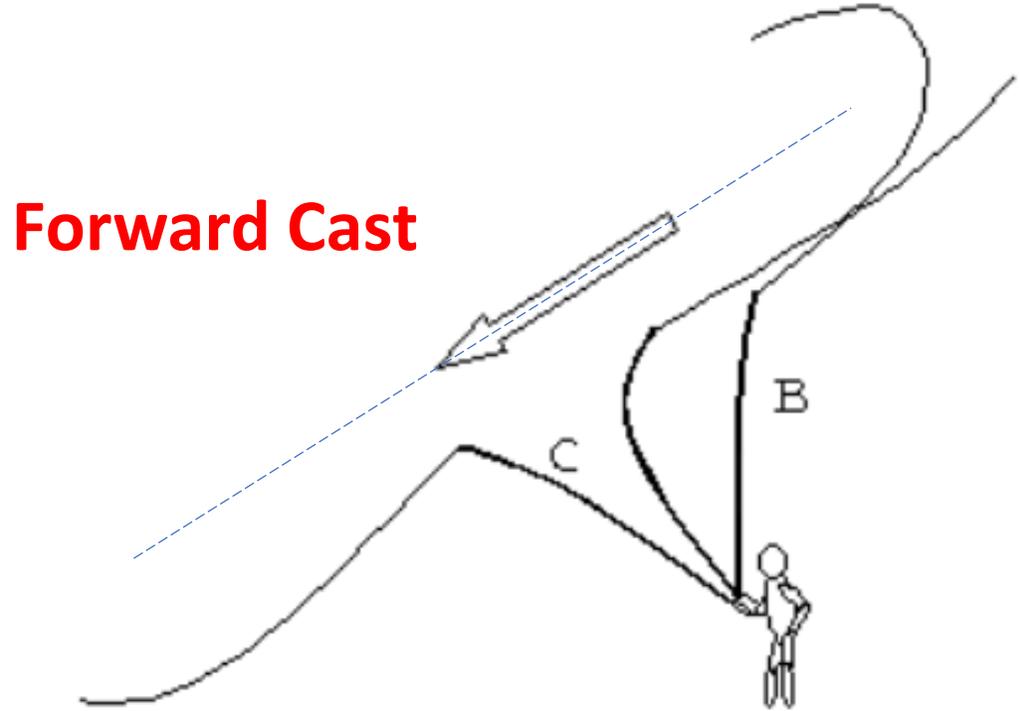


To cast, swing the rod forward, releasing the button when the rod is just past the vertical position.

Casting a Fixed-Line Tenkara Fly Rod



From the 10 o'clock fishing position (A), raise the rod to 12 o'clock (B) and **stop** for a moment to let the line unroll behind you.

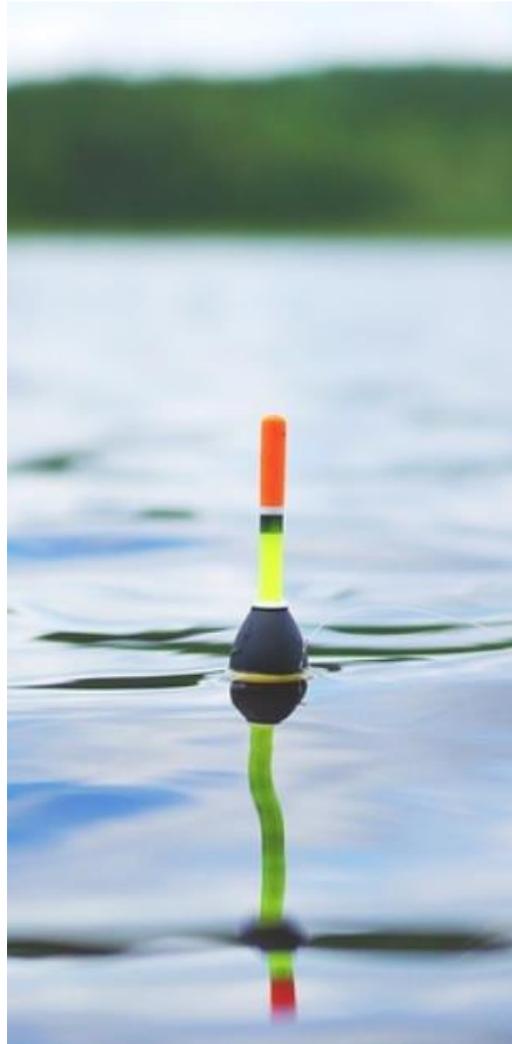


From 12 o'clock (B), stroke the rod to the 10 o'clock position (C) and **stop** to let the line unroll in front of you. The fly lands first. Simple!

Keep the rod at 10 o'clock to fish with only the tippet and fly in the water.

Detect the Bite

- ▶ **Visual (best)**
 - ▶ Bobber, Float or Strike Indicator
 - ▶ Line Motion or Stopping
 - ▶ Water Motion or Swirls
 - ▶ Fish Take or Flash
- ▶ **Touch**
 - ▶ Line Tightening
 - ▶ Rod Tip Motion



Set the Hook

- ▶ **“J” Hook**
 - ▶ A short, quick set by raising the rod tip is usually successful.
- ▶ **Circle Hook**
 - ▶ Just hold the rod steady - the fish will set the hook for you.

Play the Fish

- ▶ **Maintain line tension - no slack!**
- ▶ **Tire the fish with side pressure.**
- ▶ **Bring the fish in quickly - don't tire it too much.**
- ▶ **If fishing with a reel:**
 - ▶ **Set the reel's drag to keep tension but still let the fish pull out line without breaking it.**
 - ▶ **As the fish tires, begin to reel it in until it makes another run or you can capture it.**
- ▶ **If fishing without a reel:**
 - ▶ **Keep steady pressure on the fish.**
 - ▶ **Lift the rod or swing it to the side so the fish can be landed.**

Land the Fish

- ▶ **Capture the fish gently in a WET net or in your WET hand.**
- ▶ **Protect the fish's gills and delicate protective coating.**
- ▶ **If possible, keep the fish in the water.**



Handle the Fish and Remove the Hook

- ▶ Cradle the fish gently, supporting the head or belly and the tail.
- ▶ Minimize time out of water – about 10 seconds.
- ▶ Protect the fish's protective coating.
- ▶ Be careful of teeth, sharp gill covers, spines, etc.
- ▶ Use forceps or pliers to remove the hook.
- ▶ Be quick and gentle – minimize trauma.
- ▶ If the hook has been swallowed, cut the line before releasing the fish. The hook will dissolve or pass through the fish in time.



And don't forget to smile for the camera!

Release the Fish

- ▶ **Must be done right if you want the fish to survive.**
- ▶ **After removing the hook, hold the fish gently in the water until it recovers and swims off strongly.**
 - ▶ **Facing up-current in moving water.**
 - ▶ **Facing toward deeper water or shelter in still water. Do NOT move the fish forward and backward to flow water through the gills. This can collapse the gills.**



- ▶ **Take the time to make sure the fish is ready to go on its own - usually a minute or less.**