



Fishing 101 Outline

This handout contains the material you are expected to cover with students to prepare them for their day of fishing. It is important that they master these skills so they will have a successful day of fishing.

While it is tempting to “do it for the kids”, please take the time to allow each of them to learn the information and master the skills you are teaching.

1) Introduction

Overview

Today we will talk about fishing and learn basic skills of fishing. *By the end of the session, you will know how to tie a knot, how to set up a rod and you will learn about casting. You will also know about proper safety of fishing. In a couple of weeks, you will go out fishing.*

Engage students with questions:

- *Who has been fishing before?*
- *What did you enjoy about it?*
- *What do they know about fish?*
- *What do you know about fishing?*

2) Safety

Fishing is fun, but you must do it safely. Before you start fishing, there are several things to remember.

- *What types of things could be hazardous when fishing?*
 - (Sharp objects, rod tips, weather, fast-moving water, drowning, fish inflicted injuries)
- *What do you need to do to be safe?*
 - (Let other people know where you are going, bring sun protection, water to drink, wear a life jacket, especially if you do not know how to swim.)
- *How could the equipment you use hurt yourself or those around you? How should you handle your rod and reel and hooks to insure you and the people around you are safe?*
 - (Keep pole tips up, keep hooks firmly attached to eyelet when carrying the rod, be aware of what is happening around you.)

3) Being responsible and courteous

A good angler demonstrates qualities while fishing:

- *Respect for other people*
- *Respect for the fish*
- *Respect for the environment.*

How do you show respect for these things?

(Fishing quietly, removing litter, keeping only legally caught fish and only what you will eat, not disturbing other anglers or other people using the lake.)

Using the “Be a Good Sport” poster, ask students to identify how the people in the picture could improve what they are doing.

4) Knots

Knowing how to tie a knot is basic to all fishing. You must know at least one good knot to be able to fish. There are many kinds of fishing knots. We are going to use only one of them, the Improved Clinch Knot.

(Demonstrate the knot using one of the students. Put the students in pairs and give each a rope and two knot cards. Have each student (in pairs) tie the knot. Be sure each student can successfully tie the knot.)

Place the “knot” poster in front of the class so they can use it as a guide.

Do not introduce students to any other knots – just this one.

5) The Fishing Rod

Hold up a rod and identify the parts - Rod, reel, guides (eyelets), and thumb stop. (Don't cover the drag mechanism.)

Demonstrate how to release the line. Have students pull line out, put it through the guides. Have each student tie a casting plug on the line using the knot they just learned.

Holding the rod with a casting plug attached parallel to the floor, demonstrate what happens when you press the button on the reel (nothing). Releasing the button is what releases the line. (Do not have them cast in the classroom)

6) Casting - Demonstration

Have students demonstrate the safe way to carry their poles (tips up and pole perpendicular to the ground). Encourage them to hold the pole about 12" above the reel. This forces them to hold it perpendicular to the ground.

- Demonstrate how to release the line
- How to reel it in

To Cast:

1. Hold the rod
2. Look behind you
3. Place the rod over your shoulder
4. Press thumb stop
5. Swing forward and release button at one o'clock

Allow students to cast

When finished, have students remove the casting plug, pull the line out of the guides, tie a washer on the end of the line and reel in. The washer should rest on the reel. Place emphasis on safety – it is important that students always look around before casting!



7) Wrap up

Have students remove casting plugs, pull line out of the guides, and tie a washer on the end of the line. They should be able to reel the washer right up to the reel itself.

Ask if they have any questions. Explain they will each receive a tackle box and be able to go fishing on whatever date is appropriate for the group. Students may receive a fishing booklet (if available). Provide these links for short videos on the skills covered today

- La pesca en la Cuidda
- Learn to Fish

www.youtube.com/@CaliforniaDFG/playlists

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| <p>La pesca en la Cuidda</p>  | <p>Learn to Fish</p>  |
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Materials for Fishing 101

- Demonstration fishing rod
- Safety/Ethics poster
- Knot tying Poster
- Knot tying cards (one per student)
- Ropes to practice knot tying (1 per 2 students)
- Rods and reels
- Casting plugs
- Nail clippers (10 pair)