

F.I.S.H.



Fishing Is Simple Handbook

www.futurefisherman.org



Fishing is Simple & Fun

Let's go fishing! Fishing is fun because it is a sport that grows with you! You can have a great time on your first day fishing and still look forward to many more years of fun.

Anyone can learn to fish. It is the sport that includes everyone because it allows each person to practice and improve at their own speed. Fishing is also called angling. After learning the basic angling skills in this book, you will be ready to begin your own angling adventure!

Fishing is also a fun way to spend time with your friends and family. Spending time outside in nature helps people relax and return home in a better mood. You will also learn about the water and wildlife living around you. These are called natural resources. People that go fishing usually care about their natural resources and try to protect them for the future. Protecting your natural resources is called conservation.

Now that you know fishing is simple, fun and good for you, why don't you get your friends and family together and plan a trip?! Read through this book, get your equipment together, and plan your own fishing trip. Who knows? You might be starting a new lifetime sport!



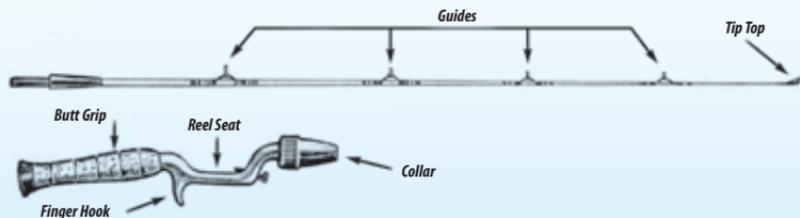
Follow these characters throughout the book to learn more about how you can go fishing!

So what are you waiting for? Let's go fishing!



This project was funded by the Multistate Conservation Grant Program (Grant MS M-1-T), a program supported with funds from the Wildlife and Sport Fish Restoration Program and jointly managed by the Association of Fish and Wildlife Agencies and the U.S. Fish and Wildlife Service, 2008.

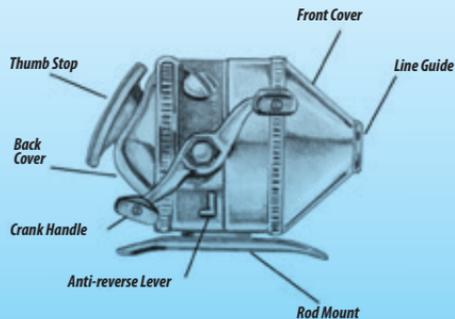




To get started on your fishing adventure, you will need to have some basic fishing gear.

Fishing Rods and Reels come in many different styles, each type is used for a specific type of fishing. If you don't have a fishing rod and reel, in many states you can fish with a soda can and piece of string! Be sure to check your local and state regulations for acceptable equipment.

Spincasting Rods are easy to handle and are perfect for beginning anglers. The reel works using a push button to release the line to be able to cast out into the water. Set the drag so that line is released when a firm tug is given.



Spinning Rods are similar to spincasting except the rod has a bail that winds the line on to the reel. The bail is lifted to release the line for casting.

A Fishing License is an essential piece of gear! Be sure to check your local and state regulations to determine if you need a fishing license or any special permits for different types of fish. In many states if you are 16 or older you need to purchase a license.

Tackle Boxes hold all the basic fishing gear you will need for your trip. Tackle boxes come in many different shapes and sizes but a small one tray tackle box is all you will need to start fishing.

Basic Fishing Gear

Tackle Box

There are basic pieces of tackle that you will need to start fishing. Some of the items found inside your tackle box are called terminal tackle. Terminal tackle is a category of equipment that refers to the gear that goes on the end of your line before you add the lure or bait.

Fishing line comes in pound-test. The pound test refers to the amount of force it takes to break the line. The larger the line size, the stronger it is. Six pound test line is more flexible and casts easier, but is not as strong as 12 pound test line. Match your fishing line to your rod and reel capacity and the species of fish you want to catch. Six pound test line is best suited for most fishing.

Sinkers are weights used to cast your bait, take bait to the bottom, hold bait in place, or keep your bobber upright.

**Split Shot
sinker**

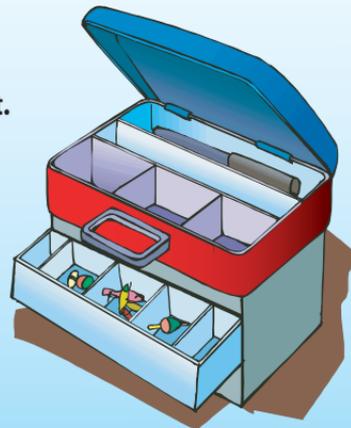


**Dipry
sinker**

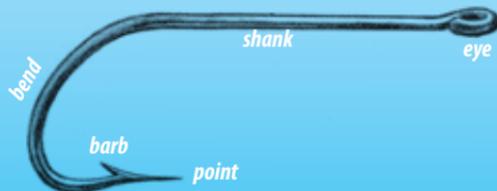


Sinkers are designed in several different shapes and sizes and are used for various types of fishing. Never use your teeth to secure a sinker since it may contain lead!

Hooks come in an assortment of sizes and styles and must be kept sharp to be effective. If you plan to release your catch, bend down the barb with a pair of pliers to make it easier to remove the hook. Choose the size of hook for the species of fish you are trying to catch and the type of bait you are using. Ask a seasoned angler or bait and tackle dealer for suggestions.



Parts of a Hook



“There are more species of fish than all the species of amphibians, reptiles, birds and mammals combined!”

Which fish will you catch?”



Bobbers also known as floats, keep your bait off the bottom and tell you when you are getting a bite by bobbing up and down in the water. The size of the bobber should be just large enough to float the weight, hook and bait.

Fishing Trip Checklist

- Fishing License
- Rod & Reel
- Tackle Box (with needle nose pliers, wire cutting pliers, nail clippers)
- Water / Snacks
- Bait / Lures
- First Aid Kit
- Personal Floatation Device (PFD)
- Sunscreen
- Hat
- Sunglasses
- Fish Identification Book



Tackle Box

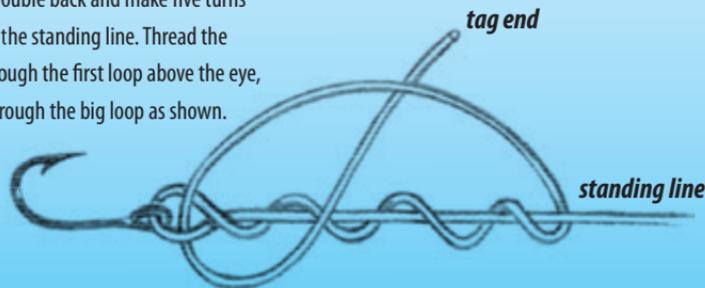
Knot Tying

Mastering a few basic knots will help you become a better angler. You will need to know how to tie several types of knots to attach line to your reel, attach your hook to your line, or attach a lure.

The **Improved Clinch knot** is one of the most popular knots and is commonly used to tie fishing tackle to the fishing line. It is quick and easy to tie and is strong and reliable!

Step 1

Pass the line through the eye of the hook. Double back and make five turns around the standing line. Thread the line through the first loop above the eye, then through the big loop as shown.

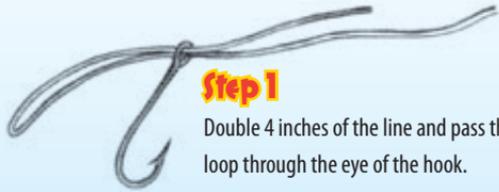


Step 2

Hold the tag end but don't pull it. Moisten and pull the standing line until the coils are pulled up tight against the eye of the hook. Clip the extra line.

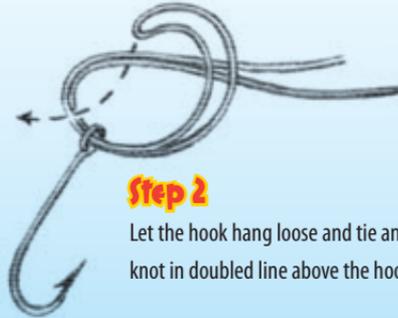


The **Palomar Knot** is another popular knot to tie lures or terminal tackle to fishing line.



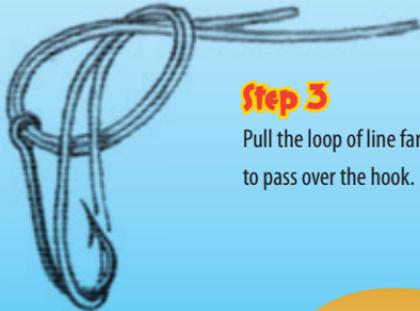
Step 1

Double 4 inches of the line and pass the loop through the eye of the hook.



Step 2

Let the hook hang loose and tie an overhand knot in doubled line above the hook.



Step 3

Pull the loop of line far enough to pass over the hook.

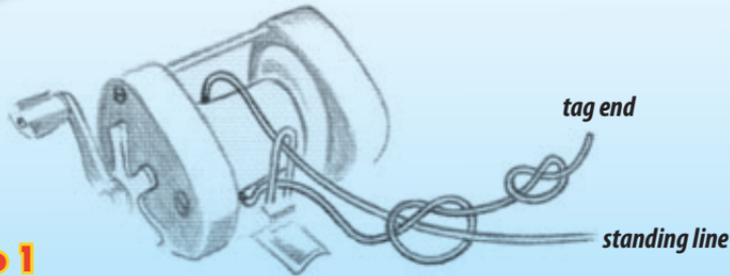


Step 4

Pull tag end and standing line to tighten. Moisten before fully tightening. Clip the extra line.

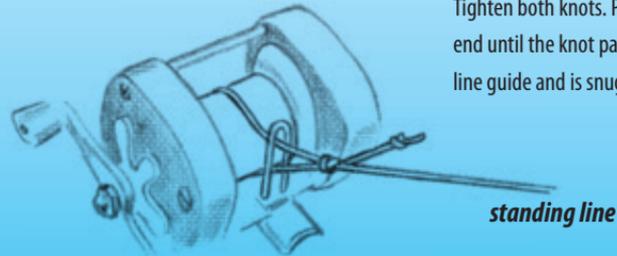
Knot Tying

The **Arbor Knot** is used to attach line to a reel.



Step 1

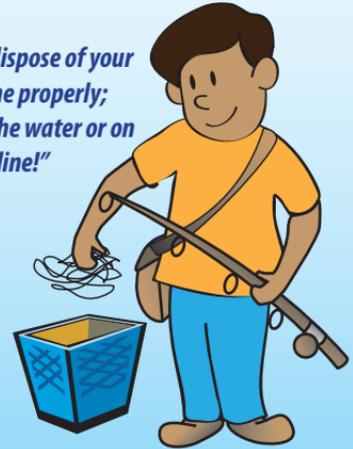
Thread the line through the line guide, around the spool, and out the line guide. Tie an overhand knot over the standing line and at the end of the tag end.



Step 2

Tighten both knots. Pull on the standing end until the knot passes through the line guide and is snug around the spool.

"Always dispose of your fishing line properly; never in the water or on the shoreline!"

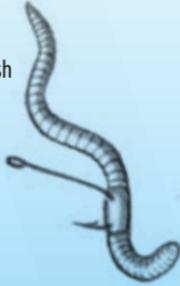


Live bait or artificial bait can be used to catch fish. Artificial baits or lures include jigs, plugs and spinners. Either type of bait may be used depending on what fish you are trying to catch. Always check your state fishing regulations to make sure your choice of bait is legal. Never release baitfish into the water!

Live Baits

Worm

Excellent for most fresh and salt water fish. Insert hook through side of worm. Cover hook for smaller fish.



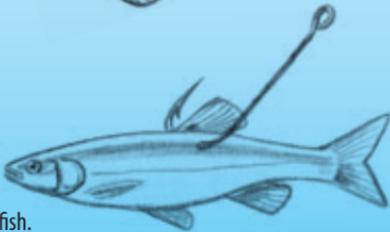
Cricket

Good for panfish. Hook once through the body.



Minnow

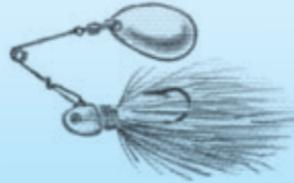
Excellent for most fresh and salt water fish. Insert hook through the back at the dorsal fin.



Artificial Baits

Spinners

Attractive to many species of fish. They have one or more blades that rotate around on a straight line.



Jigs

Attractive to many species of fresh and salt water fish. They have a weighted head with a body of rubber or feathers.



Bait

Casting

You may use a different type of casting method depending on your skill level and where you are fishing.

Beginning anglers should learn both the overhead and underhand cast. Use the overhead cast when you want to get your line farther away from the shore or away from things that could possibly snag the line. Use the underhand cast when you have people or objects such as trees behind you that may get snagged when you cast.

An underhand cast is safer since you can always see your bait/hook which prevents it from getting accidentally snagged on something.

How to Cast Underhand

Step 1

Hold the rod in your writing hand and stand sideways with your opposite shoulder facing the water. Your casting hand should be held in front of your body, above hip level, so the rod is parallel with the ground. Your rod and forearm should form a straight line.

Step 2

Flip the tip of the rod to whip the bait/lure toward the water – similar to swinging a baseball bat. Reel in your line as usual.



TRY THIS...

Tie a small weight or plug at the end of your line. Place an object like a hula hoop or any other safe target about 10-20 feet from you and try to cast your line so that you reach your target.

By practicing before you go fishing, you will become more accurate when you get on the water.

How to Cast Overhand

Step 1

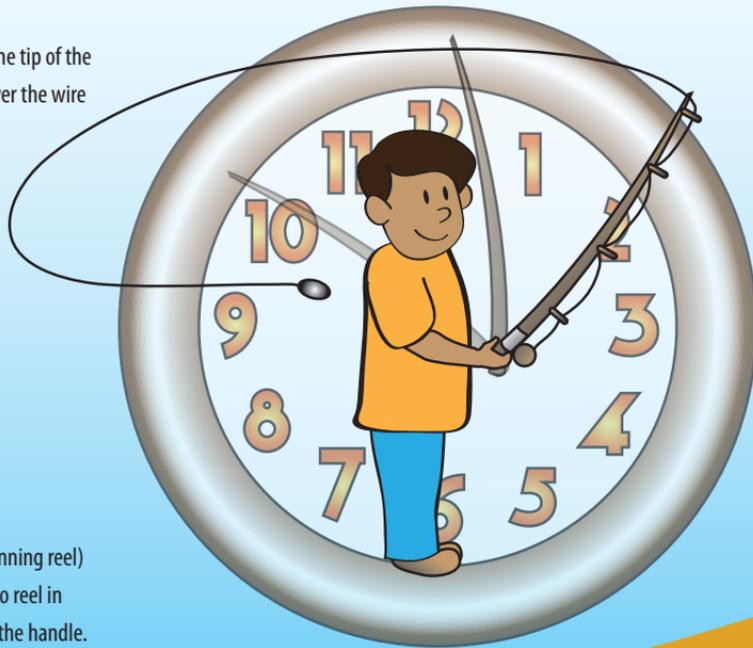
Hold the rod in your writing hand and let the bait hang about a foot from the tip of the rod. With a spinning reel, hold the line under your pointer finger and flip over the wire bail. With a push-button reel, push in the button with your thumb and hold it down.

Step 2

Draw back the rod, being careful not to tangle the line around the rod's tip. Now gently cast the line toward your target. For a spinning reel simultaneously lift your finger so the line is free to unravel off the reel. For a spincasting push button reel, lift your thumb off the button at the 12 o'clock position.

Step 3

When the bait lands, crank the reel's handle to flip back the bail (with a spinning reel) or engage the reel (with a push button). Reel in any slack. Note: It's easier to reel in your line if it has some tension on it, so hold the line taut as you first crank the handle.

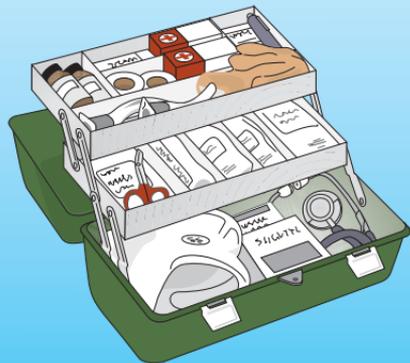


Fishing Safety

Safety should always be first on your list when you are planning your fishing trip. Here are a few very important tips to remember in order for you to have a safe and fun fishing adventure!

Things to Remember

- Always wear a hat, sunglasses, and appropriate clothing.
- Point your rod towards the sky when walking. Look around for people and obstructions before you cast.
- Set up a buddy system. Fishing with a buddy is good in case of an accident.
- Make sure that you wear your personal flotation device (PFD) at all times if you are on a boat, on the dock, or on the shore.
- Take a first aid kit with medical supplies to deal with cuts and scrapes, bruises and bumps and bites.
- In summer, bring lots of cool water and other healthy drinks and make sure you stay hydrated. Liquids are important in the winter as well.
- The ultraviolet (UV) light of the sun can do a lot of damage to skin. Make sure that you wear sunscreen. Avoid fishing in the middle of the day, when the sun can be at its strongest.



If you get a hook stuck in your finger or any other part of your body, you can quickly and safely remove it. All you need is a pair of wire cutting pliers. Follow these simple steps to remove the hook. Never attempt to pull the hook out without cutting off the barb first.

Step 1

If the hook barb does not penetrate through skin push it all the way through.



Step 2

Trim the barb with wire cutters.



Step 3

Back the hook out of the finger.



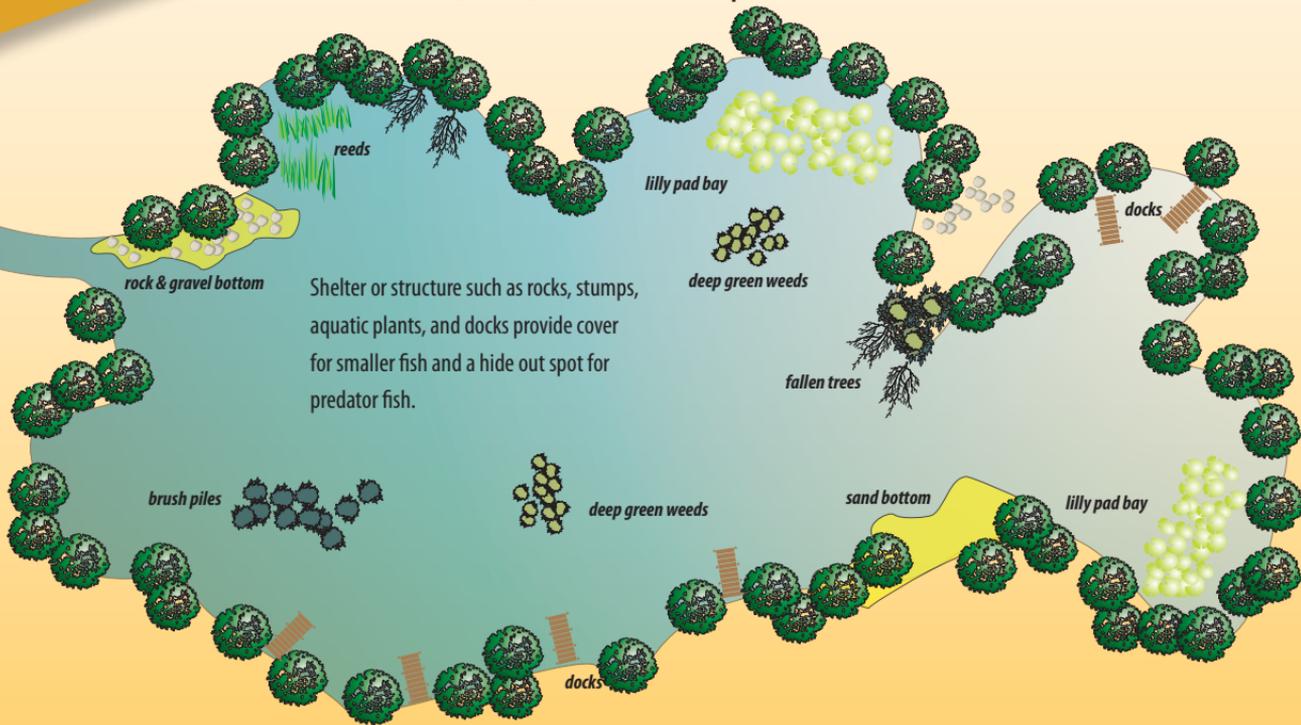
“Make sure to clean your wound with soap and water after you remove the hook. Have a doctor check your wound once you get home.”



First Aid - Removing a Hook

What makes a good fishing spot

Food sources vary for different species of fish. Food can include plants, plankton, insects and insect larvae, smaller fish, worms, and freshwater shrimp.



Where to fish

Deep green weeds for sunfish and crappie

Lilly pad bays for sunfish and largemouth bass

Boat docks for largemouth bass

Rock and gravel areas for smallmouth bass

Fallen trees for rock bass and largemouth bass

Bobber Fishing

A biting fish may not always pull the bobber completely under the water. You may see it twitch, move across the water or even lay on its side. When this happens reel in the slack line and then give the rod a quick tug upwards or sideways to **set the hook**.

Bottom Fishing

When bottom fishing, pay close attention to your line and your rod tip. Movements of the rod tip or line indicate a bite. Once this happens lower your rod tip and allow the fish to take some line. Once the line is tight give the rod a quick tug upward to **set the hook**.

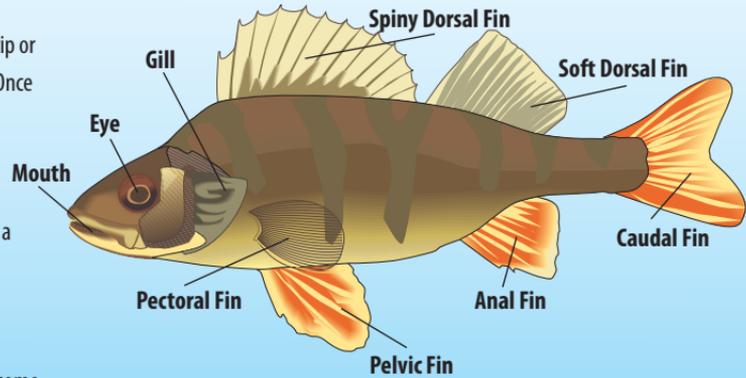
Cast and Retrieve

This method allows you to easily detect when the fish strikes. During the retrieval you will feel a tug or tap on you line. When this happens give the rod a quick and sharp tug to **set the hook**.

Handling the Fish

Handle the fish with care. Be sure to wet your hands before handling the fish. Be careful since some fish have spines on their fins. Grab the fish from the head and gently run your hand over the dorsal fin to flatten it. Gently but quickly remove the hook. Pliers can be helpful tools for removing the hook quickly.

Fish Anatomy



I have a bite... now what?

Being a Responsible Angler

If you are not planning on eating your fish it is important that you return the fish back to the water as soon as possible. Many people enjoy “Catch and Release” fishing and follow these important steps to make sure the fish is safely returned to the water.

1. Flatten the barb of your hook with a pair of pliers (or use barbless or circle hooks).
2. Be careful and be quick when reeling in your fish.
3. Keep the fish in the water as long as possible while you remove the hook.
4. If you need to handle a fish, wet your hands first. Try to return the fish to the water as fast as possible.
5. If you have to hold the fish, make sure to support it under the head and tail ends so that its mouth and gills are not damaged.
6. Carefully release the fish head first into the water. Never throw the fish! Hold the fish under its head and tail and move it forward through the water to help get water into the mouth and gills. Let the fish swim out of your hands when it is ready.

If you are planning on keeping your catch be sure to have a cooler with ice, a fish basket or a stringer to keep the fish as fresh as possible.

Immersing the fish in a cooler of ice is the recommended way of keeping your catch fresh.





A **Responsible Angler** is someone that...

- Respects other anglers' rights
- Buys a fishing license
- Respects the rights of property owners
- Keeps fish only to eat
- Releases unwanted fish quickly and unharmed
- Never litters or pollutes
- Knows and follows boating and fishing regulations
- Shares his/her knowledge with others
- Learns about the different species of fish in their area
- Gives back by getting involved in conservation programs or activities

Being a Responsible Angler

Share the Fun of Fishing

Fishing is fun! Share it with your friends and family!



Stop the spread of non-native plants and animals

- Only release fish or other animals where they were caught.
- Take unused live bait home or give it to another angler.
- Wash and dry equipment and shoes before going to a new lake or river.
- Bring unwanted aquarium fish and plants to a pet store.

*Spreading disease
and introducing
new predators
and competitors
...harms native
communities*



Only let rainwater flow down the storm drain

Anything that washes off your lawn, driveway, or gutter ends up in the creek. Most storm drains flow directly into creeks, lakes or ocean.

- Pick up litter and pet waste.
- Keep gutters clean and free of trash and leaves.
- Wash your car on the lawn using as little soap as possible.
- Read labels to find the safest way to dispose of leftover chemicals, soaps, and cleansers.

These simple steps help keep local lakes, creeks and rivers healthy so you have a nicer place to fish. They also make for better homes for plants and animals.



Did you know that Storm Drains flow directly into creeks, rivers, streams and other places you like to fish?

Keep our creeks, rivers, bays, and oceans clean

Types of Fish in type of Locations

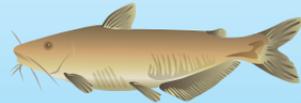
Many fish live in an urban pond. Some may live there year round and reproduce naturally if there is adequate habitat. A healthy lake has clean water and a good supply of oxygen. Shade trees cool the water helping fish, amphibians and insects. Many urban ponds and lakes receive water that has run off streets and through the storm drain. Being careful about what flows down your driveway is a good way to protect the fish in your local lake.

These fish are the most commonly planted fish in urban lakes:



Rainbow Trout

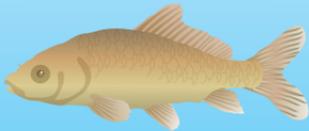
Baits: Dough baits (i.e. Power Bait®) insects and small live bait fish.



Channel Catfish and bullheads

Baits: Mealworms, marshmallows, night crawlers, cutbait, shrimp, freshwater, hotdogs, and stinkbaits.

These fish are usually not planted, but may be present if there is adequate habitat:



Carp

Baits: Dough balls (both plain bread and prepared baits), plant material, insects, worms, crayfish, cut bait, and mollusks.



Smallmouth Bass

Baits: Live bait fish, crayfish, night crawlers, crickets.



Sunfish and Crappie

Baits: Earthworms, mealworms, crickets, small live bait fish, small grasshoppers.



Largemouth Bass

Baits: Earth worms, night crawlers, live bait fish and leeches.

Need more information or tips for fishing? Check these out!

Check out Your Community

Some of the best places to get helpful information on fishing in your local area can be found at local bait and tackle shops and local and regional parks.

Here are a few places to get you started:

Fishing in the City Programs

www.fishinginthecity.org

Sacramento Area: For events or to volunteer

jferreir@dfg.ca.gov, (916) 358-2872

Fish Stocking , (916) 351-0832

SF Bay Area: For events or to volunteer

erotman@dfg.ca.gov, (707) 944-5501

Fish Stocking

(707) 944-5581

Southern California Coastal Communities:

For events or to volunteer

byoung@dfg.ca.gov, (562) 342-7148

Fish Stocking, (562) 594-7268

DFG website

www.dfg.ca.gov

Fish planting information

www.dfg.ca.gov/fish/Hatcheries/FishPlanting

To report a poacher or polluter

CALTIP – 888 DFG-CALTIP (888 334-2258)

Information on invasive species

<http://www.dfg.ca.gov/invasives/>

Education programs offered through DFG

www.dfg.ca.gov/education

Future Fisherman Foundation

www.futurefisherman.org

Catch More Information

Conservation Corner

Did you know that more than 80% of your license fee goes to directly support making your fishing experience great? That's right, your state fish and wildlife agency makes certain that your favorite fishing hole has plenty of healthy fish; that folks are fishing safely and responsibly and that there are beginner angler programs for kids and adults. Contact your state agency to see what the requirements are before you head out to go fishing. You can purchase your license online in many states or at your favorite sports store.

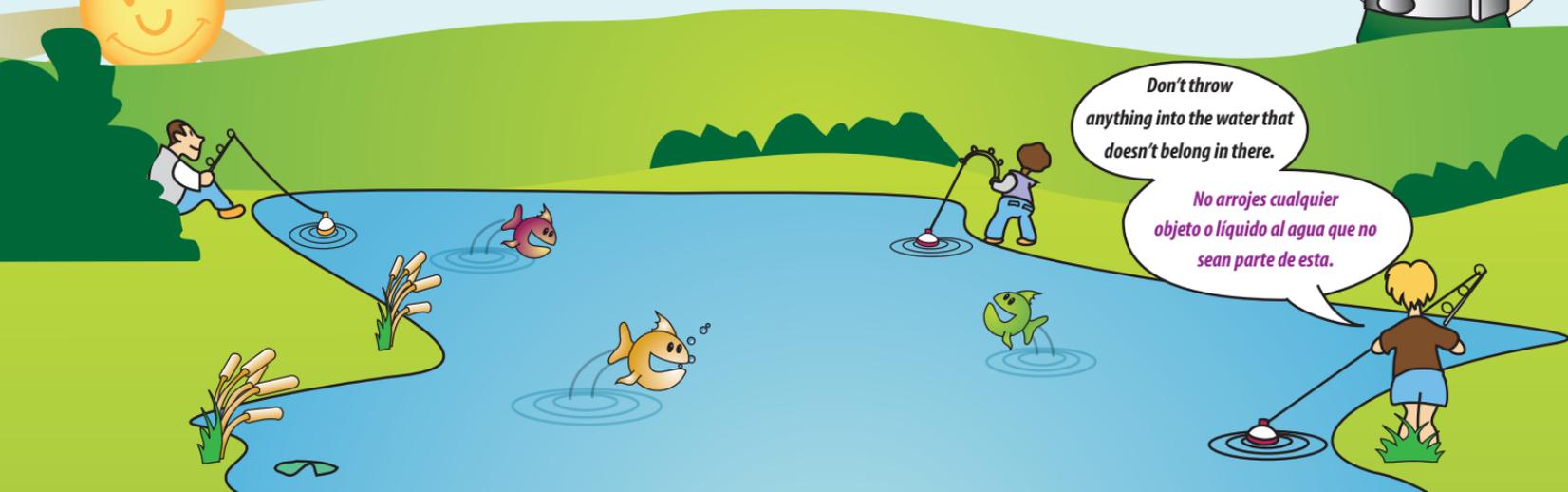
Know your state fishing rules about purchasing a license and what equipment you can fish with. Be cool and follow the rules!

¡Conoce las regulaciones de tu estado relacionadas con la compra de una licencia y que equipo puedes utilizar para pescar! ¡Sé una buena persona y observa las reglas!"



Don't throw anything into the water that doesn't belong in there.

No arrojes cualquier objeto o líquido al agua que no sean parte de esta.





Do not forget to wear your lifejacket on a pier or near deep or flowing water. Don't just pack it, wear your jacket!

No olvides usar tu salvavidas en un muelle o cerca de un cuerpo de agua profundo o con corriente. ¡No solamente empaques tu salvavidas, úsalo!

Make sure that you take any trash with you when you leave.

Asegura llevar contigo la basura cuando termines de pescar.

Remember the Golden Rule: Take only photographs and leave only footprints!

¡Recuerda la regla de oro: ¡Toma solamente fotos y deja sólo tus huellas!

¿Conoces que más de un 80% de las licencias de pesca están dirigidas a hacer de tu experiencia de pesca una grandiosa? Es correcto, tu agencia estatal de pesca y vida silvestre se asegura que tu lugar de pesca favorito tenga una abundancia de peces saludables; que las personas que están pescando sean cuidadosas y responsables y que existan programas dirigidos a pescadores principiantes, tanto menores como adultos. Contacta tu agencia estatal para conocer los requerimientos antes de irte a pescar. Tú puedes comprar tu licencia de pesca a través de la red o en tu tienda de deportes favorita.



El rincón de la conservación