

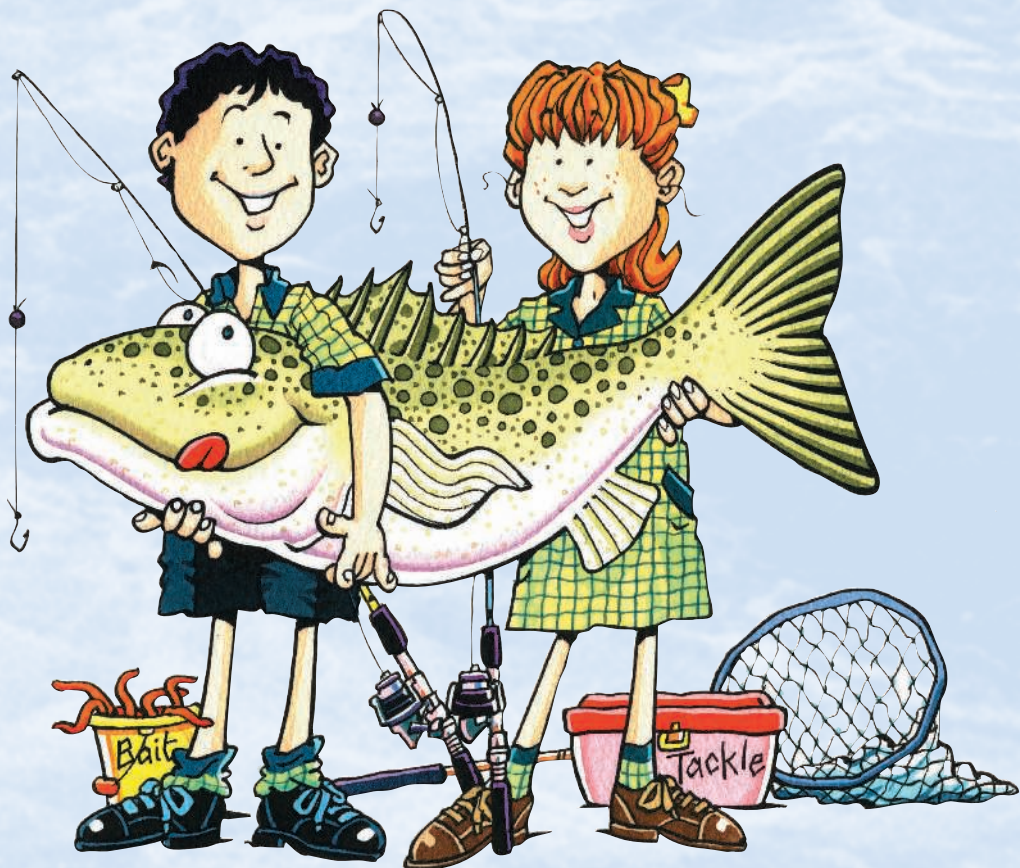


Get Hooked... It's fun to fish

Schools Recreational Fishing Program

Student Workbook

Name: _____



Australian Government
Department of Agriculture,
Fisheries and Forestry





Get Hooked... It's fun to fish

Schools Recreational Fishing Program



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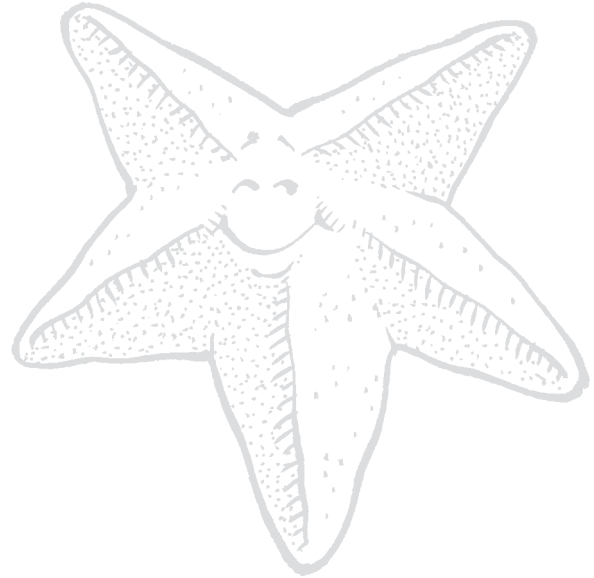
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Fishcare Victoria

Fishcare is a program of fishing education and participation activities to promote sustainable fishing and care for our fishing environments.

Fishcare groups, in association with local angling clubs, deliver the "Get Hooked...It's fun to fish program", in primary schools as part of the overall Fishcare program. For more information contact details for Fishcare are available on the Fishcare website at www.fishcare.org.au.



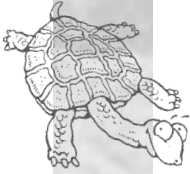
The Get Hooked ...It's fun to fish program developed by Fisheries Victoria with support from the Natural Heritage Trust. This kit covers a Junior Code of Conduct related to fishing, and is linked with SOSE and Science learning outcomes in the CSFII. It is designed to be delivered by primary school teachers and may be downloaded via the Fishcare internet site www.fishcare.org.au



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Suggested Course Outline:



Session One - Getting Started:

- Introduction
- Tying Fishing Knots
- Rod and Reel Basics
- Casting Technique

Session Two - Learning the Rules:

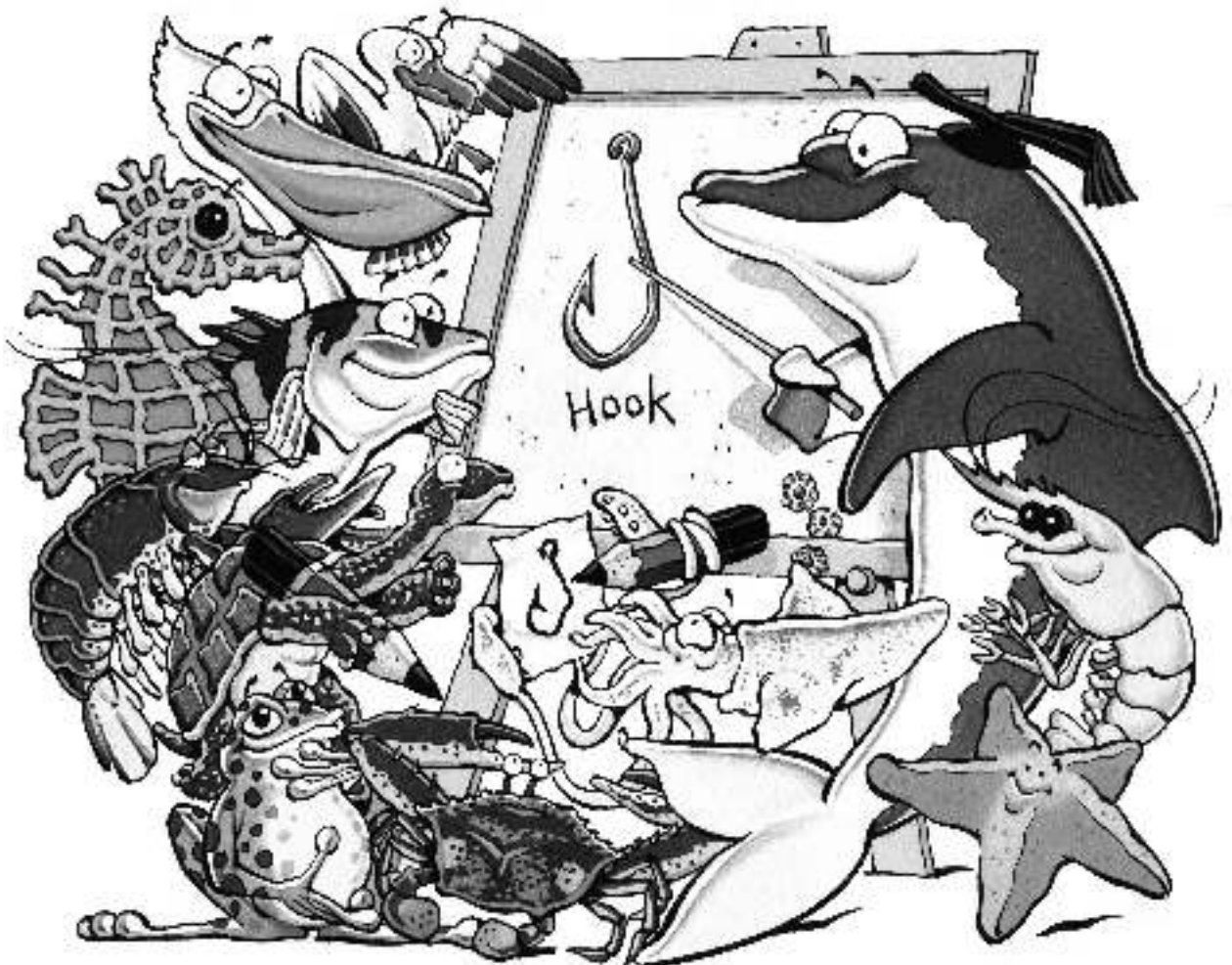
- Fish Identification
- Fishing Regulations
- National Junior Fishing Codes
- Fishing Safely

Session Three - Almost Ready:

- Advanced Casting Skills
- Sustainable Fishing Activity
- Construction of Fishing Rigs

Session Four - Let's Go:

- Fishing Excursion





Why take up Fishing as a Hobby?

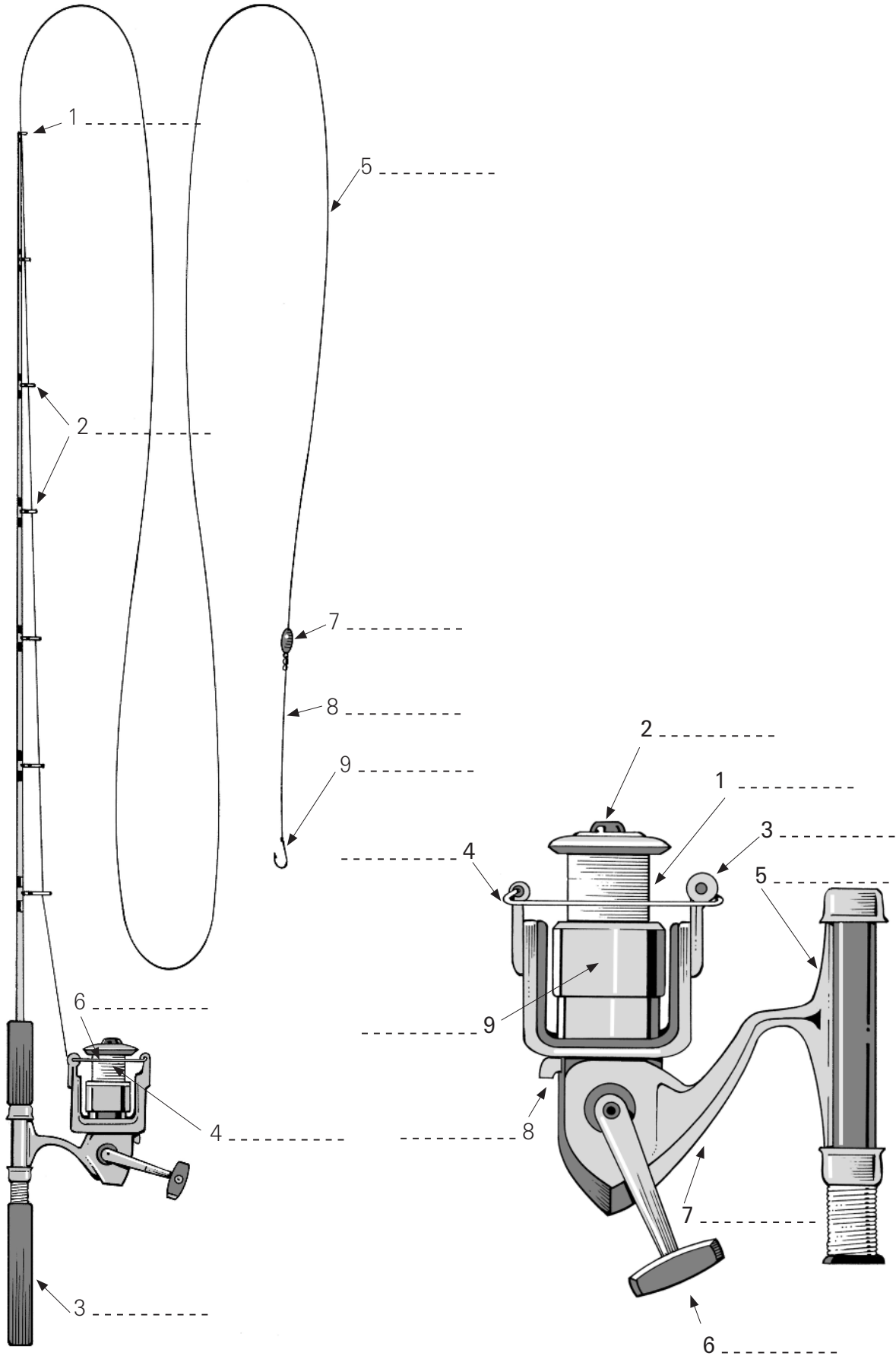
Fishing is a form of recreation that is enjoyed by hundreds of thousands of people in Victoria on a year round basis. It's an activity that some people take part in every now and again, whilst serious anglers fish at every opportunity that they get. Fishing is enjoyed by all age groups ranging from young children to elderly people, and by people of many different social and ethnic backgrounds, and physical abilities. Overall anyone can learn to fish, and everyone can enjoy the many benefits and pleasures associated with fishing.

What are the benefits and pleasures associated with fishing?

- Fishing can be as simple or complicated as a person wishes to make it. Most people are introduced to simple forms of fishing and gradually progress to more complicated forms.
- Fishing provides an opportunity for people to explore and interact with the natural environment. This can range from rugged coastlines and long sandy beaches, to forest and mountain streams and rivers and inland lakes, to quiet backwater estuaries, bays, and the vast open ocean. Special moments can be had during fishing trips when mammals, birds, and other creatures are observed in their natural habitat.
- Fishing can offer the pleasure of providing food for the table. Much satisfaction is obtained from catching a fish and cooking up a beautiful meal. No fish from a shop or a market can compare with the taste of a freshly caught fish.
- Fishing offers a lifelong challenge to people who become seriously involved in this hobby. There is endless variation associated with fishing. Firstly there is the wide range of locations and environments where fishing can take place. Secondly there are dozens of different types of fish that can be caught in Victoria, with each species requiring different baits and tactics. Thirdly there are many different forms of fishing ranging from general bait fishing, surf fishing, fly fishing, lure fishing, float fishing, sport and game fishing etc.
- Fishing has a quality of the unknown and uncertainty. No matter how good an angler might be, he or she still relies on the fish to cooperate and be in the area where they may be expected to be. In essence every fishing trip is a game of chance. You can never be sure if you are going to be successful.
- You don't even have to catch a fish to have an enjoyable fishing trip. Just going fishing is half the fun. Preparing for the trip can be enjoyable, and reflecting on the success or failure of the trip afterwards can also be rewarding.
- Lastly you often don't even have to go fishing to enjoy the hobby. Many anglers gain satisfaction from activities related to fishing, such as building their own fishing rods, tying artificial flies, maintaining equipment, reading magazines and books on fishing, or simply talking about fishing with other people.

Basics of a Fishing Rod

Fill the basic parts of the fishing rod and reel.



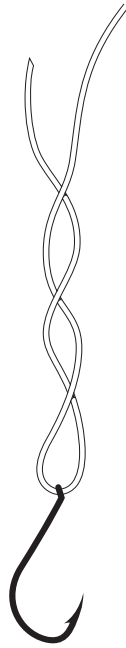


Knots

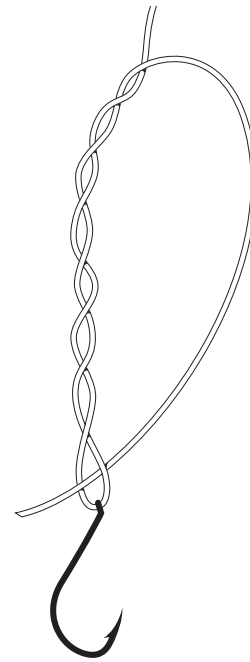
The overall success of any fishing experience will eventually be determined by the strength of a knot. A securely tied knot is often the difference between catching a fish or losing it. There are many different types of knots, however you can get by in most fishing situations by knowing the following few knots. Practise them until you can tie them without referring to the instructions!

Locked Half Blood Knot

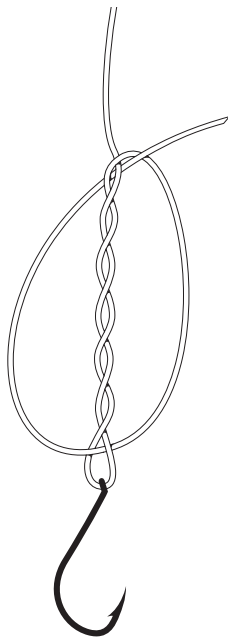
A simple yet strong knot that can be used to tie all connections to hooks, swivels etc.



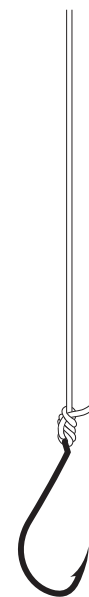
- 1.** Pass the line through the eye of the hook and wind the tag end of the line around the main line four or five times or more.



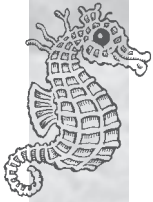
- 2.** Next pass the tag end through the loop that has formed at the hook.



- 3.** Now bring the tag end up and pass it through the large loop that has been formed.

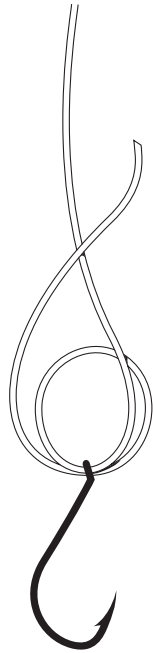


- 4.** Tighten the knot by pulling slowly and firmly on the main line.

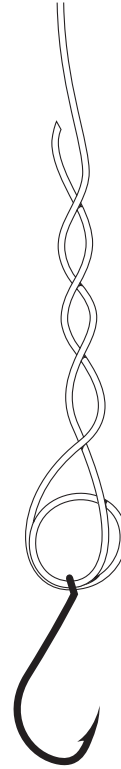


Clinch Knot

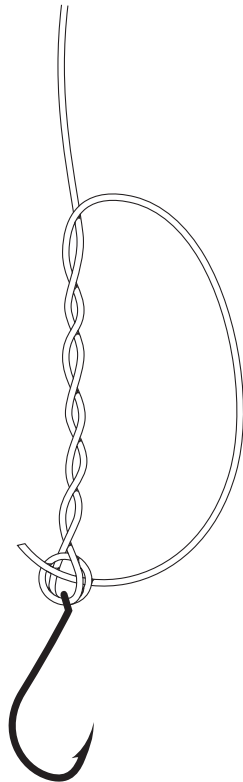
This is another very useful knot that is perhaps stronger than the first. Again most connections can be made using this knot.



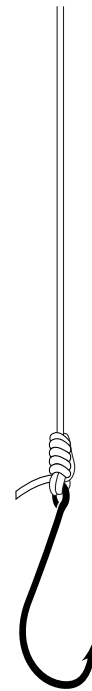
- 1.** Pass the line through the eye of the hook twice so that a loop is formed.



- 2.** Holding the loop in one hand wrap the tag end of the line around the main line four or five times.



- 3.** Now pass the end of the tag through the double loop that has formed at the hook.



- 4.** Tighten the knot by pulling on both the mainline and the tag at the same time.

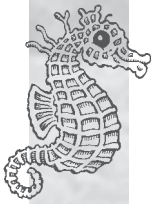
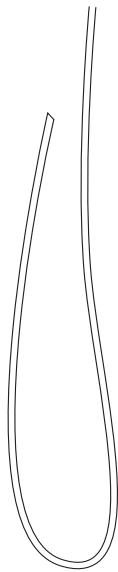
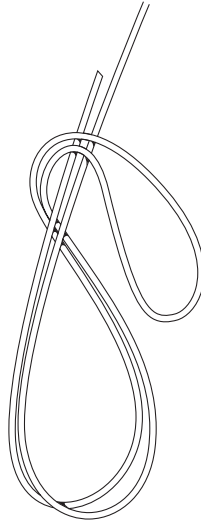


Figure of Eight (Dropper Loop)

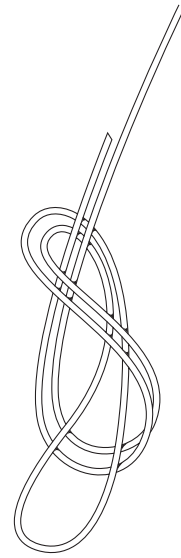
This knot can be used to make a loop in the mainline above a sinker. Using the same knot, a loop can then be made at the end of a short leader and attached to the loop in the mainline.



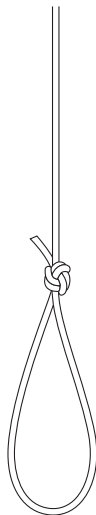
1. Bend the line to form a loop at the place where you intend the loop to be.



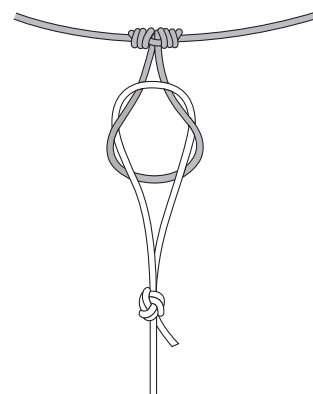
2. Working with the double line bend the loop back and pass it under, and then over the double line.



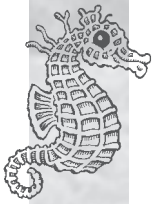
3. Bring the end of the loop down and pass it through the bottom section of the "eight".



4. Close the knot tight and trim off any excess line.

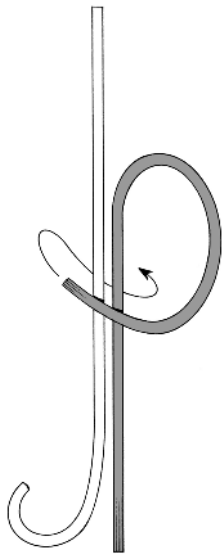


5. You can now make a short trace with a loop at one end and a tied hook at the other. To connect the trace pass the hook through the loop on the mainline and then through the loop on the trace. Tighten it and you have a dropper.

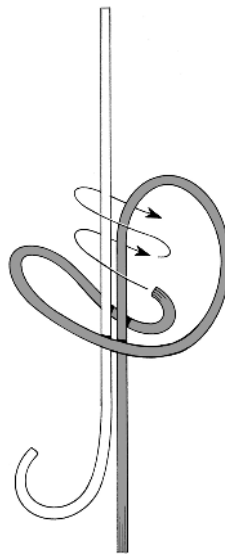


Double Uni Knot

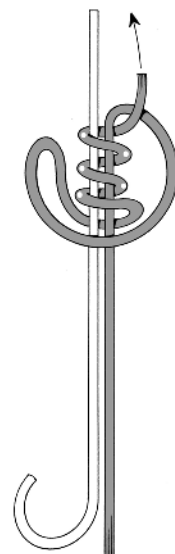
This knot is used to join two lines, braided lines to mono-filament or fluorocarbon leaders.



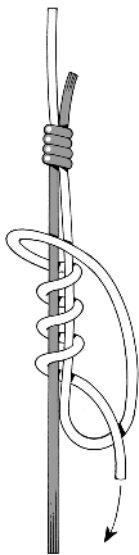
- 1.** Overlap the ends of lines to be joined. Take the end of the line from the left and double back.



- 2.** Make 3 to 4 wraps around both lines and through the loop that was formed.



- 3.** Pull tag end to tighten.



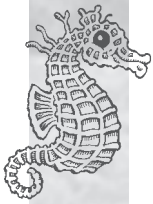
- 4.** Repeat with the end of the line on the left making the same number of wraps unless tying with braided line in which you should double the number of wraps.



- 5.** You have now tied two Uni knots. Pull the standing lines in opposite direction to slide the two knots together.



- 6.** Clip ends close to the knot.

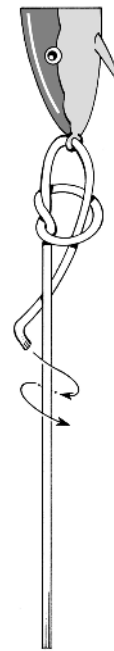


Loop Knot

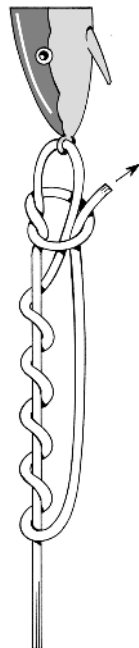
This knot is used to attach lures and soft plastics to the end of your line allowing them to move freely through the water and appear more lifelike.



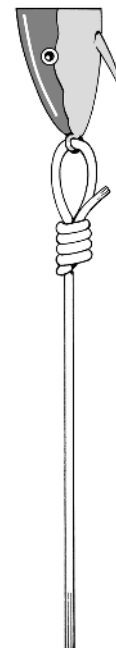
- 1.** Make an overhand knot in the line about 10 inches from the end. Pass the tag end through the hook eye.



- 2.** Pass the tag end back through the loop of the overhand knot. Wrap the tag end around the standing part 5 or 6 times.



- 3.** Bring tag end back through overhand knot, entering from same side it exited from before. Moisten the knot then pull slowly on the tag end to cinch the wraps loosely together.



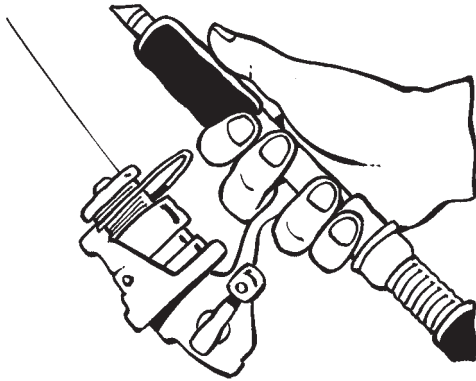
- 4.** Pull the loop and the standing line in opposite directions to seat the knot. Trim tag end.

Casting Correctly

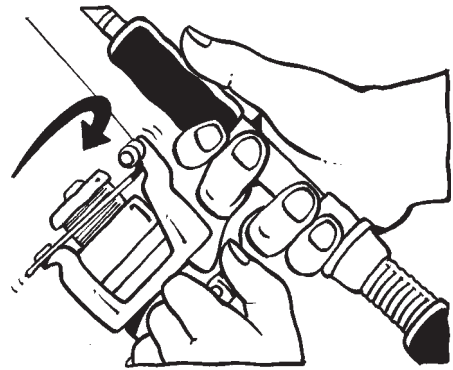


Seven steps for casting:

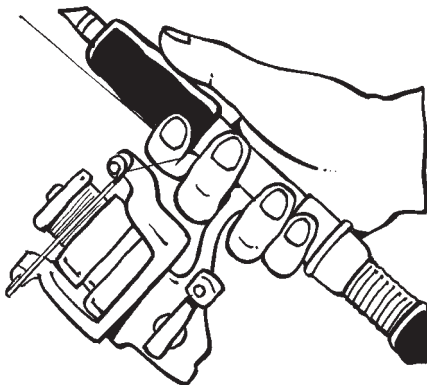
1. Hold your rod at waist level and parallel to the ground, and let out or wind in your line until you have about **30-40 cm** of line out from the rod tip.



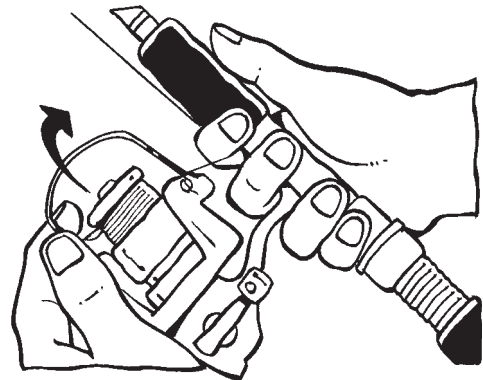
2. Hold the rod in your casting hand with **two** fingers either side of the **reel foot**.



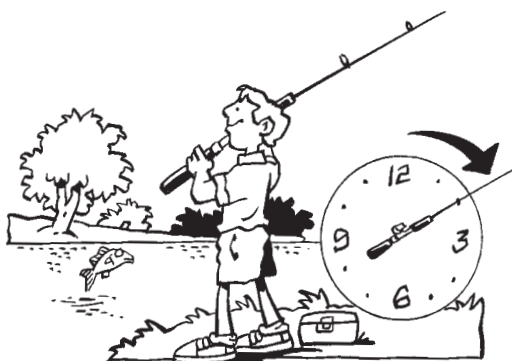
3. Bring the **line roller** around into a position directly **under** the rod.



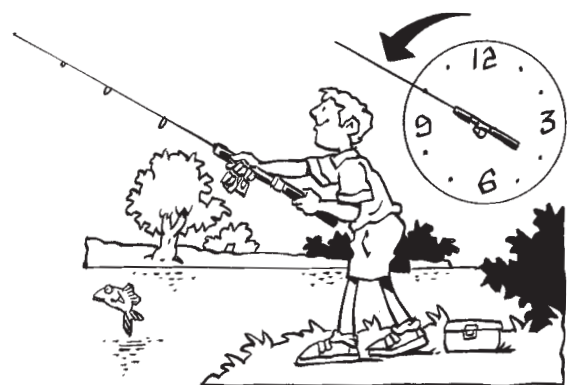
4. Next hold the line against the rod with your **index finger**, slightly down from the spool.



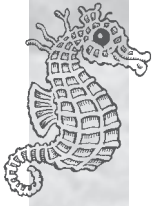
5. Keep holding the line and open the **bail arm** with your free hand.



6. Look **behind** you to make sure that the area is clear and bring the rod back to a **2 o'clock** position. Make sure the line isn't **tangled** around the **rod tip**.



7. Looking **forward** at the area that you wish to cast to, bring the rod forward in a smooth movement, releasing the line from your index finger at a **10 o'clock** position.



Casting safely

- When casting a fishing rod give yourself plenty of space from anyone around you.
- Always check behind you when you make your back cast to prevent snagging people, trees, jetty railings etc.
- Look around, be aware of other people near you, and always be careful when casting.
- While fishing it is a good idea to wear glasses at all times to protect your eyes from your own and other anglers tackle and rod tips as well as the sun.
- If this doesn't work, lay the rod down on the ground and wrap the line around a stick or your arm if you are wearing a jumper, and slowly walk backwards with your face turned away, until the line breaks.
- Never pull back on the rod with force, as you can break the rod, or worse still, the freed line and sinker can come flying out of the water at high speed, due to the stretch in the line. The sinker (or hook) can cause serious injury if it strikes you.
- Never pull on the line with your bare hand, as this will cause the line to cut into your skin.

Snagged lines

Snags occur when hooks or lures get caught on underwater structures. This creates a situation where the line needs to be freed safely, and without damaging the rod.

- First try jerking the rod quickly a few times in a row. Quite often this will be sufficient to free the snagged line.
- Make sure that your hook is secured by keeping it in a 'hooksafe', or by attaching it to a runner or hook-keeper on the rod. This will prevent you from having loose line or a dangling hook, which may catch on objects while you are walking.

Walking with a fishing rod:

- Hold the rod by the grip above the reel, and at your side with the rod pointing slightly upwards, when walking around in open spaces.

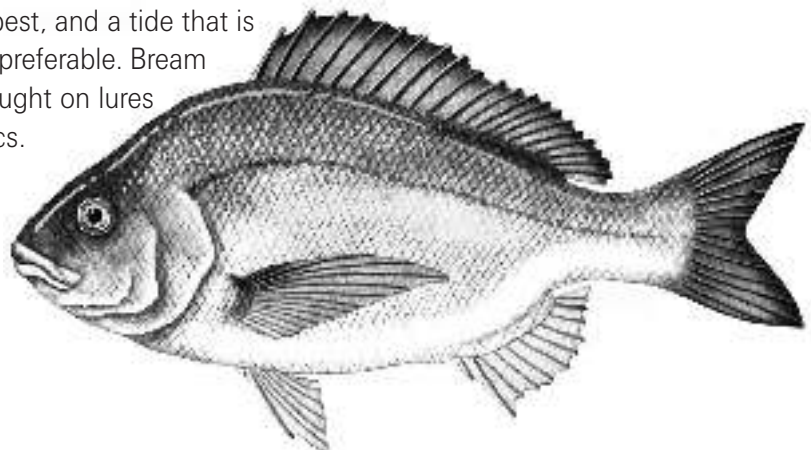
Tackle Tip: Bream

A common and popular species of fish that is found in estuaries (rivers and lakes that are under tidal influence) throughout Victoria.

Tackle: Baitholder or longshank hooks in sizes 4-6. Lines of 2-3 kg breaking strain.

Bait: Sandworms, bass yabbies, shrimps, prawns

Tips: Live baits are best, and a tide that is running out is preferable. Bream can also be caught on lures and soft plastics.



Fish Identification Activity



Use the Victorian Recreational Fishing Guide to identify these commonly caught recreational species. Working from left to right, use the letters underlined in purple to answer this question.

What is an additional regulation that applies to some species of fish?



Name:

Minimum legal size: _____

Bag/possession limit: _____



Name:

Minimum legal size: _____

Bag/possession limit: _____



Name:

Minimum legal size: _____

Bag/possession limit: _____



Name:

Minimum legal size: _____

Bag/possession limit: _____



Name:

Minimum legal size: _____

Bag/possession limit: _____



Name:

Minimum legal size: _____

Bag/possession limit: _____



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Minimum legal size: _____

Bag/possession limit: _____



Name:

Minimum legal size: _____

Bag/possession limit: _____



Name:

Minimum legal size: _____

Bag/possession limit: _____



Name:

Minimum legal size: _____

Bag/possession limit: _____



Name:

Minimum legal size: _____

Bag/possession limit: _____



Name:

Minimum legal size: _____

Bag/possession limit: _____



Fishing Safely

Whenever you go fishing your personal safety should be your main consideration. A number of fishing trips each year in Victoria result in drowning. The following tips should help make sure that each of your fishing trips is a safe one.

General safety tips

- Always fish with a friend, preferably an adult. There is safety in numbers and one person can always come to the other person's aid if a dangerous situation develops.
- Always let someone at home know where you are going fishing and approximately what time you will be back. Then if something goes wrong there is a much better chance that help will arrive in the right place and at the right time.
- Always wear a life jacket or personal flotation device.
- Learn to swim. Seeing that fishing involves being on or near the water, it makes very good sense to be able to swim.

- Be careful with sharp knives and hooks.
- Be careful and sensible at all times. No fish is worth putting your wellbeing in danger.

Fishing beaches

- Keep an eye on the tide and make sure that your tackle box and other equipment are well clear of the highest point that incoming waves may reach.
- Don't wade out on beaches that have large waves or strong rips.

Fishing lakes, rivers and streams

- Try to avoid steep and unstable banks.
- Keep well back from the edge of fast flowing rivers.
- Avoid wading in and crossing rivers and streams.
- Keep an eye out for snakes when you are near inland waterways.

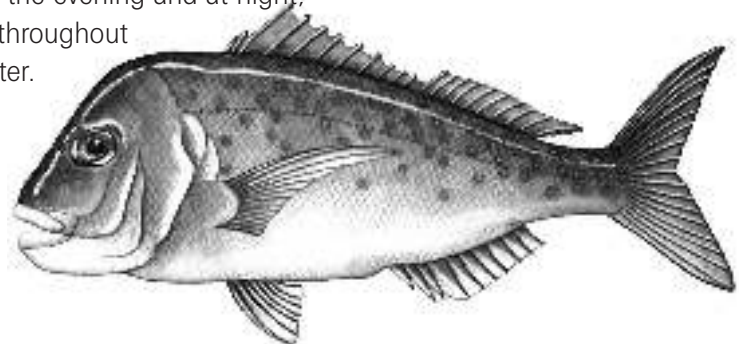
Tackle Tip: Snapper

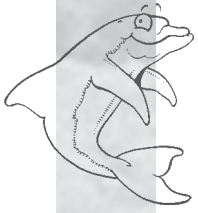
A highly prized species of fish that is found in estuaries, bays and the open ocean. Small snapper are referred to as 'pinkies' in Victoria.

Tackle: Suicide pattern hooks in sizes 2-4/0 depending on the size of the fish. Lines of 3-7kg breaking strain.

Bait: Pilchards, Whitebait, Squid, Sauries, Silver Whiting.

Tips: Snapper are often found close to reefs. Best times to catch them would be early in the morning and in the evening and at night, but can be caught throughout the day in deep water.





Fishing rocky coastlines

- Fish in these areas only in the company of experienced anglers, and on days when the sea is calm.
- Keep an eye on the sea at all times and never turn your back to it.
- Always wear a personal flotation device.
- Pick out a safe retreat spot where you can move to if an unexpectedly big wave comes rolling in.
- Don't wear waders when fishing from the rocks.
- Be wary of being cut off from higher ground by an incoming tide.

Fishing from boats

- Try to stay seated at all times, if possible, when fishing from a boat.
- Never wear waders in a boat.
- Children should wear an approved Personal Flotation Device (PFD-1) or lifejacket when moving around a boat or where there is any possibility of them falling overboard.
- Children under the age of twelve are not permitted to operate any type of powerboat, and must be over sixteen to be eligible for the general operation of a powerboat.

Avoiding injuries from fish and other creatures

- Some species of fish such as gurnard and cobblers have venomous spines, which can cause severe pain. Never handle a fish if you are unsure that it is safe to do so.
- Even the spines on common fish such as flathead and bream can cause wounds, so handle all fish carefully. Perhaps an experienced angler can show you the safest way to handle different species of fish.
- Be careful with creatures such as crabs and yabbies, which can inflict painful wounds with their claws.
- If you are around rock pools by the sea be wary of the blue-ringed octopus, as its bite can result in death. As a rule do not handle any small live octopus.

Never go fishing on your own, and always try to go fishing with an adult.

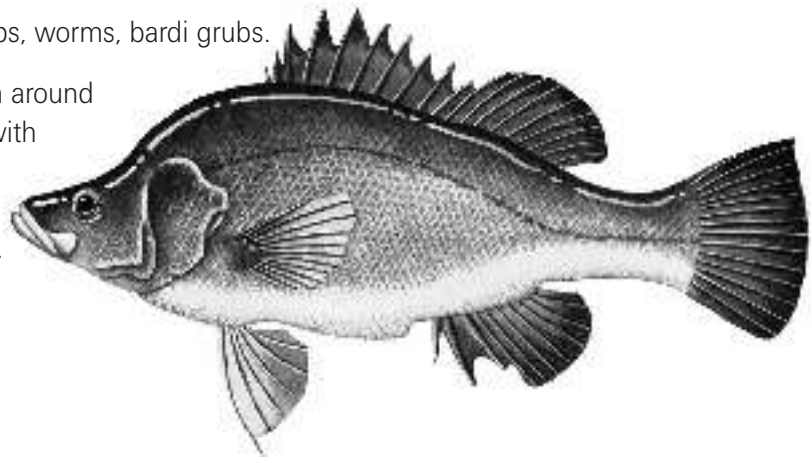
Tackle Tip: Golden Perch

A native freshwater fish, that is common throughout the rivers systems and lakes of northern Victoria. Responds very well to deep-diving lures, which can be cast from the bank, or trolled behind a boat.

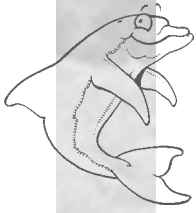
Tackle: Medium strength lines of 4-6 kg. Hooks in sizes 6-1/0. Most small to medium lures.

Bait: Yabbies, shrimps, worms, bardi grubs.

Tips: It is best to fish around snaggy areas with structures like fallen logs or rocky outcrops.

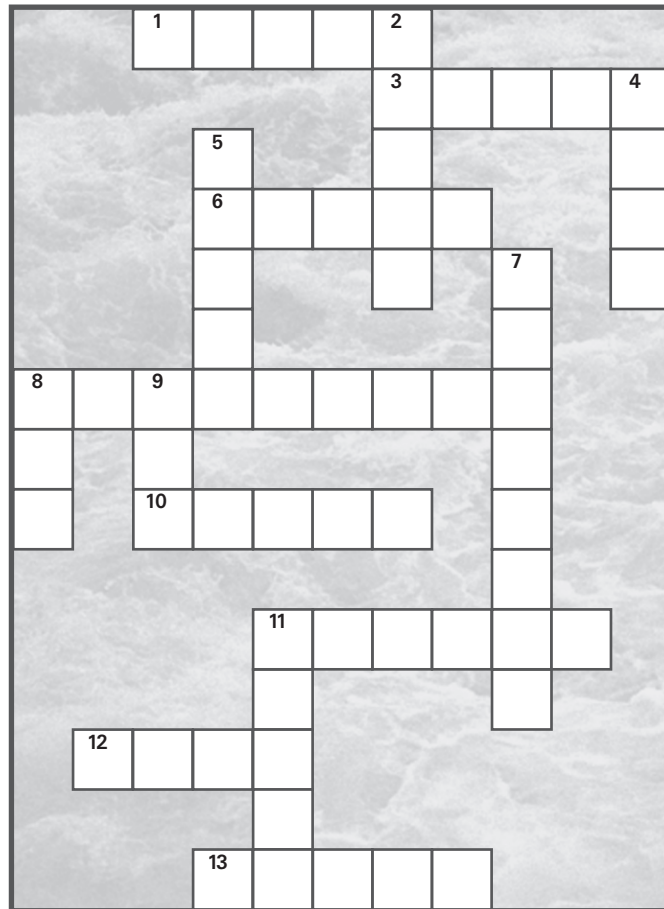


Fishing Safely Crossword



Across

1. When fishing along open coastlines always keep an eye on, and never turn your back to the _____.
3. Always be careful with _____.
They are sharp and can easily penetrate the skin and cause injury.
6. It is a good idea to record all of your fishing trips in a _____.
This will help you decide when it is the best and safest time to go fishing.

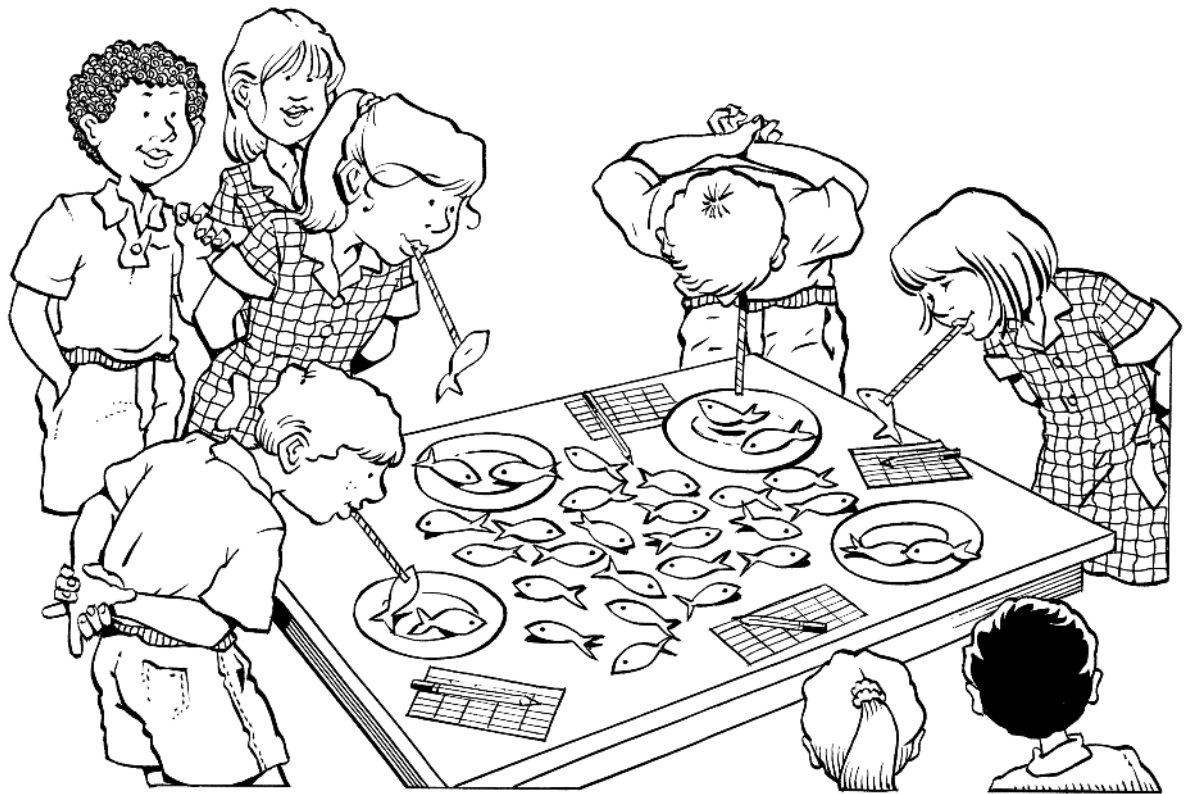


8. Always wear a PFD (Personal _____ Device) when you are in a boat.
10. _____ handle or touch a fish or animal that you cannot recognise.
11. Never wear _____ when you are in a boat.
12. Always be very careful when you are on the banks of deep or _____ flowing rivers.
13. Be careful when you handle all species of fish. Even common fish such as flathead or _____ can inflict painful wounds with their spines.

Down

2. Be careful with _____ fishing knives. Many injuries are caused to anglers when attempting to clean and fillet fish.
4. Because you are always near the water when you are fishing, it is a good idea to learn to _____.
5. Whenever possible go fishing with an _____.
This will make the fishing trip safer, and you will probably learn a lot more about fishing from them.
7. Whenever you go fishing during the warmer times of the year, make sure that you are _____.
This means wearing a hat, a long-sleeve shirt, using sunscreen, and making use of available shade.
8. The dorsal or top ____ of many fish have sharp spines. Always handle them with care, and try to get an experienced angler to show you the safest way to handle them.
9. Never go fishing on your _____.
11. _____ can be your best friend or your worst enemy. Always treat it with the respect that it deserves.

Sustainable Fishing



Objectives

Students will see how unregulated fishing can lead to depletion of fish stocks. They will also have an opportunity to discuss the factors that may contribute to the depletion and come up with ways (regulations) to better manage their resource.

Overview

- Each student will be an “angler”.
- Each fish shape represents a fish.
- When the fishing season begins, students must hold their hands behind their backs and use the “fishing rod” (straw) to suck “fish” from the “ocean” and deposit them into their “boat” (plate).
- The fish remaining in the ocean after each fishing season represent the reproductive population, and thus one or two new fish will be added for every fish left in the ocean.
- After each round, anglers must record their catch in their Fishing Log.

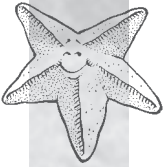
Materials

- 60 Fish Shapes
- Paper plates (1 per student)
- Straws (1 per student)
- Watch (for timing the activity)
- Fishing Log (1 per student)

Procedure

- Place 20 fish in the centre of the table, give each student one plate, one straw, and one copy of the Fishing Log.
- Remind students that all anglers fish at the same time and must keep their hands behind their backs and wait for a signal to start fishing.
- Give students 20 seconds for the first “season” of fishing. Note: You can change the time allotted for each season to get the required effect. For example, if students are not depleting their stocks fast enough, increase the “season” to 30 seconds or if they are depleting the stocks too fast, decrease the time.

Sustainable Fishing



- After the first round, have each angler count his or her catch (fish in their plate), the total bycatch for the table (dropped before reaching their plates), and the total fish left in the ocean. Have them record the data in their Fishing Log. Note: Bycatch is any fish (or other creature) that is unintentionally wasted. In the game, a “fish” that leaves the ocean but is not placed into the “boat” is considered bycatch and cannot be put back into the ocean or counted as catch.
- Add one or two new fish for every fish left on the plate, explaining that the fish reproduced in between the seasons.
- Play a second round and have students record catches on the Fishing Log.
- When one group runs out of fish, ask them what they would do in the real world if they caught all of the fish who inhabited their surrounding waters.
- Repeat fishing, recording, and replenishing fish stocks until all have fished out their areas.

Season	Species	No. Caught
Season 1	Whiting	3
Season 2	Snapper	2
Season 3	Flathead	2
Season 4		
Season 5		
Season 6		
Season 7		
Season 8		

Discussion

Conduct a discussion about the concept of sustainability. If any group did not completely deplete their fish discuss why this happened (less people fishing, etc.) Ask why sustainability might be an important goal for a community and why it might be difficult to achieve that goal. Have each group of students brainstorm ways that they might have made the fisheries more sustainable. Some possible ways are catch limits (a certain number of fish per person), marine reserves (an area of the table where fishing is not allowed).

Extensions:

- Have each group decide on a plan to make their fishery more sustainable.
- Conduct another six rounds (or less) of fishing, using the sustainability plans that the students developed.
Because students know how to play, these rounds will go faster. Have students record their new season catches and compare them to the trend seen in the previous seasons.
- Another modification to this activity can be the introduction of different “species”. These species can be more valuable (although more difficult to catch) or incur a penalty if more than one are caught.

Rigs



Running sinker rig

This rig has many uses in both freshwater and marine fishing. It can be used to catch snapper, whiting, flathead and bream in saltwater, and trout, redfin, carp, golden perch and Murray cod in freshwater.

The rig consists of a sinker threaded onto the mainline above a swivel, with a length of trace line then leading down to a hook.

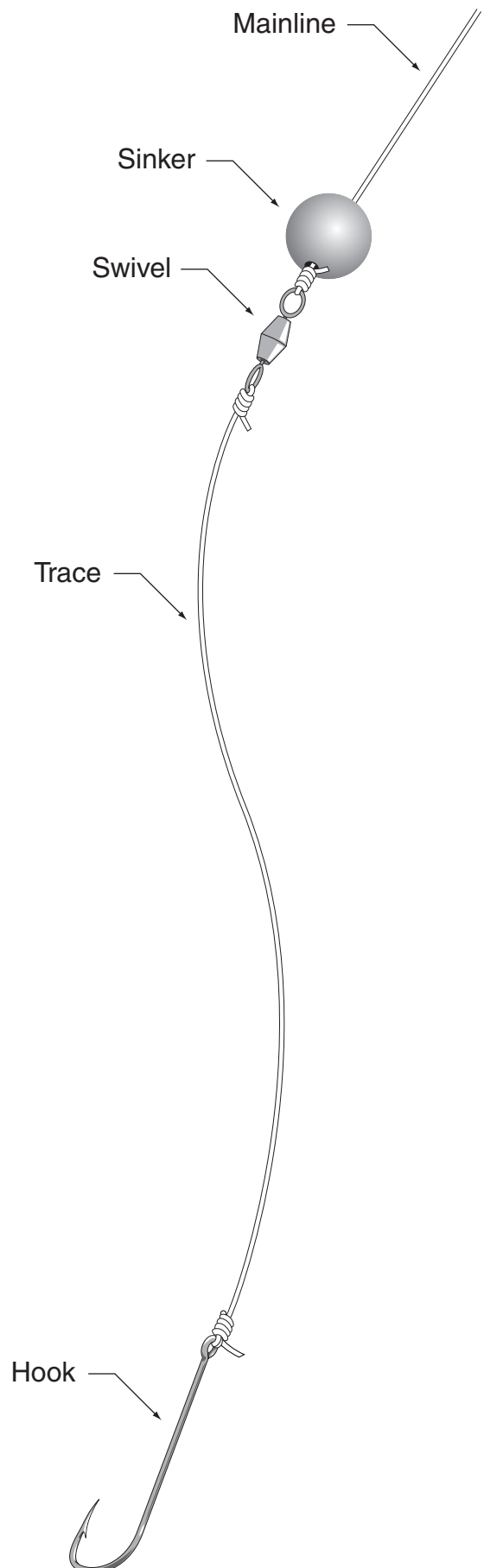
One type of knot, such as a locked half blood, or a clinch knot, can be used to tie the entire rig. This is perhaps the most commonly used rig in fishing.

As a general rule the sinker should be kept as small as possible, as long as it enables the angler to make a suitable cast. The swivel should also be kept small. The trace line is usually about 40 to 50 centimetres long.

The size of the hook is governed by the type and size of bait that will be used, as well as the type of fish that the angler expects to catch.

The most commonly used sinker in this rig is a ball sinker.

Swivels should always be used when fishing. They provide a way of joining the trace to the mainline, stop the sinker from sliding down to the hook, and also prevent your line from twisting.





Paternoster rig

This rig is mainly used in saltwater fishing. The easiest way to tie this rig is using a three-way swivel as shown in the diagram. The paternoster rig allows the bait to be presented above the sinker, so that the bait is lifted a short distance above the bottom.

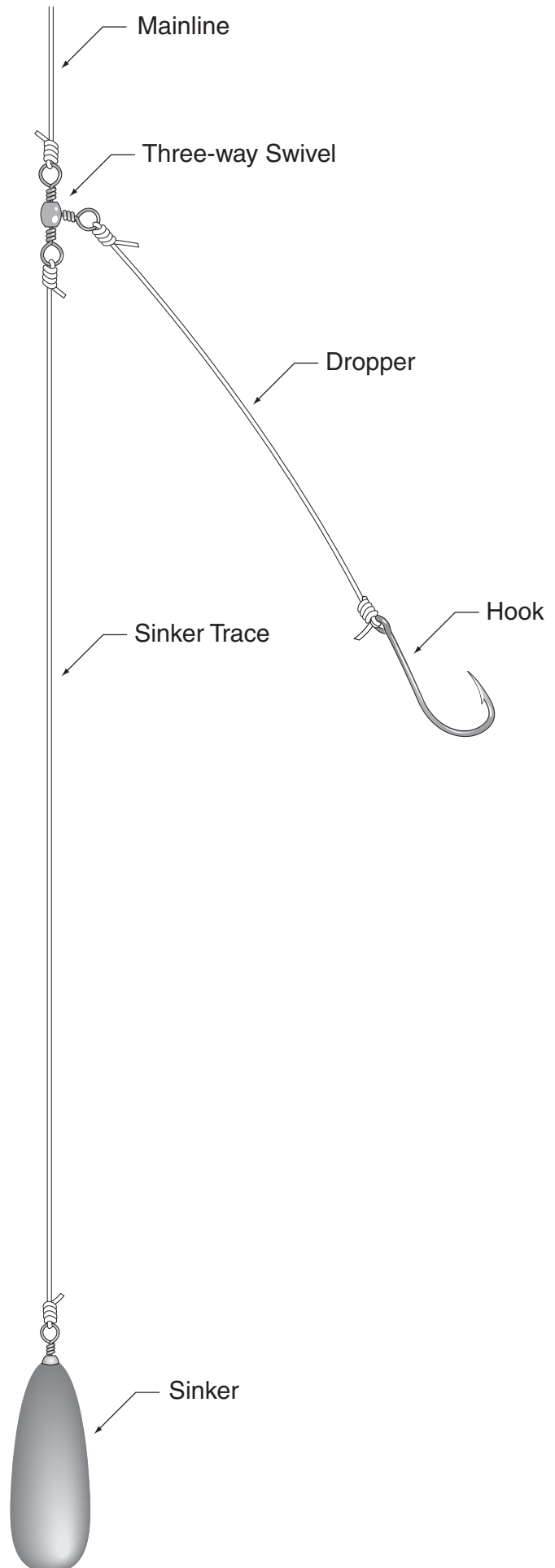
The rig can be tied as a single paternoster as shown in the diagram, or as a double paternoster, which requires the use of two swivels and two hooks. The advantage of a double paternoster rig is that two different baits can be presented at the same time.

A single knot such as the locked half blood or clinch knot, can be used to tie the entire rig.

The type of sinker to be used with this rig is normally a bomb or star sinker, both of which have a swivel embedded at their top end.

This rig is used mostly when fishing off a beach, but can be used in many other saltwater situations. For example it can be very effective when fishing for mullet and flathead in bays and estuaries. At times this rig can also be effective in freshwater fishing.

Sinkers can either be running (with a hole) or fixed (with a swivel). They help your baited line to sink down to the bottom and heavy sinkers also allow you to cast further. They come in many different shapes and sizes.





Quill float and bob float rig

A rig with a float is used to present a bait near the surface of the water, rather than on or near the bottom, which was the case with the previous two rigs.

A quill float is attached to the line with plastic bands, or there may be an eyelet at the bottom of the float to thread the line through.

A bob float, which is usually red and white in colour, is attached with wire clips located at the top and bottom of the float. The top of the float is pressed down to open the clips and the line is threaded through.

With both types of floats the distance between the float and the bait can be easily adjusted, and may vary between 50 cm to 2 metres or more.

Between the float and the hook, split-shot sinkers can be added to the line to make sure that the bait sinks down away from the float. This may be especially important when the bait is very small, or when there is a current in the water, such as in a river or out at sea.

This rig can be used to catch several species of fish in freshwater and is a must when fishing for garfish in marine waters.





Bubble float rig

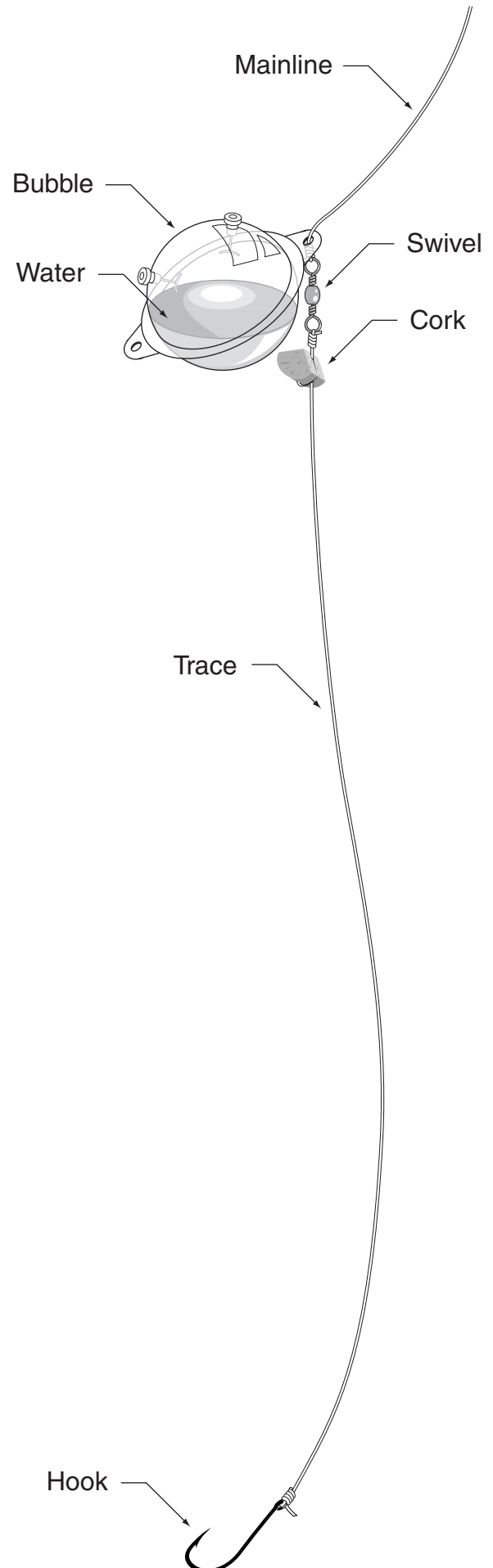
This rig is used very successfully by anglers who are fishing for trout in freshwater lakes and rivers. It can also be used to take other species of fish.

The difference between a bubble float and the bob and quill floats mentioned previously, is that the bubble float is allowed to run freely on the mainline, just like the sinker in a running sinker rig. This means that the fish can take the bait without having to feel the resistance of the float being pulled under the water.

When fishing with a bubble float in a lake or reservoir, it is necessary to have the wind at your back to prevent the bubble float drifting back towards the shore.

A very small swivel can be tied to the line below the bubble float. A small piece of cork is added to suspend the bait at a desired depth and stop it sinking towards the bottom. Make a small slit in the piece of cork, then wrap the line around and pull it, so that the line sits tightly in the slit.

Really good bubble float anglers grease the mainline with a product called Mucilin, which causes the mainline to float on the surface of the water, from the rod to the float.



How do I know if I have a Bite?



There are many ways in which an angler can become aware of a fish that is interested in, or is taking, a bait that has been presented for it. Here are a few!

- If you are fishing with a float, watch it carefully for any movement. The float may move sideways across the water, it may jiggle about, or it may be pulled down under the water. Try to set the hook when there is a definite movement of the float.
- When fishing on the bottom you need to decide whether you will keep the line loose or tight when your rod is at rest and you are waiting for a bite.
- If you decide to have the line loose, an obvious indication of a fish is when it moves off with the bait and pulls the line taught. This is the time to strike and try to set the hook.
- If you decide to keep the line tight when you are fishing, keep an eye on the tip of the rod. If you see the rod tip bending down, this is a sign that the fish is taking off with the bait and it is time to try and set the hook.
- After you have an indication that a fish is interested in your bait, you may choose to hold the rod in one hand and the line in the other hand. You can feel if the fish is moving away with the bait, and set the hook at the appropriate time.
- Some anglers like to loosen the drag on the reel so that when a fish takes off with the bait the noise from the reel alerts the angler to the bite. It is then necessary to hold the line and set the hook, and then tighten the drag to a suitable setting.

Note: At times fish will hook themselves, or swallow the bait completely, and in effect 'catch' themselves. However on most occasions it is necessary to see a bite, and then respond to it by striking and setting the hook. This means that you need to lift the rod tip swiftly at the very moment that you think the fish has the bait securely in its mouth. Working out when to strike is crucial, and this can only come with experience.

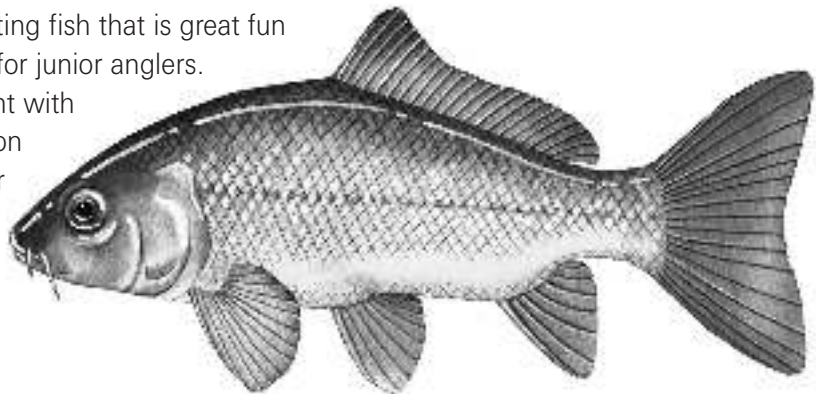
Tackle Tip: Carp

An introduced fish that has been declared a noxious species. This means that they cannot be returned to the water alive if they have been caught. Widespread throughout many Victorian freshwater systems.

Tackle: Light to medium lines. Small hooks in sizes 8-4.

Bait: Corn kernels, maggots, worms, dough and bread baits.

Tips: A strong fighting fish that is great fun and practice for junior anglers. Can be caught with baits placed on the bottom or under floats.





Catch and Release Fishing

You may not want to keep many of the fish that you catch for several reasons. The fish may be too small and under the legal size limit. They may be of a species that is not good to eat. Or you may catch more fish than you need. If you need to release a fish back into the water, follow these rules.

- Wet your hands in the water before handling a fish so that you do minimal damage to the protective slime and scales on the body of the fish.
- If you are using a landing net, dip the net in the water for the same reason.
- Increasing the size of your hook and fishing with a tight line (rather than slack line) will reduce the chances of the fish swallowing the hook.
- If the fish is hooked in the mouth try to remove the hook with a minimum of damage.
- If the fish has swallowed the hook cut the line as close to the fish's mouth as possible.
- Return the fish to the water as quickly as possible.
- If the fish is tired hold it by the tail in an upright position in the water, and gently move it back and forward for a short time so that water passes through the fish's gills. This will revive the fish and soon it will have the strength to swim away.
- Always use fish friendly tackle such as knotless/enviro nets, circle hooks and non lead sinkers.

Remember...

Every fish that you release back into the water is a contribution to quality fishing in the future!

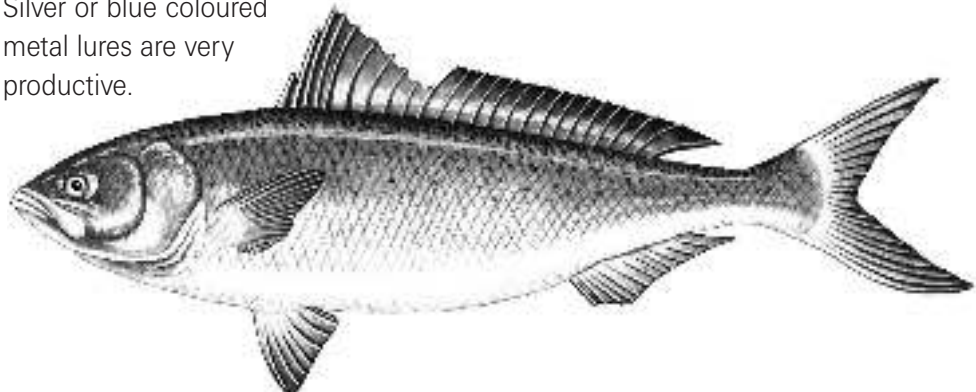
Tackle Tip: Australian Salmon

A very powerful fish that can be caught in bays and estuaries, and especially along beaches.

Tackle: Light to medium line depending on the fishing situation. Hooks sizes 2-4/0. Paternoster rigs are popular off beaches. Lures and flies can also be used successfully.

Baits: Pilchards, whitebait, pipi, squid.

Tips: Silver or blue coloured metal lures are very productive.





Becoming a Successful Angler

It is often said that 10 per cent of all anglers catch 90 per cent of the fish. It can be somewhat disheartening if your first few fishing trips are not as successful as you would like them to be, or if you find yourself in that common situation where an angler next to you is catching fish after fish while you aren't even getting a bite. However the following list of tips should help you move from being a complete beginner to an angler that regularly catches fish.

- **Patience.** This is a very important aspect of being a good fisherman. Don't expect things to happen too quickly. Try to maintain your interest and concentration and eventually you will be successful. If you are fishing with bait, try not to check your line too often. Remember this! The more time that you have a baited line in the water, the more likely you are to catch a fish.
- **Perserverance.** This means that you need to keep on trying and don't give up hope. If you don't catch a fish during a trip it doesn't matter. At least you have had a chance to practise and improve your fishing skills, and maybe you can think about what you can do differently on your next trip to improve your chances. Remember, even the best anglers don't always catch fish.
- **Experimentation.** If things are not working in your favour try to do something differently. Change to a different type of bait. Change to a different size hook or a different rig. Cast or move to a different spot.
- **Research.** Try to learn as much as you can about the type of fish that you are trying to catch. What is the best bait to use? What is the best rig to use? What is the best fishing method to use? What is the best time to catch fish? If you are fishing an estuary or in the sea, is the tide important?

The answers to these and other questions can be gained by talking to experienced anglers. Most adult anglers that you meet when you are fishing will happily give you advice. Other ways of getting information is to read books and magazines on fishing, and watch TV shows and listen to radio programs about fishing.

Why not join an angling club?

Perhaps the best way to learn a lot about fishing is to become a junior member with an angling club in your area. This will allow you to meet many adult anglers who will be glad to share their knowledge with you, and will teach you how to fish safely and responsibly. Perhaps Mum or Dad can become a member with you. Most angling clubs have women's and junior divisions, and they conduct regular fishing trips and other social activities throughout the year.

There are approximately 400 angling clubs and associations in Victoria, and they are spread widely throughout the state. If you would like to find out where the nearest angling club is in your area visit the VRFish (Victorian Recreational Fishing Peak Body) website at www.vrfish.com.au. They will also be able to put you in contact with one of the following associations that can recommend a suitable club for you and your family to join.

Association of Geelong & District Angling Clubs
Australian Anglers Association
Australian National Sportfishing Association
Ballarat & District Anglers Association
Council of Victorian Fly Fishing Clubs
Far West Angling Association

Gippsland Angling Clubs Association
Metropolitan Anglers Association
Murray Riverina Angling Clubs Association
South Gippsland Angling Clubs Association
South Western District Angling Clubs Association
Wimmera Angling Association



School Fishing Excursion Record

Name: _____

Date: ____/____/____

Location: _____

Type of Waterway:

(Circle one) Marine Estuarine Freshwater

Water Quality:

(Circle one) Clear Discoloured Murky

Weather:

(Circle one or more) Hot Warm Overcast Windy
 Showers Rain Cold

Wind Direction:

(Circle one) North NE East SE
 South SW West NW

Wind Strength:

(Circle one) 0-10 Knots 10-20 Knots 20-30 Knots

Fish Species Present: _____

Bait/s Used: _____

Type/s Of Rig Used: _____

Fish Caught:

Species	Size	Kept/Released	Comments

Overall Comments:

Student Assessment



A: Knots

Tick the first box for each knot if you have tied it successfully.

Tick the second box for each knot when you can tie it without having to look at the instructions.

- | | | | | | |
|----------------------------|--------------------------|--------------------------|--------------------|--------------------------|--------------------------|
| 1. Locked Half Blood Knot | <input type="checkbox"/> | <input type="checkbox"/> | 2. Clinch Knot | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Figure-of-Eight Dropper | <input type="checkbox"/> | <input type="checkbox"/> | 4. Double Uni Knot | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Loop Knot | <input type="checkbox"/> | <input type="checkbox"/> | | | |

B: Casting

I can cast a fishing rod safely and accurately

C: Assembling a Rod and Reel

I can assemble a rod and reel correctly

I am familiar with the following parts of a reel and understand their use:

Bail Arm Drag Spool Anti-Reverse Lock Reel Foot

D: Fish Identification

I would be able to recognise the following common species of fish if I caught them:

Bream Snapper Silver Perch Gummy Shark

Bass Trout Flathead Garfish Flounder

E: Regulations

I am aware that:

some species of fish have a minimum size limit

there is a total bag limit for some species of fish

there is a closed season for many freshwater fish

F: Safety

I realise that my own safety and the safety of others, should always be my main consideration when I go fishing

G: Fishing Rod

I am familiar with the parts of a fishing rod and reel and can identify them

Parts of a fishing rod: 1. Tip, 2. Runner/guide, 3. Handle, 4. Spool, 5. Line, 6. Bale arm, 7. Sinker, 8. Leader, 9. Hook

Parts of a fishing reel: 1. Spool, 2. Front drag, 3. Anti-twist roller, 4. Bale arm, 5. Reel seat, 6. Reel handle, 7. Support arm, 8. Reverse switch, 9. Spool skirt

H: Fishing Rigs

I am familiar with several basic fishing rigs and how to tie them

Sustainable Fishing Log



	Species	No. Caught	No. of By Catch	Total Fish in left in Ocean
Season 1				
Season 2				
Season 3				
Season 4				
Season 5				
Season 6				
Season 7				
Season 8				

Fishcare



Fishcare is a volunteer-based program that promotes sustainable recreational fishing practices and the care of our aquatic environments.

Volunteers provide educational resources and draw on their own experiences to assist fishers in 'doing the right thing'.

Assisted by Facilitators, Fishcare Volunteers are involved in fishing programs for schools, the elderly and disabled groups.

They also speak to community groups, visit popular angling locations, assist with research projects and attend shows and competitions.

The Fishcare Program has been operating in Victoria since 1995, with diverse groups of men and women (of all ages), interested in fish and the environment, from Portland in the west to far-east Gippsland.

For information on becoming a Fishcare member visit www.fishcare.org.au

