



Workshop: 45 minutes

Fishing: 1 hour plus

Allow 2 hours

Prior to the workshop

- Team leader is nominated
- Team leader and volunteers identify what role they are undertaking in the workshop.
- Risk assessment is completed after the site has been inspected for hazards
- Team leader checklist is completed
- If a holiday program, other paperwork is completed such as Fishing excursion lists when children turn up to attend
- Photo consent sheets are available for parents to sign if photos are taken by Fishcare volunteers and staff.
- Materials that are supporting the workshop are set up for each section so the workshop flows.

Introduction

- We are the volunteers from Fishcare (insert regional group name)
- Introduce each other
- Today, we are here to teach you about responsible fishing practices and how to fish sustainably, so that there are plenty of fish left in the water for future generations to enjoy
- Overview of today's activity
- Recreational fishing licences fees support these educational workshops.

Fish Identification/ Knowing the Rules and Regs

- There are rules when we go fishing and why do we have rules?
- Discuss the importance of size and bag limits
- Discuss the importance of rules to ensure that we do not take too many and that there are fish for the future
- Hand out the Victorian Recreational Fishing guides out to the students.
- Get the students to open to the middle pages to look at all the different fish

- Show the students the different types of fish that live in our region
- Look up how to measure scale fish –page 24
- Show the students Black bream cut out and ask them what species it is
- Look up page 26 in regard to Black Bream size and bag limit
- Get a student to come up and measure the black bream
- Ensure that it measure from nose to tip of the tail
- Identify the size and ask students if they can keep that fish?
- Show the students the dusky Flathead cut out and ask them what species it is
- Students to look up Dusky Flathead – page 26
- Identify there are two types of Flathead and be careful as have different rules.
- Discuss the spot on the Dusky Flathead tail
- Discuss the slot size 30 – 55 cm
- Ask the students why there would a slot size for Dusky Flathead, Discussion
- Get a student to come up and measure the Dusky Flathead and can we keep it?
- Show the students a gummy shark cut out and ask them what species it is
- Look up page 32 to see how it is measured as different to scale fish
- Get a student to come up and measure correctly – can we keep it?
- Look up Carp – page 38 – what special regulations apply? Discussion
- Discussion - How to dispose of Carp
- Northern Pacific seastar – Invasive pest and discuss how it was brought to Australia – ballast water
- Show students the NPS Cut out and identify the main characteristics invasive pest species that disguises it from the other starfish
- Show Students the 11 armed starfish that is the native species.
- Discus non- Target fish such as toad fish, porcupine fish, old maid sharks
- Important to release these fish back into the water as they play an important role in the oceans – Toad fish filter and keep the sand clean. Page 30 – Toadies and Puffers
- Fisheries offence not to return them back into the water as ASAP.
- Thank you for listening

Safely handling and releasing fish back into the water

Handling fish

- Importance of handling fish – using a damp tea towel/glove
- Show the students

- Fish slime coat is a protective covering over the fish scales that is their main protective defence against infection and diseases

Hook Removal

- Hooked in the mouth – Show the students a plastic fish with a hook in mouth
- Ask the students how do we remove hooks from a fish's mouth
- Demonstration – how to remove hook from their mouths with pliers
- Demonstration - show a plastic hook removal and discuss the damage
- Swallowed Hook – show students with a swallowed plastic hook
- Ask students how would we remove the hook
- Demonstration on how to remove the swallowed hook – cutting off the line as close as possible to the fish's mouth.
- Hooks can dissolve in the stomach acids of a fishes stomach – 10 days.
- Do not use stainless steel hooks as they take longer to dissolve
- Use of circle hooks as only hook in the mouth and easy to remove before releasing unwanted fish.

Returning fish back into the water

- When returning the fish back into the water use a wet cloth or glove
- Do not throw the fish into the water – demonstration throw the fish
- Release gently back into the water, kneel down to the water's edge and prior to releasing the fish, hold and move the fish back and forward to assist with getting more oxygen into the gills to aid a speedy recovery - demonstration
- Always release where safe to do so – make sure there is cover for the fish to swim to and always observe there are no pelicans or cormorants around.

Handling fish with spikes

- Show students pictures of fish with spikes and where they are situated
- How to relieve the pain if spiked by the fish – belly slime.

Knot Tying

- Show the students the hook and rope
- Discuss the knots that you are demonstrating

Half blood knot

- Demonstrate the half-blood knot
- Get each student up and complete the half-blood knot

Loop knot



- Discuss the loop knot and suitability for plastics, lures
- Demonstration of the loop knot.
- Students are informed that if anyone wants you have an attempt at tying this knot - see one of the volunteers to assist you.

Casting Clinic

- Identify a safe place to undertake casting
- Place the hoops from a suitable distance
- Show the students a casting rod and explain the casting plug
- Demonstration on the different parts of the fishing rod
- Demonstration by a volunteer on how to cast
- Students taken to the casting location
- Five in each group with a Fishcare volunteer
- A demonstration is again shown to the small group
- Each student participates until they can cast correctly

Fishing

Before commencing to the Fishing location

- Demonstration on how to walk correctly with the fishing rod
- Consideration for the people next to you and behind you when fishing
- Demonstration of safe hook removal and to take them of when at the fishing location – yellow bucket to put them in
- Safety glasses to be worn—glasses to be handed out
- Everyone walks in a straight line down to the fishing location with a Fishcare volunteer leading
- Fishcare volunteer brings down the measuring ruler, bait bucket, eco-dipnet,
- Once at the location, the students are spaced out along the waterway with a ratio of 5 :1
- Demonstration on how to put the bait on
- Students are baited up – bait is shown how to go the hook
- Fishing commences

Post Brief

- Students are seated
- Fishcare Team leader speaks
- Importance of taking all our rubbish home with us so it does not enter our oceans and end up in the oceans rubbish tips (gyers) and impact on seabirds and ocean mammals.

- Students are asked what did they learn from today's activity
- Students are asked to thank the Fishcare Volunteers, and the parents and staff that have assisted on the day
- Fishcare supporting material are handed out to the students and teachers.

