

Night 1 Outline

Meet at Seaton School Common Area

1. Introduction – Co-ordinator – 5 minutes

- a. Welcome students and Instructors
- b. Club and course History
- c. Club mandate
- d. Club Projects
- e. Tie flies, tell lies , have fun

2. Introduce the instructors.

- a. 100s of years of fly casting and fishing experience
- b. Lousy fishermen

Course description – chairperson – 5 minutes

- a. It is an introduction to fly fishing and fly casting
- b. It is designed for beginning fly fishers
- c. Will focus on trout fishing in our local lakes

3. Course Goals:

- a. To have everyone casting their fly rod proficiently
- b. To prepare everyone for fly fishing

4. Describe the five nights of instruction.

- a. Indoors and outdoors
- b. Prepare for all types of weather
- c. Practise required between instruction nights

5. Hand out maps and manuals

6. Discuss washroom locations

7. There will be a break, half way through the night

8. Introduce the 1st speaker

Introduction to Fly Fishing

1. What is Fly Fishing? – 5 minutes

- a. Do a cast
- b. Skit showing how to fight a fish using drag and palming.

2. Rods - 10 minutes

- a. Function
 - i. Most important piece of the puzzle
 - ii. Throws the fly line
- b. Describe parts
 - i. Handle
 - ii. Reel seat
 - iii. Guides
 - iv. Ferrules
 - v. Fighting butt
- c. Weight ratings
 - i. 0 – 15
 - ii. Show two extremes of rod weights, 3 and 9 weight
 1. Light weight rods are designed for
 - a. Small flies
 - b. Small fish
 - c. Calm conditions
 2. Heavier weight rods are more suitable for
 - a. Large fish
 - b. Large or heavy flies
 - c. Windy conditions
 - iii. Demonstrate flex , weight and size, **pass them to students**
 - iv. Recommend 4-6 weight rods for this area on our lakes
 - v. Considerations when buying a rod:
 1. What type of caster are you?
 2. How much are you going to fish?
 3. How strong are you?
 4. Do you have any wrist or arm issues?
 5. What are you going to fish for?
 6. How much money do you want to spend?
 - a. Prices vary from \$30 -1500
 - b. You can purchase a decent starter rod for \$130-200

- d. Available rod lengths
 - i. 7.5 – 11 feet
 - ii. Shorter rods are:
 - 1. A little faster
 - 2. Lighter
 - 3. Easier on the arms
 - iii. Longer rods:
 - 1. Are better when fishing with floats (indicator fishing)
 - 2. Are more forgiving when casting, slower action
 - 3. Have softer tips and result is less break-offs when setting the hook
 - iv. We recommend 9 foot rods for beginners
- e. Rod Construction
 - i. 2 piece VS 4 piece construction
 - 1. Most rods are 4 piece now
 - 2. 2 piece rods are:
 - a. Sometime less expensive,
 - b. Easier to keep the guides aligned
 - c. Less prone to breakage
 - 3. 4 piece rods are easier to transport
- f. Rod Material
 - i. Graphite rods:
 - 1. Lighter
 - 2. Faster
 - 3. More prone to breakage
 - 4. More expensive
 - 5. We recommend graphite rods for most situations
 - ii. Fibreglass rods:
 - 1. Older technology
 - 2. Tougher
 - 3. More flex
- g. Warranties
 - i. Differ by company
 - ii. Limited time period, lifetime, none
 - iii. Deductable 35- \$170+

- iv. Most warranties replace the broken section of the rod, some give you a new rod.
- h. Rod action ratings
 - i. Slow, medium, fast
 - ii. We recommend medium to medium/fast for beginners, more forgiving.
- i. Rod questions?

3. Reels -10 minutes

- a. Functions
 - i. Holds the fly line
 - ii. Retrieves the line
 - iii. Slows the fish
 - iv. Makes a happy sound when you have a fish on
- b. Describe parts
 - i. Handle
 - ii. Spool
 - iii. Drag knob, increases resistance
 - iv. Foot
 - v. Backing
 - vi. Palming rim, important, some reels do not have exposed rims
 - vii. Open the reel
- c. How to use a reel
 - i. Demonstrate
 - 1. Winding
 - 2. Using the drag
 - 3. Palming
- d. Body materials
 - i. Plastic
 - ii. Graphite
 - iii. Aluminum, cast and machined
 - iv. Anodized aluminum – saltwater application
- e. Weight ratings,
 - i. Same as rod weight rating (0-15), so that you can match the reel to the rod and balance the system
 - ii. Reels ratings on the box often cover a range of weights, 3-4 weight, 5-6 weight etc
- f. Show two extremes, 3 and 9 weight reels,

- i. Pass them out to the students

- g. Drag system-
 - i. Function
 - 1. Slows the fish ,
 - 2. Prevents over-spinning,
 - 3. Demonstrate use
 - 4. Many different types of drag- disc, cone, spring etc
 - a. Some smoother
 - b. Some more powerful
 - c. Match the drag to the fish you will be catching
 - d. Do not buy a reel with a sticky drag
 - h. Spool design,
 - i. Small arbour
 - 1. Lighter,
 - 2. Smaller
 - ii. Large arbour - we recommend this
 - 1. Faster line retrieve
 - 2. Less line memory
 - 3. Sometimes more \$
 - i. Spare spool
 - i. Function
 - 1. Good alternative to buying an entire reel
 - a. About half the cost of an entire reel
 - b. Lighter , smaller, more portable than an entire reel
 - j. Considerations when buying a reel:
 - 1. Does it balance well with your rod?
 - 2. What are you going to fish for?
 - a. Trout – lighter drag
 - b. Salmon , saltwater- heavy drag
 - 3. How much backing do you need?
 - 4. How much are you going to fish?
 - 5. Are spare spools available?
 - 6. How much money do you want to spend?
 - a. Prices vary from \$30- 1000
 - b. You can purchase a decent starter graphite reel for \$55
 - k. Reel Questions?

4. Fly lines- 5 minutes

- a. Function
 - i. Carries and presents your fly to the fish
- b. Buy only good quality fly lines; stick with respected name brands:
 - i. Scientific Anglers
 - ii. Rio
 - iii. Airflo
 - iv. Cortland
- c. Poor quality lines have
 - i. Too much memory (slinky effect), they should be limp and lay out straight and flat on the water
 - ii. Short lives, they crack easily and don't float as well.
 - iii. Do not cast as well
- d. Fly lines have same weight ratings as rods and reels, (0 – 15), it is best to match your line to your rod weight rating.
- e. Fly lines come as
 - i. Floating lines
 - 1. Designed to float on the water surface.
 - 2. Usually come in light colours
 - ii. Sinking lines
 - 1. Designed to sink at a set rate of speed
 - 2. Usually the darker they are, the faster they sink
 - 3. Sink rates vary from Type 1 (approx. 1 inch /sec.) to Type 7 (approx. 7 inches / sec.)
 - 4. Type 1 and 2 lines are called intermediate sink
 - a. Intermediate lines come in solid, clear or semi clear colours
 - 5. Types 3-7 are called fast sink
 - iii. Sink tip lines
 - 1. The far end (tip) sinks at a set rate, the remainder floats
 - 2. The tips have the same sink rate categories as sinking lines 1-7
 - 3. This type of line is very popular for river fishing

4.

- f. Fly line shapes
 - i. Double taper
 - 1. Thick in the middle, tapered to both ends
 - 2. Old fashion design suited to older rods made of bamboo or fibreglass
 - 3. Do not use these lines on your graphite rods
 - ii. Weight Forward
 - 1. Heavier at one end than the other
 - 2. Designed for graphite rods..
- g. Fly line codes printed on the line boxes.
 - i. Function:
 - 1. Indicates the line shape
 - 2. Weight rating
 - 3. Sink rate:
 - ii. Examples
 - 1. WF- 4- F, would indicate a weight forward line for 4 weight rods and is a floating line
 - 2. DT- 6-F would be a double taper line for 6 weight rods and is a floating line
 - 3. WF -9- S3 would be a weight forward line for 9 weight rods and sinks about 3 inches per second
 - 4. WF -5- S7 would be a weight forward, for 5 weight rods and sinks about 7 inches per second
- h. Which line to buy first?
 - i. First choice -, Floating line
 - 1. Gives you the most options, easiest to cast.
 - ii. Your second should be an intermediate sink
 - 1. We recommend the clear intermediate sink lines.
- i. How much should you pay for a fly line?
 - 1. Prices vary from \$20-150
 - 2. You can purchase a decent fly line for \$40-60
- j. Line questions?

5. Backing- 5 minutes

- a. Function
 - i. The thin woven stuff that attaches your fly line to the reel
 - ii. Gives you additional line to fight the fish. Fly lines are only 80-100 feet long

- b. Recommended amount and strength of backing, if your reel has the capacity:
 - i. Trout fishing in lakes , 100 m of 20 lb test
 - ii. Salmon fishing in rivers, 200 m of 30 lb test

6. Leader

- a. Function
 - i. Joins the fly to the fly line
 - ii. Presents the fly to the fish
- b. shape of leader:
 - i. Tapered leader
 - 1. Thick at one end, thin at the other, strength is measured at the thinnest end, where the fly is
 - 2. The tapered design makes it easier to turn the fly over (lay it out straight)
 - 3. Can give a delicate presentation
 - 4. More \$
 - 5. Has issues with memory (coils)
 - ii. Straight leader
 - 1. Only one thickness
 - 2. Suitable for applications where presentation and line turnover are not an issue:
 - a. Trolling.
 - b. Fishing under a float (indicator fishing)
 - c. Deep water fishing
 - 3. Can be used to custom make tapered leaders, if needed.
- c. Leader material
 - i. Monofilament
 - 1. Less \$
 - 2. More visible to fish
 - 3. Breaks down with sunlight and heat (2 years)
 - ii. Fluorocarbon
 - 1. More \$
 - 2. Less visible
 - 3. 400 years to break down, use responsibly
 - 4. We recommend this when fish are wary

7. Leader Tippet

- a. Function,
 - i. The thin end of the leader,
 - ii. Used to present the fly without spooking the fish
 - iii. Used to replace the thin end of tapered leader when it wears out or becomes too short
- b. Usually about 18-36 inches long.
- c. Same materials as leader- monofilament or fluorocarbon
- d. We recommend 6- 8 lb test for our local lakes

8. Prepackaged Fishing Combos,

- a. Comes as a balanced rod, reel and line setup
- b. Saves the buyer the guess work of putting together a suitable combo
- c. Available in low to mid range prices and quality
- d. Can be a good option for beginners if quality is reasonable, buyer beware at low end of price range (kids rod)

9. Fishing Boats - 15 minutes

- a. Float Tubes (Belly Boats)
 - i. Doughnut or U- boat shapes, we recommend U-boat shape.
 - ii. Portable
 - iii. Easy to transport and store
 - iv. Less \$\$, \$120 –\$500+
 - v. You will need: waders, flippers, booties
 - vi. Limited storage on board
 - vii. Very cold in early spring and late fall
 - viii. Great for walk-in lakes
 - ix. Not for rivers
 - x. Bathroom breaks are frequent
- b. Pontoon Boats
 - i. More \$\$, \$300 - \$2000
 - ii. Lengths vary from 6 - 12 feet, shorter ones better for lakes, long ones better for rivers, wind factor
 - iii. The higher the cost the better the material and design
 - iv. You sit higher, stay warmer and move faster than float tubes
 - v. Breaks down for storage and transport
 - vi. You will need waders and booties, or wading boots for rivers
 - vii. If drifting rivers, get a river rated model (safer and sturdier)
- c. Aluminum Boats

- i. Flat bottom or V-hull
 - 1. Flat bottom (John boats)
 - a. Offers more standing room
 - b. More stability when standing and casting
 - c. Noisier when there is a chop
 - d. Easier to navigate on rivers
 - e. 8 – 10 foot lengths best with one occupant, 11- 14 foot lengths good for 2, 16 foot suitable for 3 or more.
 - f. The wider models are more stable, we recommend 36-40 inch wide models
 - g. Best for small lakes
 - 2. V-hull
 - a. Better on larger lakes, the V hull cuts through the waves easier
 - b. Quieter in choppy conditions
 - 3. Weight considerations
 - a. Aluminum boats are usually lighter than fibreglass which makes them easier to transport as a car topper
- d. Fibre glass boats
 - 1. More maintenance required
 - 2. Quieter
 - 3. Not as abrasion resistant, be careful when beaching on rocky shores
 - 4. Usually requires trailering (weight)
- e. Canoes and Kayaks
 - 1. Good for trolling but not very stable for fly casting
- f. Boat safety considerations
 - 1. All boats, float tubes and pontoon boats require life jackets
 - 2. Boats and pontoon boats require boat safety kits, whistle, working flashlight, bailing bucket (not pontoon), and safety throw rope
 - 3. Watch the wind and weather, lightning or high winds can be dangerous
 - 4. All water craft that are powered by a motor (electric or gas), require a boating Certificate be carried by the operator

- g. Fishing etiquette when boating
 - 1. Keep your distance from other fishers when they are anchored, usually 100-120 feet minimum
 - 2. If you want to anchor near someone, ask if it is okay
 - 3. If someone is trolling or fighting a fish, don't cross their line with your boat or line.
 - 4. Drop your anchors quietly
 - 5. Pack out what you bring in
- h. Boat questions?

10. Tackle Box and / or Vest Equipment- 10 minutes

- a. Strike indicators
- b. Clippers or nippers
- c. Forceps, to remove hooks or measure water depth
- d. Mosquito head net
- e. Sunscreen
- f. Insect repellent
- g. Sunglasses
- h. Weights
- i. Tool retractors
- j. Throat pumps
- k. Throat sample bottles
- l. Fly floatant
- m. Fly Sink
- n. Fishing licence
- o. Waterproof container for your fishing licence
- p. Pen for special fishing licences
- q. Camera
- r. Aquarium net
- s. Toilet paper(most important item)
- t. Lunch (second most important item)
- u. Fly boxes

11. Fishing net considerations- 5 minutes

- a. Smaller nets good for small fish and wading streams
- b. Larger nets better for big fish and boat fishing
- c. Long handles make it easier to land larger fish, harder to store, transport
- d. Wooden nets float and save on net losses but not as hardy as metal frame nets

- e. Choose a net with fish friendly mesh
- f. Flat bottom netting design makes it easier to handle and release fish

12. Waders- 5 minutes

- a. Breathable or Neoprene?
 - i. Breathable
 - 1. Lightweight
 - 2. More comfortable
 - 3. Cooler in hot weather
 - 4. Need a belt for safety
 - 5. Must be fitted correctly or seams will fail
 - ii. Neoprene
 - 1. Heavy
 - 2. Much warmer
 - 3. Safer if swept away (they keep you afloat)
- b. Footwear to use with waders
 - i. Booties,
 - 1. Neoprene boots with soft soles for use with flippers when using float tubes or pontoon boats
 - 2. Protects wader feet
 - ii. Wading boots
 - 1. Sturdier boots with solid soles for walking and wading with waders on
 - 2. Soles come with:
 - a. Felt bottoms, best all around
 - b. Rubber bottoms, for waters where felt is not allowed (Alaska and some states)
 - c. Studs, for wet, slimy rocky conditions, but slippery on dry rocks

13. Protective Clothing- 5 minutes

- a. Cold conditions
 - i. Hoody style jacket that is wind and waterproof
 - 1. Better if breathable
 - 2. If wading rivers, get a shorter wading style jacket
 - 3. Sleeves with cuffs help keep water out
 - 4. Oversize to allow for layers
 - ii. Rain pants,
 - 1. Wind and waterproof
 - iii. Under layers

1. Polypropylene, fleece or wool under layers will keep you warm when wet. If you fall in during cold weather these materials will help keep you alive.
 2. Do not wear cotton
- iv. Warm hat
 1. Fleece or wool toques are warmest when wet
 - v. Gloves
 1. Fleece or wool are warmest when wet
 2. Loose fit helps circulation
- b. Hot conditions
 - i. Light coloured cotton or nylon shirt and pants
 - ii. Broad Brimmed hat
 - c. All conditions
 - i. Polarized sunglasses
 - ii. Eye protection from stray hooks

14. Clothing Questions?

15. Where to fish? - 10 minutes

- a. Fish have preferred feeding zones, feeding times and food items. When you solve this riddle you will find the fish
- b. Lakes- what to look for:
 - i. Structure,
 1. Weed beds
 2. Shoals(shallows)
 3. Drop offs
 4. Sunken islands
 5. Inlets and outlets
 - ii. Timing
 1. Seasons- each has specific hatches and preferred food sources. Get to know them.
 - iii. Weather Influences, fish will:
 1. Mover deeper when it is sunny and calm
 2. Feed in the shallows more when it is cloudy and windy
 3. Stop feeding during low pressure systems
 - iv. Daily feeding influences
 1. Early and late season fish feed more in the middle of the day
 2. Hot summer months, fish feed early, late or at night

- v. Water temperature,
 - 1. Rainbow trout are most active when water temperatures are between 55 and 65 degrees F.
 - 2. Cold water(early and late season)- shallow water is usually better fishing
 - 3. Hot water- fish deep or very early or late in the day
 - vi. When searching, watch for:
 - 1. Flocks of feeding swallows or other insect eating birds.
 - 2. Insect activity on the water
 - a. Concentrations of casings from hatched insects
 - b. Emerging insects
 - c. Flying insects
 - 3. Watch for insect activity on the shore
 - vii. Use your depth sounder to find:
 - a. Concentrations of fish
 - b. Concentrations of fish food, clouds of zooplankton, fry
 - c. Likely structure- shoals, drop offs, islands
 - viii. When there are no clues, it sometimes helps to troll with a searching pattern until you find a concentration of fish
- c. Rivers and streams
- i. The same factors that influence the fish locations in lakes also apply to flowing water. Additional factors to consider are:
 - 1. Water structure, look for
 - a. Pools (quiet water)
 - b. Seams (the zone between two currents)
 - c. Undercut banks
 - d. Shaded areas
 - e. Large rocks and logs
 - 2. Spawning migrations, timing is everything
- d. Fish location Questions?

16. Retrieve Techniques- 5 minutes

- a. How to hold the rod
- b. Stripping
 - i. Short and slow
 - ii. Medium
 - iii. Very fast
 - iv. Double tug
- c. Hand twist
- d. Countdown method

17. Fish Handling Ethics - 5 minutes

- a. Catch and release
- b. Barbless hooks
- c. Fish friendly nets
- d. If releasing a fish, keep it in the water as much as possible
- e. If taking photos,
 - i. keep fingers out of the gills
 - ii. handle gently , don't squeeze
 - iii. support and cradle the fish
 - iv. keep fish no longer than 15 seconds out of the water
- f. During very warm water conditions (>65 degrees) oxygen levels drop in the water, be extra careful, fish are weaker then. Don't play them too long.
- g. Revive any stressed fish

18. Additional Information

- a. Fly fishing books
- b. Fly fishing and tying magazines
- c. Websites- knots casting etc.
- d. Apps – knot tying
- e. Fly fishing forums
- f. Fly fishing clubs
- g. Fly fishing stores

19. Reminders for next week- 5 minutes

- a. We will be indoors, you will need:
 - i. Clipper, nippers or scissors and reading glasses, for knot tying
 - ii. The top half of a fly rod for yarn casting
- b. Questions?

c. See you next week

