

2023 Outline for the Introduction to Fly Fishing Course

Night 1 – Indoors at Venture Training Day Program building 4607 23rd Street,

- **Take attendance, Vaccination status and remind about mask wearing as people arrive and assign numbers on name tags – Bill Kirkland or And Perry**
- **Introductions**
 - **Club history, activities, mandate** 5 minutes, Bill Kirkland
 - **Introduce the instructors,**
 - **100s of years experience**
 - **Course description and goals**, 5 minutes, Jack Butula
 - Safe Covid habits, distancing, hand washing, stay home if sick or have symptoms
 - This course is Intended for beginners
 - Maximize fly casting time
 - Focus on lake fly fishing for trout
 - Find out expertise level of student, ask the students:
 - How many have been fly fishing? Once? A few times? Many times?
 - Who can fly cast already?
 - How many people cast with their left hands?
 - **Hand out maps and manuals**
 - **Washroom directions**
 - **Name tags**
 - **Assign numbers to each student**
 - **If you are too shy to ask questions, you can hand your written questions to any of the instructors**
- **What is Fly fishing?** 5 minutes, Bob Tait
 - **Demonstration cast and skit(optional)**
- **Equipment,**
Students will be put into 6 equal sized groups and rotate through 6 equipment stations. They will have 10 minutes at each station to listen to instruction, handle the equipment and ask questions. The stations will cover:
 - **Rods,** Jack Butula
 - **Reels,** Lyndon Walker
 - **Fly Lines, backing, leader, tippet,** Hu Cameron
 - **Fishing Boats,** Tony Samartino
 - **Tackle Box or vest equipment and fishing nets, ??? need someone**

- **Waders and protective clothing**, Bill Kirkland
- **Suggested Fly Fishing Equipment checklist is on the website, hand out a copy to students.**

Break time 10 minutes

Group Discussion

- **Where to Fish**, 10 minutes, Jack
- **Retrieve techniques**, 5 minutes, Bob Tait
- **Fish handling ethics**, 5 minutes, Bob Tait
- **Where to find more information about fly fishing**, 5 minutes, Lyndon
- **Questions**, 5 minutes Bill
- **Instructions for night 2**
 - **Bring top half of your fly rod**
 - **Bring clippers and reading glasses**
 - **Arrive 20 minutes early to set up you rod**
 - **Dress for cold or wet weather**
 - **If you want us to video your casting, bring a phone or camera**

Night 2

First hour, Outdoors at Harwood School Fields,

Second hour, Indoors at Venture Training Day Program building 4607 23rd Street,

Explain evening – Jack

Outdoor session

- **Introduction to basic casting**, Lyndon and Hu
- **Yarn casting**, Lyndon and Hu
- **Transition to club House at 7:55- Ken K.I** to moderate time, blow whistle

Indoor session

- **Introduction to fishing Knots** - Barry
 - All the knots are in the manual
 - Knot websites on Page 22
 - Practise required at home to learn the knots
- **Improved Clinch knot**, Barry
- **Non slip Loop knot**, Jack (Barry is it better if you do all the instruction?)
- **Surgeons Knot**, Barry
- **Surgeons Loop Knot and Loop to Loop connection**, Barry
- **Nail Knot**, Jack

- **Questions** Lyndon and Barry
- **Instructions for night 3**, Jack and Lyndon
 - **Instructors arrive half hour early for meeting**
 - **Students to arrive 20 minutes early to set up rods**
 - **Students are to bring complete rod/ reel and floating line with leader**
 - **If students do not have a rod we have some loaner rods available**
 - **We will conduct lessons rain or shine, so prepare for the cold and wet.**
 - **Camera or Phone**

Night 3

First hour, Outdoors at Harwood School Fields,

Second hour, Indoors at Venture Training Day Program building 4607 23rd Street,

Outdoor Session

- **Assemble fly rods**, all instructors,
- **Lyndon to supply Yarn**
- **Casting theory**, 15 minutes, Lyndon describing casts while Hu demonstrates casts
 - **Explain and demonstrate the 5 principles.**
- **Pick-up and lay down**
- **Start basic false casting**, for those who have mastered pick up and lay down
 - **Left hander instructor**, Lyndon or Hu
 - **Circulating instructors**, Jack
 - **One on one instructors**, the rest
 - **If students have a camera instructors or other students can video their casting for them.**
 - **Instructors will stress that the students should practice casting at home a few times before the following week.**
- **Assign students to specific instructors**, Bill Kirkland
- **Identify any students who are ready for more advanced instruction**, all instructors
- **Transition to club House at 7:55-** Bill to moderate time, blow whistle

Indoor Session

- **Describe instruction modules - “Fishing through the Seasons”**, 5 minutes, Jack
- **Break into small groups (Bill K) to discuss fly fishing techniques for:**
 - **Early Season Fishing**, approx. 10 minutes, Lyndon
 - **Chironomid Fishing**, approx. 10 minutes, Tony
 - **Mayfly Fishing**, approx. 10 minutes, Jack
 - **Damsel and Dragon Fly Fishing**, approx. 10 minutes, Bob Tate
- **Bill to moderate time, blow whistle**

- **Questions**, 5 minutes Bill
- **Instructions for night 4**
 - **Instructors to arrive 20 minutes early for meeting**
 - **Students to be set up and ready to go by 7:00**

Night 4

First hour, Outdoors at Harwood School Fields,

Second hour, Indoors at Venture Training Day Program building 4607 23rd Street,

Outdoor Session,

- **Casting theory**, 15 minutes, Lyndon and hu
- **Pick-up and lay down refresher**
- **Practise basic false casting**
- **Shooting Line**, for those who have mastered false casting
- **Different instructors for each group than the previous night**, Bill K
- **Transition to club House at 7:55-** Bill to moderate time, blow whistle

Indoor Session

- **Describe the 4 modules**, 5 minutes, Jack
- **Break into small groups to discuss fly fishing techniques**, 2 minutes, Bill
 - **Sedge (Caddis) Fishing**, approx. 10 minutes, Tony
 - **Summer Doldrums and Attractor patterns**, approx. 10 minutes, Lyndon and Bob
 - **Fall Fishing**, approx. 10 minutes, Jack
 - **River Fishing**, approx. 10 minutes, Ron Reitsma
- **Bill to moderate time, blow whistle**
- **Questions**, 5 minutes Bill
- **Instructions for night 5**
 - **Students to be set up and ready to go by 6:30 to make use of Daylight**
 - **Instructors to arrive 6:15 for meeting**
 - **If the beach is closed for some reason or the weather is too difficult, we will meet back at Polson Park**
 - **It is important the students practice casting at home during the week.**

Night 5 – Outdoors Kalamalka Beach and Pier

- **Casting theory**, 15 minutes , Lyndon describing casts while, Hu demonstrates
 - **Roll cast**
 - **False casting**
 - **Haul and Double haul**
 - **Shooting line**
- **Different instructors for each group than the previous night**
- **Roll casting and practice**, the last 20 minutes, all instructors, Bill to moderate time
- **Start with False casting and transition into shooting line, haul and double haul (for those that are ready)** 60 minutes , all instructors, Bill to Moderate time
- **Questions**, 5 minutes Bill
- **Windup and questionnaires for students and instructors**, 15 minutes Bill
- **Executive to thank students and instructors**
- **Debriefing and Post Mortem at Alexander's for those who want to come**