

2024 Outline for the Introduction to Fly Fishing Course

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

- **Introductions**
 - **Club history, activities, mandate**
 - **Course description and goals**
 - This course is Intended for beginners
 - Maximize fly casting time
 - Focus on lake fly fishing for trout
 - **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?**
 - **Demonstration cast**

- **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,**
- **Reels,**
- **Fly Lines, backing, leader, tippet,**
- **Fishing Boats,**
- **Tackle Box or vest equipment and fishing nets,**

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

Break time 10 minutes

Group Discussion

- **Where to Fish**
- **Retrieve techniques**
- **Fish handling ethics**
- **Where to find more information about fly fishing**
- **Questions**
- **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,

Outdoor session

- **Introduction to basic casting**
- **Yarn casting**

Indoor session

- **Introduction to fishing Knots**
 - All the knots are in the manual
 - Knot websites on Page 22
 - Practise required at home to learn the knots
- **Improved Clinch knot**
- **Non slip Loop knot**
- **Surgeons Knot**
- **Surgeons Loop Knot and Loop to Loop connection**
- **Nail Knot**
- **Questions**
- **Instructions for night 3**
 - **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,**
- **Casting theory,**
 - **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**
 - **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**
- **Identify any students who are ready for more advanced instruction**
- **Transition to club House at 7:55**

Indoor Session

- **Describe instruction modules - “Fishing through the Seasons**
- **Break into small groups to discuss fly fishing techniques for:**
 - **Early Season Fishing**
 - **Chironomid Fishing**
 - **Mayfly Fishing**
 - **Damsel and Dragon Fly Fishing**
- **Questions**

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**
- **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**

Indoor Session

- **Describe the 4 modules**
- **Break into small groups to discuss fly fishing techniques**
 - **Sedge (Caddis) Fishing**
 - **Summer Doldrums and Attractor patterns**
 - **Fall Fishing**
 - **River Fishing**
- **Questions**
- **Instructions for night 5**
 - **Students to be set up and ready to go by 6:30 to make use of Daylight**
 - **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**
 - **Roll cast**
 - **False casting**
 - **Haul and Double haul**
 - **Shooting line**
- **Different instructors for each group than the previous night**
- **Roll casting and practice**
- **Start with False casting and transition into shooting line, haul and double haul (for those that are ready)**
- **Questions**
- **Windup and questionnaires for students and instructors**
- **Debriefing and Post Mortem at Alexander's for those who want to come**