



4-H PEI Fly Fishing Project

Leader Info

In this project, members will learn how to fly fish and practice the different skills needed to become a beginner angler. Members will learn about equipment needed for fly fishing, the rule and regulations on PEI for fly fishing, safety and etiquette when fly fishing as well as reviewing how to handle fish respectfully. Members will learn how to tie knots and learn the skills needed for fly tying, making their own flies for Achievement Day.

Project Completion Requirements (PCR)

- Complete at least five (5) project activities.
- Make **3 different flies** mounted onto wood and clearly labelled – members can choose from the 4 recommended flies in this guide or choose to make another kind of fly.
- Document all activities or project meeting topics on the **Project (1) Page specific to Home Economic or Life Skill Projects**

Exhibition Requirements

Members will make **3 different flies mounted onto wood**, clearly labelled - members can choose from the 4 recommended flies in the guide or choose to make another kind of fly.

Members are strongly encouraged to participate in the 4-H Classes at PEI Fairs & Exhibitions.
Please check with your Project Leader or visit www.pei4h.ca for more Exhibition information.

4-H Year Completion

In order to complete the 4-H year members are required to:

- Complete the **PCR's (Project Completion Requirements)** as outlined above
- Complete a **Communication** (public speaking) Project
- Complete a **Community Service** Activity
- Complete an **Agriculture Awareness** Activity
- Complete the **Member Documentation** (4) pages found in member's Portfolio or on the website
- Compile all documentation and PCRs to have on display at Club Achievement Day

Note: As the project leader you are only responsible for facilitating the first requirement for the members of your group, the remaining requirements are the responsibility of the member.

GETTING STARTED

*The resources below can be found on 4-H PEI website (www.pei4h.ca) on the page dedicated to this project.

What you need:

- ⇒ This **Leader Booklet**
- ⇒ A copy of the **Project Information Page**. This will give you the most up to date information on requirements for the project.
- ⇒ **Computer and internet access to watch the YouTube videos included in activities**
- ⇒ **Fly Fishing Equipment listed in Activity 1**
- ⇒ **Exhibition Information**—this is updated on the 4-H PEI website in May of each year so be sure to review the information again at that time.

Optional resources:

- ⇒ Sample **Educational Activity Plans** as well as a guide to creating your own.
- ⇒ Watershed Groups across PEI can be contacted for assistance with teaching fly fishing.
- ⇒ YouTube videos on fly fishing, fly tying and other basic information.
- ⇒ Various other resources as they become available, such as 4-H resources from other provinces, and links to online videos, articles, activities, and project related organizations, clubs, and events.

** Please do not feel obligated to cover everything in all of the provided optional resources. It is completely each leader's prerogative which of these resources, if any, they utilize if planning and leading their project meetings.*



THE PROJECT LEADER'S JOB

To begin, thank you for volunteering your time to be a 4-H project leader! We appreciate your time and willingness to teach today's youth a new skill and share your knowledge.

Becoming a project leader can feel overwhelming at first, but we hope that this page will make your "job" clear and offer some tips to help you be successful.

Responsibilities:

1. **Become a screened leader:** You may have already completed this step, but it is a very important one. The best place to go is to the 4-H PEI website and visit this page: <https://www.pei4h.ca/4-h-leaders>, to see if you have completed all the necessary requirements. Project meetings cannot begin until you have received a "conditional letter" from the Provincial 4-H Office.
2. **Set project meeting dates:** The amount and length of project meetings is determined by you, the project leader. That being said, you are responsible for covering **all the Project Completion Requirements** for this project with your group. You may decide that you'd like to have five meetings - covering one requirement per meeting, or you may decide to spend two 5 hour sessions with your group and cover multiple topics or activities in one meeting. This will also depend on the project you are leading. For instance, if you are leading a quilting project, then the member will be focused on one large item with multiple steps and skills involved. However, a rabbit project may require multiple meetings (and even locations) to cover different activities and topics. Meetings can begin anytime after November 15th.

Whatever the case, we highly recommend that Project Leaders **set dates in advance of members signing up for the project**. This method will ensure the members know what they are signing up for, or enable them to make a decision to not sign up if they cannot commit to the dates listed. We also hope that this will avoid a lot of frustration for you, because working around multiple schedules is almost impossible!

3. **Choose topics and activities:** You may choose to work on this step before setting dates for project meetings. Some topics and activities may be able to be covered in one project meeting, while others may need their own meeting. Regardless, we ask that you document your project meetings and topics covered so that the 4-H Specialist can refer to this information at Achievement Day if necessary.
4. **Materials & supplies:** While you are responsible for determining what materials and supplies are needed, you **are not** responsible for covering these costs. Options to consider:
 - A) 4-H Canada has a FCC 4-H Club Fund that all leaders are welcome to apply to. These grants are valued at \$500 each. Applications are accepted August through to the end of October.
 - B) Asking for supplies. Depending on what project you are leading, just putting a call out for the supplies you need to friends, family, etc. may be successful.
 - C) Determine an estimate total for the materials and supplies needed and set a "project fee" that all members will pay to help cover the additional costs.
5. **4-H year completion and project completion requirements:** The project leader **is not** responsible for 4-H Year Completion (these components will be completed at the club level) though each member **must** complete these components. Project leaders should focus on the Project Completion Requirements, found on the front cover of this guide. These are the items that the 4-H Specialist will expect to see on display at the Club's Achievement Day (typically scheduled for June-July).
6. **Club meetings & events:** Project leaders are not expected to attend monthly club meetings, but are more than welcome to attend if they'd like to know what is going on at the club, provincial, or national levels of 4-H. Similarly, club events and activities are open to project leaders, but it is not necessary to attend. Project leaders are encouraged to attend Achievement Day. This is an event that wraps up the Club's 4-H year and a celebration of member success.

4-H LEADER POLICIES

To learn more about what being a 4-H leader please take a look at the [4-H in Canada Volunteer Leader Guide](https://bit.ly/3oldUaE) (<https://bit.ly/3oldUaE>). Of special importance are pages 46 through 51 which covers our Youth Safety and Risk Management Policy, and Code of Conduct.

Rule of Two: There must always be a least **one trained leader** present, plus at least **one other screened volunteer**, who are not spouses, at any 4-H gathering (including project meetings).

You can find the **Youth Safety at 4-H in Canada Policy Manual & FAQs**, and **Youth Safety Reporting System** (i.e. Activity Plan and Incident Report forms) on the [Youth Safety at 4-H in Canada](https://4-h-canada.ca/youth-safety) page (<https://4-h-canada.ca/youth-safety>).

If you need guidance in completing your 4-H leader screening, understanding our policies, or at any point while leading a 4-H project, do not hesitate to reach out to your regional 4-H Specialist. You can find their contact information on our website's Contact Us page: <https://www.pei4h.ca/contact-us>



Helpful Resources!

List of Watershed Groups across PEI with contact information provided:

<https://peiwatershedalliance.org/watershed-maps/#groups>

Angling Resources and Information for PEI

<https://www.princeedwardisland.ca/en/information/environment-energy-and-climate-action/angling-resources-and-information-centre>

Angling Summary of PEI

https://www.princeedwardisland.ca/sites/default/files/publications/fw.2021-22_angling_summary.pdf

Fly Fishing Tours in Eastern PEI

<https://www.peifyfishing.ca/>

<https://flyfishpei.ca/>

Fly Fishing Stores on PEI

<https://store5047022.ecwid.com/>

<https://winterriverflyshop.com/>

<http://www.goingfishing.ca/>

Remember...

The multiple intelligence theory teaches us that people learn in at least 8 different ways. All individuals will be stronger in some ways of "intelligence" and weaker in others. It follows that the more ways we teach, the more members we will reach. Teaching projects using a broad blend of writing, reading, hands on work, artwork, self evaluation, discussion, and so on, will help increase the learning potential of all members.

Projects are designed to teach many skills. However, the 4-H member is always more important than the subject matter. Stress cooperation in the activities where possible to develop teamwork and cooperation skills. These are valuable skills that will assist them in a number of settings. Ensure the work is completed in a manner that members feel good about themselves and their efforts. This can be done by assigning appropriate tasks or roles based on member's individual abilities. Modeling and expecting supportive behaviour (i.e. no "put-downs") amongst members, or by other adults, also contributes to a positive experience.

IMPORTANT NOTE FOR LEADERS:

If you are not an experienced Fly Fisher (Angler), no worries! There are plenty of experienced Anglers within watershed groups or individuals within your community. It is recommended to have an experienced angler attend Activity #1 as this activity involves members learning the beginning skills needed for fly fishing. Members can practice fly fishing skills on grass before advancing to fishing in water in Activity #5.

PROJECT ACTIVITIES

Activity 1 – Members will learn about equipment needed for fly fishing and the beginner skills needed for fly fishing such as proper stance, gripping the fishing pole and casting.

⇒ *It is recommended, if time allows, to have members devote some time at each project meeting to practicing the beginning skills of fly fishing.*

Activity 2 – Members will learn how to tie 2 knots needed for tying their fishing line and learn how to identify the most common fish caught fly fishing on PEI.

Activity 3 – Members will learn about different types of flies, how to tie simple flies and make 3 flies for achievement day requirements.

⇒ *If leaders are not experienced in fly tying, there are plenty of experienced anglers within watershed groups or members of your community that can help with fly tying! Or the leader and members can watch the YouTube videos listed in this activity to complete this requirement.*

Activity 4 – Members will learn about fly fishing safety and rules, fishing regulations on PEI and fly fishing etiquette. Members will learn about “Handling Fish with Respect” as well as learn how to gut and clean a fish.

Activity 5 – Go fishing! Members are to take what they have learned and go fishing! If members catch a fish, they can practice what they learned in Activity 4 and gut and clean a fish.

⇒ *Members 16 years+ will need to purchase an angling license to complete this requirement.*

BONUS ACTIVITY: Members can learn about other types of fishing, commercial and non-commercial, popular to Prince Edward Island in this bonus activity.



THE PROJECT LEADER'S PLAN

After reviewing the Project Completion Requirements list on the front of this guide, review the Project Activity Ideas page/s. You can also pull ideas from past experiences, books, social media, online, or you can plan to join a tour, attend an event, or book a guest speaker. The sky is the limit! It might be a good idea to ask the 4-H members in your project group what they envision before making a concrete plan. In some cases, the project group members may depict what activities or topics based on what project item they have in mind.

Topics and Activities:

1. _____

Supplies needed:

_____	_____
_____	_____
_____	_____

2. _____

Supplies needed:

_____	_____
_____	_____
_____	_____

3. _____

Supplies needed:

_____	_____
_____	_____
_____	_____

4. _____

Supplies needed:

_____	_____
_____	_____
_____	_____

5. _____

Supplies needed:

_____	_____
_____	_____
_____	_____

NOTES:

ACTIVITY 1

Equipment and Fly Fishing Basics

In this activity, members will:

- A) Learn about the basic equipment needed for fly fishing—Fly Rod, Fly Reels, Fly Line Systems and flies.
- B) Learn about the basic skills needed for fly fishing such as proper stance, gripping the fishing pole and casting.

ACTIVITY 1A:

FLY ROD is the fishing rod used in fly fishing. To choose the appropriate fly rod, anglers must take into account the weight, length and action of the rod.

1. **Weight:** The weight of the fly rod depends on what weight of fly line. The most common fly rod used in fly fishing is a 4, 5 or 6 weight rod.

For Example:

1, 2, 3 weight is an “ultra-light” rod for trout fishing and dry flies

4, 5, 6 weight is an “all around” rod and is most commonly used for trout, small mouth or bass fishing

7, 8, 9 weight is a “heavy duty” rod used for catching large bass fish, salmon or salt water fish

10, 11, 12 weight is also a “heavy duty” rod and is used in salt water fishing and large fish

13 to 16 weight is a rod used for off shore fishing such as tuna

2. **Length of rod:** Most commonly used length of rod is 8.5 feet to 9 feet. With a rod this length, it allows for greater reach and more control.
3. **Fly Rod Action:** The most commonly used rod is the “mid-flex bend” and there are 3 types of bends in fly fishing rods.
 - ⇒ Full flex bend is a slow action rod that allows for nice and easy casting
 - ⇒ Mid flex bend is a medium action rod that is between a full flex and tip top bend.
 - ⇒ Tip Top bend is a flex near the top and fast action rod which allows the rod to move quickly.

FLY REELS are attached to a fly rod and are usually called a “drum”. Most fly reels are made of aluminum and the purpose of a fly reel is to help:

- ⇒ Store the fly line as it is wrapped around the drum.
- ⇒ Roll in the fly line at the end of the day or if a fish is caught, using the handle attached to the drum to reel in the fish.
- ⇒ Provides resistance or “drag” which helps slow the fish down when it is caught.



FLY LINE SYSTEMS are the lines attached to the fly reel and fly rod needed to fly fish.

The fly line system has 3 types of lines: backing, fly line and leader line.

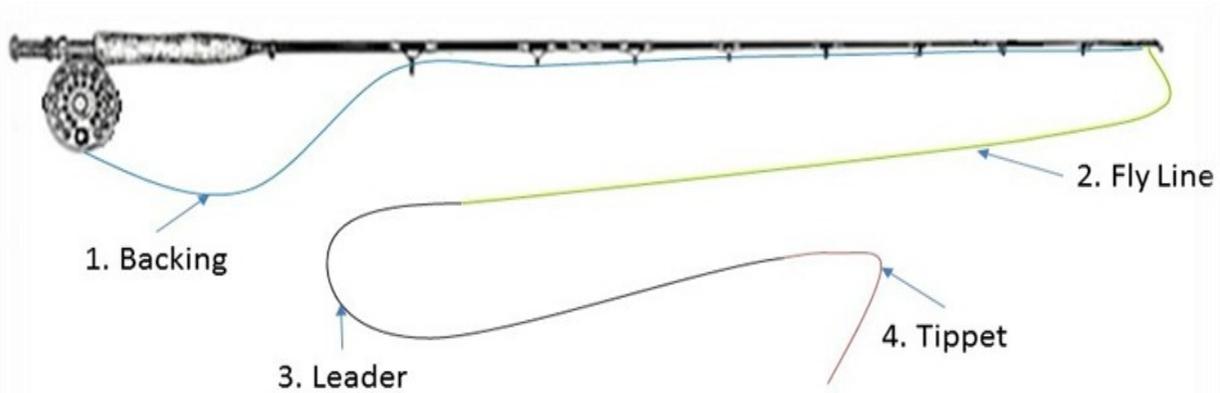
Fly line backing is the first line that goes onto the reel and is usually 100-200 yards long. It fills up space on the reel since the fly line is usually only 80-100 feet long. The backing provides more line in case you catch a fish and you need more than 80-100 feet of line.

Fly line is the main fishing line and what you are casting or unrolling when you fly fish. There are 3 things to look for when choosing fly line: weight, tapered line and density.

1. The **weight** of the line should match the weight of your fly fishing rod.
1 weight fly rod = 1 weight fly line
4 weight fly rod = 4 weight fly line
2. The fly line is **“tapered”** which involves making parts of the fly line thicker in spots, heavier in spots, thinner in other spots, or lighter in other spots. These adjustments to the fly line are done to give the angler better control of the line. Most common is a weight forward taper (WF) which is a fly line that has additional weight and thickness added to it in the first 10 yards of fly line.
3. **Density** of a fly line means whether the fly line floats, sinks or just partially sinks.
A floating fly line (F) is by far the most popular and versatile fly line.

Leader is the end of the fly line, the connection between the fly line and the fly. This is one of the most important parts of the equipment!

IMPORTANT: *The leader line is same length of the fly rod, usually 8.5 feet to 9 feet long. The leader has 2 parts – the “butt” which is usually 7 feet of the leader and the “tippet” is the last 2 feet of the leader.*



The order that line is installed onto a fly reel

1. Backing
2. Fly Line
3. Leader
4. Tippet



FLIES are the bait used for fly fishing. The fly is as light as a feather and relies on the weight of the fly line to cast it out onto the surface of the water, where it imitates the skirting motions of a natural insect to attract fish. There are 3 types of flies:

Dry Flies:

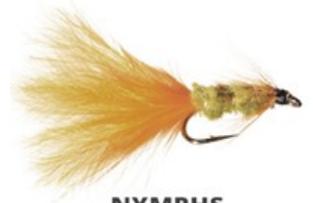
These flies float on the surface of the water and are made with feathers from animals like ducks and chickens, while the main bodies of them will be made from things like fur and foam. All of these materials are designed to make dry flies float, which makes them a visually attractive to fish. When fishing with dry flies, fly anglers need to make sure they carry a substance called floatant which helps the fly float after many uses.



DRY FLIES

Nymph or Wet Fly:

A nymph or wet fly is a fly that sinks below the surface and imitates immature insects. These types of flies can have weighted beads tied to the head of the fly so it will sink faster. These are the easiest flies to make for beginners.



NYMPHS

Streamers:

A streamer is built to imitate a "bait-fish" or a smaller fish that larger fish generally like to feed on such as leeches, large aquatic insects and small fish. Common types of streamers are Woolly Buggers and Woolly Worms.



****IMPORTANT:** Members should use barbless hooks as they are much less damaging to fish when you catch them. If you are doing catch and release, this is the best choice. Barbless hooks do not have the barb at the tip and that means it will cause less damage when it hooks a fish through the mouth.

SUGGESTED ACCESSORIES NEEDED FOR FLY FISHING:

- Rubber boots
- Clothing that is suitable for the weather; hat to protect from the sun; and sunglasses to protect your eyes
- Fishing box or a box to keep fly fishing supplies
- Creel is a container that holds the caught fish
- Pair of nippers or line clippers to cut the fishing line
- Forceps that are used for holding lines or tying lines; crimping down barbed hooks or getting hooks out of the fish
- Fly floatant which helps keep the dry flies floating and water proof
- If using nymphs or wet flies, you will need "bobbers" which float on the water to keep track of where the nymph or wet flies landed in the water

ACTIVITY 1B:

FLY FISHING BASICS

Note: Leaders can contact an experienced Angler (fly fishing person) to help teach the members the basics of fly fishing if needed and/or members can watch the videos below.

1. Members can watch these **YouTube videos** as they provide great tips for beginner skills.



ORVIS: Fly Casting Lessons—The Basic Fly Cast

<https://www.youtube.com/watch?v=oDJJ6W23gHw>

How to Fly Fish—Beginner Fly Casting

https://www.youtube.com/watch?v=TAyj9KF_MQE

2. Members will review the “tips for fly casting” listed below and learn to fly cast on grass FIRST to practice the skill of fly casting.
3. Members will practice fly casting by aiming for a hula hoop or another target as a fun way to practice casting.
 - Aiming for a target 20 feet away (suggested distance for beginners)

Tips for Fly Casting:

- Stance: Stand opposite foot forward of your dominant hand (just like throwing a ball). If you are holding the rod with your right hand, your left foot is slightly forward as this allows for you to turn your body to look at your cast.
- Grip: Grip the rod with your thumb up and as close to the end of the cork grip, just like shaking someone’s hand.
- Fly casting requires a nice easy touch and gentle wrist snap, using very little effort (like throwing a paper airplane with a small wrist movement).
- The fly fishing rod must start and end at your belt, making sure tip of rod is in the water or on the grass when practicing. Do not hold the rod too high in front of you!
- Place the fly line under your index finger of the hand holding the rod, as this allows you to control the fly line.
- Practice casting:
 - ⇒ Forward Cast – moving the fly rod and fly line forward towards to the target
 - ⇒ Back Cast – moving the fly rod and fly line behind you
- Timing for fly casting is waiting for the fly line to straighten out behind you before starting to bring the line forward again.
- Always look behind you when casting as this allows to check that your line has straighten out behind you before starting to bring the line forward again. ***Looking behind you allows you to make sure your fly is not caught on trees or grass and protects you from the hook getting caught in your clothing or skin.



ACTIVITY 2

Knot Tying, Fish Identification and Practice Fly Fishing Basics

In this activity, members will

- Practice tying 2 types of knots for fly fishing—Clinch knot and Double Surgeons knot
- Learn how to identify fish commonly caught fly fishing on Prince Edward Island
- Practice basic skills of fly-fishing from Activity 1 (if time allows).

ACTIVITY 2A:

- For this activity, members will learn to tie 2 types of knots for fly fishing.

Supplies needed:

- ⇒ Clinch knot - a small piece of leader line and tippet line (or just two lines for practice)
- ⇒ Double surgeons knot - a leader line and a fly

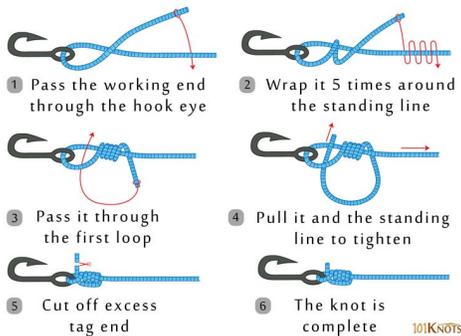


Watch this YouTube video to learn how to tie these two knots.

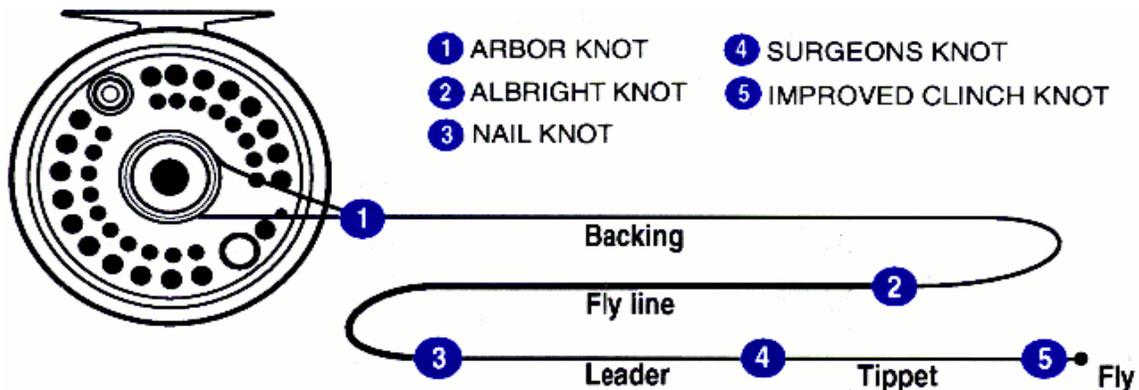
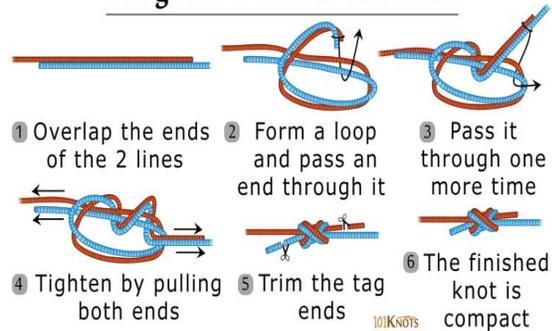
https://youtu.be/b_REAMIRG_c (Two knots you need to start Fly Fishing)

- Members will practice tying a **Clinch Knot** which is used to connect the tippet line to the fly.
- Members will practice tying a **Double Surgeons Knot** which is used to connect the leader line to the tippet line.

Tying a Clinch Knot



Surgeon's Knot Tutorial



FISH IDENTIFICATION

ACTIVITY 2B:

In this activity, members will review the most commonly caught fish on PEI which are rainbow trout, brook trout and Atlantic salmon. Please see **Angling Summary of PEI** (published new each year and can be viewed online or ask 4-H PEI for a printed copy) to provide more in depth information if needed or watch this YouTube video to help with fish identification.



Trout and Salmon Identification

<https://www.youtube.com/watch?v=efsPMSGIRsE>



Rainbow Trout has a greenish body. The adults usually have a pinkish lateral stripe. Rainbow trout have many small, black spots on the body. The tail is heavily spotted. The inner mouth and gums are white.



Brook Trout have olive-green, brown or black colouring on their backs with worm like markings. The belly is silvery or white. They have light spots on a dark background, some spots are red and blue. Brook trout have a square tail, mouth extends backwards to well beyond the eye.



Atlantic Salmon have a short face and a smaller mouth than brook trout. Salmon have a forked tail and narrowing of the body just before the tail. As a juvenile (young), salmon have parr markings which are the vertical dark bands on the side of the fish. These fade as the salmon matures and takes on a silvery sheen in preparation for living in a lake or the ocean.

ACTIVITY 2C:

Members can practice the basic skills of fly-fishing that was introduced in Activity 1 (if time allows).

ACTIVITY 3

Fly Tying and Making Flies for Achievement Day

ACTIVITY:

In this activity, members will tie 3 different flies for Achievement day. See next page for details on choosing which flies to tie.

Fly tying is the process of making an artificial fly to catch fish. Fly patterns are the instructions for making a particular fly and the pattern can specify the type of hook and materials needed. Most common types of flies that are used in fly fishing are dry flies, wet flies or streamers. See Activity 1A to review of different types of flies.

Members will need the supplies listed below for fly tying. Other materials will be needed for each individual fly:



⇒ Bobbin – Holds the thread ; watch this video to learn how to use a bobbin.

https://www.youtube.com/watch?v=WNHR9HD9g_g



⇒ Whip Finish Tool – Knots the thread; watch this video to learn how to use a whip finish tool. <https://www.youtube.com/watch?v=kIOHI-iRQd0>

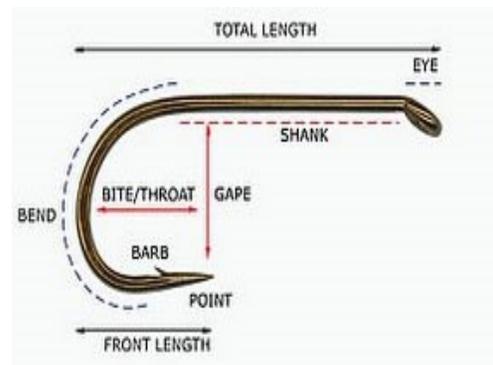
⇒ Scissors

⇒ Hooks – Different sized hooks (see picture below for different parts of the hook)

⇒ Thread – UTC is a polyester thread used for fly tying

⇒ Adhesive – Head cement or super glue

⇒ Materials – Fly patterns will give instructions of what materials to use and members can use different colours and possibly substitute different materials if needed. Some materials are peacock curl, chenille, and hackle feathers



For Achievement Day, members will:

1. Tie 3 different flies
2. Mount each fly on a piece of wood for display
3. Label each fly

The flies listed below are recommended beginner ties for members OR members can choose to tie their own fly.



Woolly Bugger (streamer): Hook, UTC 140 thread, 0.2 wire (weight), Marabou blood quills, chenille, hackle feather, head cement.

<https://www.youtube.com/watch?v=7Ku1-lnkKzI&t=39s>



Woolly Worm (streamer): Hook, super glue, wire, UTC 70 black thread, red angora yarn, black ultra chenille, hackle feather.

<https://www.youtube.com/watch?v=OT8CBIE5-Lc>



Brassies (nymph): Hook, black bead, black UTC thread, cooper wire, super glue, peacock curl. <https://www.youtube.com/watch?v=mbG37Hv8r7I>



Zebra Midge (nymph): Hook, silver bead, black UTC thread, silver wire. https://www.youtube.com/watch?v=QFAIXG_78Z4

Member's choice:

Leaders and members can choose to create their own flies or choose different flies from above. Make sure to label each fly for achievement day purposes.

ACTIVITY 4

Safety, Rules and Regulations, Etiquette, Handling Fish with Respect, Gut and Clean a Fish

In this activity, members will:

- A) Learn about safety, rules and regulation and etiquette for fly fishing
- B) Learn about "Handling Fish with Respect"
- C) Learn how to gut and clean a fish
- D) Practice basic fly fishing skills from Activity 1 (if time allows)

ACTIVITY 4A:

SAFETY:

- ⇒ Members are to fly fish ONLY on the bank of a river or stream, no wading into the water!
- ⇒ Circle hooks or barbless hooks are used for safety of the fish as well as making sure members do not get the hooks caught on their clothing or skin.
- ⇒ Members are to listen to leader(s) at all times, especially when fishing around water!
- ⇒ Members are to stay close to one another when fly fishing near water.

RULES AND REGULATIONS:

- ⇒ **For fishing on PEI, children under 16 can fish for FREE.** Youth are not required to obtain an angling license. Adults do not require an angling license while assisting the children as long as the number of fishing rods does not exceed the number of children angling.
- ⇒ **If you are over the age of 16, please purchase for a fishing license at retail outlets.**



ETIQUETTE WHEN FLY FISHING:

- ⇒ **Keep the noise level down** – If you are fishing alone or in a group, members need to remember to keep the noise level down. Many fish tend to be skittish and by staying quiet, you are being respectful to other anglers and not scaring off a potential catch. Most anglers go fishing for both the experience as well as the solitude and relaxation.
- ⇒ Members should be aware of the **fishing regulations for PEI** and follow them. See **Angling Summary of PEI** which is published new each year and can be viewed online or ask 4-H PEI for a printed copy. This resource provides in depth information about fishing locations, angling seasons and catch amounts.
- ⇒ When fly fishing on a stream or small river, fish upstream while leaving plenty of space between you and other anglers.
- ⇒ **Leave No Trace** – Members need to remember to leave their fishing spot the way they found it! Do not litter and make sure to keep our Island waterways clean!
- ⇒ Members need to remember that there is no running around the banks of waterways or rough housing. This can be disrespectful to other anglers as well as a safety concern.
- ⇒ If you are keeping fish, only take what you can eat and release the other fish back into the waterway.
- ⇒ No trespassing on private property and see Angling Summary for approved fishing locations.

ACTIVITY 4B:

HANDLING FISH WITH RESPECT:

- ⇒ All fish should be treated humanely, whether they are being added to your creel or about to be released.
- ⇒ When keeping a fish, kill it quickly and humanely. It is mandatory on Prince Edward Island to kill your fish immediately or release it back to the wild.
- ⇒ Fish cannot be kept alive on stringers (a cord or chain that is threaded through the mouth and gills of caught *fish*) or in live wells. Please kill your fish immediately.
- ⇒ Keep your catch cool to ensure that the flesh will be of optimum quality.
- ⇒ Use the right gear:
 - Barbless or pinched hooks are easier to remove
 - Artificial lures, not bait, reduce the chances of deep hooking
- ⇒ When releasing fish, take steps to reduce stress in the fish and give it the best chance of survival.
- ⇒ Minimize handling by retrieving your fish quickly and release it immediately.
- ⇒ Keep the fish in the water and use only a knotless mesh net.
- ⇒ Remove the hook carefully and cut the leader if necessary.
- ⇒ Hold the fish gently in a natural swimming position, facing upstream until it revives.

ACTIVITY 4C:

GUT AND CLEAN A FISH: When members catch a fish fly-fishing, it is important for them to learn how to gut the fish and clean the fish for cooking.

Materials needed: Sharp knife and cutting board.



Watch this YouTube video for instructions:

<https://www.youtube.com/watch?v=oO8NQpQROiU>

There are also many more instructional videos on YouTube if members need more information.

ACTIVITY 4D:

Members can practice the basic of fly-fishing skills that was introduced in Activity 1 (if time allows).

***Note:** In this activity, leaders can purchase a fish (trout or salmon) from a local angler or the grocery store and use this fish to demonstrate how to gut and clean the fish. Leaders and members can watch the YouTube videos above for instructions.*

OR

Leaders and members can watch the YouTube videos above to learn how to gut and clean a fish. If members catch a fish in Activity 5, members can practice gutting and cleaning at that time.

ACTIVITY 5

“Go Fishing” and Gut and Clean a Fish

In this activity, members are to put what they have learned into real practice and go fishing! If members catch a fish, they can practice how to gut and clean a fish.

ACTIVITY: Members will go Fly-Fishing and here are some suggestions to prepare for this activity:

- **Location:** Leaders and members can choose an approved area to go fly-fishing. **See the Angling Summary of PEI** as this resource provides in depth information about approved fishing locations across PEI. Leaders can also ask local Anglers for fly-fishing locations in their area.
- **Season:** Anglers are allowed to Fly-Fish during certain seasons on PEI. For example, Anglers are usually allowed to fish brook trout and rainbow trout from April 1st to September 1st on PEI. **See the Angling Summary of PEI** for approved dates for fly-fishing for your current year.
- **Daily Limits:** Anglers are allowed to catch a “daily limit” of fish each time they go fly-fishing. For example, in 2021, Anglers were allowed to catch eight (8) brook trout at one time. **See the Angling Summary of PEI** for approved daily limits for fly-fishing for your current year.
- **License:** Members 16 years and older will need to purchase an angling license to complete this requirement. Leaders who are not fishing, but assisting members, does not need to purchase a license.
- **Clean and Gut a Fish:** Members will need to take supplies needed to gut and clean a fish or members can practice gutting and cleaning their fish at home.



**GO FLY-FISHING! HAVE FUN
AND BE SAFE!**

BONUS ACTIVITY: Below is a list of different types of fishing on PEI that members can review.

Fishing on PEI	Type of Fish	Season	Equipment	License
Smelting	Smelts are fish that are found in fresh water streams. Smelts are 5-10 inches in length and catch limit is 60 smelts/person/day.	April to June	Nets dipped into the stream are used to catch smelts; avoid entering the stream and trampling the eggs; and select male smelts over females.	No license required
Lobster	Lobsters are shell-fish and are found in the ocean. Lobsters are usually green/brown/orange in colour when caught and turn red when cooked. However, PEI lobster fisher have caught “blue” lobsters.	May to June	Fisher use large fishing boats and lobster traps to catch lobsters; traps are left in water over night and emptied the next fishing day; bait is fresh or frozen mackerel or herring.	Lobster license is required
Ice Fishing	White Perch fish are fished in cold freshwater; daily limit of 25 white perch per day; and fish are 7 to 10 inches in length.	January to March	Anglers use rods and “jig” for these fish through holes in the ice; Anglers fish in shelters to stay warm.	License is required
Mussels	Mussels are a type of shell fish. PEI mussel shells are smooth, with a bluish black D-shaped shell. Male mussels are cream colored and the females are coral.	Most of the year and will fish mussels though ice.	PEI Mussels are harvested using boats equipped with a boom and a hydraulic winch. The boat is partially lifted out of the water, and the socks (mesh bags) which contain the mussels are cut from the backline and hauled into the boat.	License is required
Deep Sea Fishing	Deep-Sea and Sport fishing on PEI is most commonly run as a tourist attraction. There are several companies across PEI that offer this type of fishing. Islanders and tourists can fish for mackerel or cod and some companies offer day trips to fish for Bluefin tuna.	June to October	Depending on the tour, mackerel are usually caught jigging while cod and Bluefin tuna are caught with different sized fishing rods and reels.	Fishing tours, no license required
Fly Fishing	Anglers fish for Brook Trout, Rainbow Trout or Atlantic Salmon and these fish are caught in fresh water such as streams and ponds.	April to September	Anglers use fly-fishing rods and flies as bait. Anglers can make their own flies, which is called Fly tying.	16 years and older need license
Striped Bass Fishing	Fish are found in saltwater. Fish need to be more than 20 inches in length and Anglers are only allowed to keep 3 striped bass at one time.	May to October	People fish off wharves, breakwaters and piers across the Island using fishing rods and reels.	No license required
Oysters	PEI is known for its world famous Malpeque oysters. PEI oysters grow slowly and it takes 4 to 7 years for an oyster to mature and reach a minimum fishing size of 3 inches. PEI oysters are grown in warm, shallow, food rich bays and estuaries.	Spring season is May to July; the fall fishery Sept. to November	Oysters are fished from the wild beds, using a 15-foot dory and a pair of long-handled oyster tongs that end in rake-like teeth. The fisher leans over the side of the dory, drops the tongs into the water, closing them on the bottom of the bed to capture a small quantity of oysters.	License required