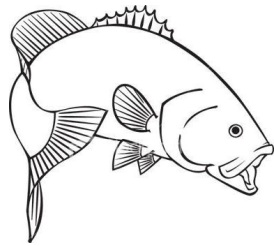


Hook, Line, & Sinker

Location: RiverWalk Learning Station 4
Program Levels: Junior, Cadette, Senior, Ambassador

Objective: Girls will learn about fishing, including how to cast and what kinds of fish can be caught in the Potomac River.



Activity Steps

1. Introduce the girls to the topic of fishing. Have girls brainstorm reasons why people might fish (for sport, for food, etc) and why it is important to be careful about the number of fish caught in one area (overfishing can cause species to go extinct, causing a ripple effect in the ecosystem). Use the *Fish in the Potomac River* poster to go over what fish can be caught near camp.
2. Bring out the poles and tackle boxes from the shed. Go over the different pieces of equipment using the *Fishing Equipment* poster. Explain that it is very important to carefully store strung poles because the lines can easily become tangled and useless.
3. Give each girl a pole and tackle box. If your group is bigger than 12 people, girls can buddy up and trade off. **NOTE: do not use hooks for dry casting practice. If you are planning on fishing, you will need to retie hooks onto the lines later.**
4. Lay out a hula hoop for each girl on the ground, about 10-15 feet from the girls. Show girls how to cast, and have them practice aiming by trying to land the hook in the hula hoop when they cast. Once they are hitting the target, try moving the hoop further away or closer in.
5. Clean up and put away your equipment. Remind the girls again that the lines get tangled easily, so they need to carefully store the poles in their notches in the shed. Replace posters, tackle boxes and buckets (upside-down so they can dry).

Materials Provided

- Fishing Equipment
 - Poles
 - Tackle boxes with bobbers & weights
- Posters
 - *Common Fish of the Potomac*
 - *Fishing Equipment*
 - *Fishing Safety*
- Hula Hoops

For Extension Only Materials Provided

- Buckets
- Hooks
- Pliers
- Scissors
- Life ring

Materials Needed

- ❖ First Aid Kit
- ❖ Bait

Extensions

On the Trail

Use your new skills to catch a fish! Begin by replacing the practice hook on your line with a sharp hook. Being careful not to poke yourself, attach bait to the hook.

When casting with a sharp hook, be very careful not to swing your hook into someone else! Once you have cast, pay attention to your bobber. When it goes underwater you'll know you have hooked a fish!

Carefully reel in your fish, and have an adult help you to hold it and remove the hook. If you don't want to release your fish right away, you can hold it in a bucket filled with river water. Release all fish before you leave. You should not eat fish caught at camp.

Safety-Wise requires one adult watcher certified in American Red Cross Basic Water Rescue to be present if girls are fishing from a shoreline.

Beyond the Trail

Try fishing with your family or friends. Fishing equipment can be purchased at a variety of stores such as Bass Pro Shops, Cabela's, and Dick's Sporting Goods.

Before fishing, check with the US Fish & Wildlife Service or your state's Department of Natural Resources to find out if you need a fishing license.

If you know someone with a boat, you can try fishing for bigger fish that live further from the shoreline. Remember to always wear a Personal Flotation Device (PFD) if you are in a boat.