



# OUTDOOR PATCHES



# ACHIEVEMENT WORKBOOK FISHING



## REMEMBER: SAFETY FIRST!

This workbook will go through the basics of fishing, fishing gear, casting fundamentals, and North Carolina fish species. By completing these three steps, you can earn your Outdoor Achievement Patch for fishing:

- 1 Learn the different types of fishing.
- 2 Learn about fishing safety and responsibility.
- 3 Email or mail your completed quiz to receive your Outdoor Achievement Patch.

## WHERE CAN YOU FISH IN NC?

### Freshwater

Our state, as well as most across our country, offer everything from freshwater lakes, reservoirs, and ponds to streams and rivers making them all great spots for anglers of all levels to pursue that big one. From the cool mountain waters in the western part of our state to our state's 59 lakes, we know you'll find that perfect spot on our thousands of miles of streams and shoreline.

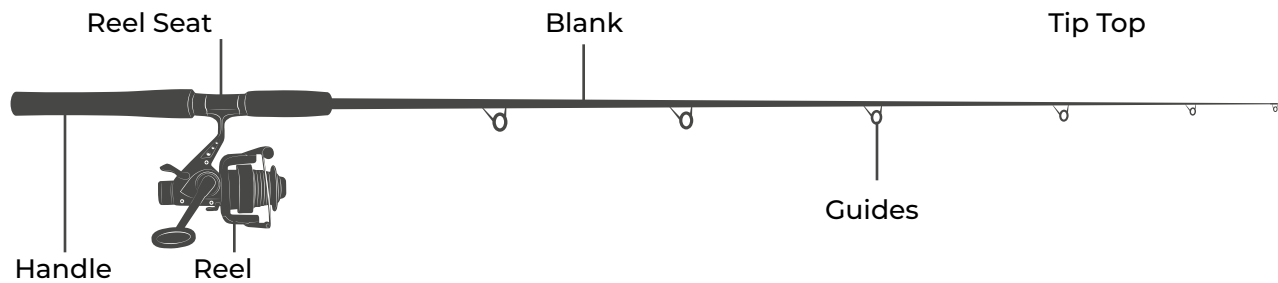
### Saltwater

Well, we've got this one covered with over 300 miles of coastline and all those in-shore waterways, canals, marsh areas, and flats. Every angler can chase the wide variety of species that call our waters home – seasonal or year-round. From trolling for the big ones off-shore to sharpening your skills near shore, on the flats, or surf, you'll always have a fish story to share.

### Always fish legally

Always remember before that first cast to make sure you have permission to fish where you are. If you're under 16 years old you don't need a license but, if you're over 16, ensure you have a fishing license. Resources for North Carolina fishing licenses can be found online at [www.ncwildlife.org](http://www.ncwildlife.org) under licenses and regulations.

# FISHING ROD ANATOMY



A fishing rod is usually made from fiberglass, carbon fiber composite, or bamboo. A lure or bait is attached to the line to attract fish. Lures come in all sorts of different shapes and sizes, and bait can either be living or dead.

Fishing rods come in various lengths and weights, depending on what kind of fish they are being used to catch.

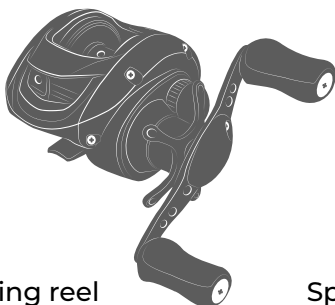
## TYPES OF FISHING RODS

The most common types of fishing rods include:

- Casting rods that can handle heavier line.
- Fly fishing rods that cast lightweight flies long distances.
- Spinning rods that are versatile for different fishing styles.

## Tackle

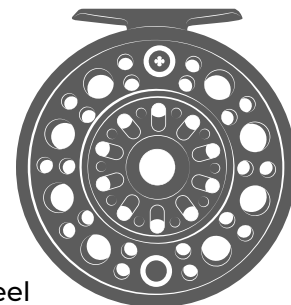
The wide variety of accessories and gear used for fishing are known as “tackle”. This includes things like line, sinkers, hooks, floats, reels, lures, baits, swivels, spoons, bobbers, planers, weights, gaffs, pliers, nets, tackle boxes, waders, and more!



Baitcasting reel



Spinning reel



Fly reel

# WHAT'S IN OUR WATERS

North Carolina has a huge variety of fish in its freshwater ponds, lakes, and rivers, as well as in the Atlantic coastal waters. Here are some examples of fish you can catch across the state:

## Freshwater species

- Largemouth bass
- Smallmouth bass
- Spotted bass
- Striped bass
- White bass
- Bluegill
- Black crappie
- White crappie
- White perch
- Pumpkinseed
- Redbreast sunfish
- Redear sunfish
- Roanoke bass
- Rock bass
- American shad
- Warmouth
- Brown trout
- Rainbow trout
- Brook trout
- Yellow perch
- Walleye
- Muskellunge
- Chain pickerel
- Blue catfish
- Bullhead catfish
- Channel catfish
- Flathead catfish
- White catfish

## Saltwater species

- Atlantic bonito
  - Atlantic croaker
  - Atlantic menhaden
  - Atlantic spadefish
  - Black drum
  - Black sea bass
  - Bluefish
  - Butterfish
  - Cobia
  - Florida pompano
  - Flounder
  - King mackerel
  - Northern puffer
  - Pinfish
  - Red drum
  - Sheepshead
  - Spanish mackerel
  - Spotted seatrout
  - Blue marlin
  - Bluefin tuna
  - Dolphinfin (Mahi-mahi)
  - Red snapper
  - Rock sea bass
  - Sailfish
  - Sharks
  - Wahoo
- ...and many more!

## Is your fish a keeper?

Not all fish can be kept so check the North Carolina Wildlife Resource Commission's regulations before you go fishing to make sure you can keep what you catch. You can find the regulations inside the *North Carolina Inland Fishing, Hunting and Trapping Regulations Digest* (make sure it's for the current year) or at [ncwildlife.org](http://ncwildlife.org).

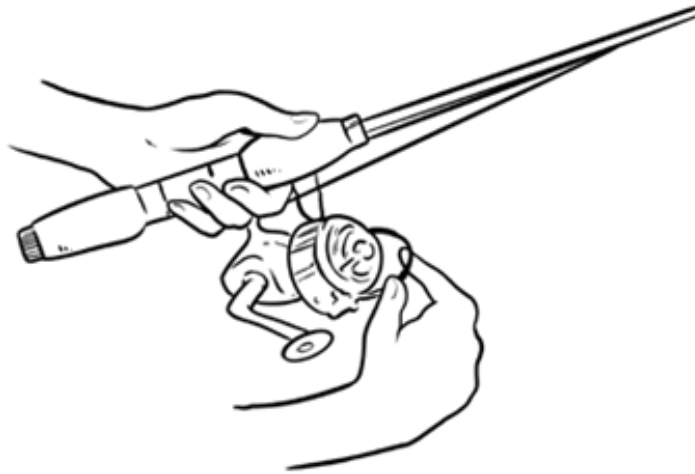
## Fishing safety

Here are some useful tips for your fishing trip!

- 1 Prepare! Take a first aid kit and Always wear sunscreen on exposed areas like your face, neck, and hands. The sun's rays can damage your skin for life.
- 2 Wear sunglasses to protect your eyes from both the sun and potetial injury.
- 3 Wear a hat to keep your head cool in the summer and warm in the winter.
- 4 Wear appropriate footwear to protect your feet from stray hooks, glass, sharp rocks, and other objects on the shore or in the water.
- 5 Check the weather before you go and head inside at the first sign of a storm and/or thunder and lightning.
- 6 Make sure to look before you cast so that your hook does not catch a power line, tree, or a person.
- 7 If a hook is deep inside the fish's mouth, don't put your hand inside. Use a hook removing tool to carefully remove the hook or, if this doesn't work, cut the line as far back as you safely can to release the fish.
- 8 Always wear sunscreen on exposed areas like your face, neck, and hands. The sun's rays can damage your skin for life.
- 9 If you're fishing from a boat, always make sure you have your life preserver on.
- 10 In case of emergency, it's always a good idea to have a partner for safety - so take a friend fishing!

# CASTING FUNDAMENTALS

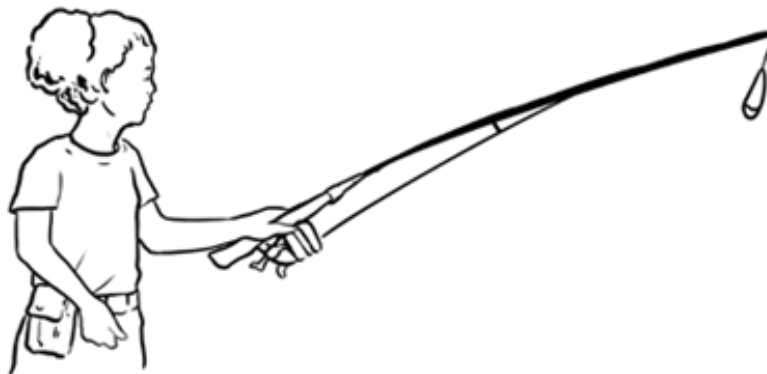
1



Grip the rod in your dominant hand and hold it horizontally, so the reel is below the rod and facing the ground.

Align the line roller with the rod. Pull the line off the roller with your index finger, holding it against the rod's grip. While maintaining your grip, use your free nondominant hand to flip the reel's bail up.

2



Allow 6-12 inches of line to hang off the tip of your rod.

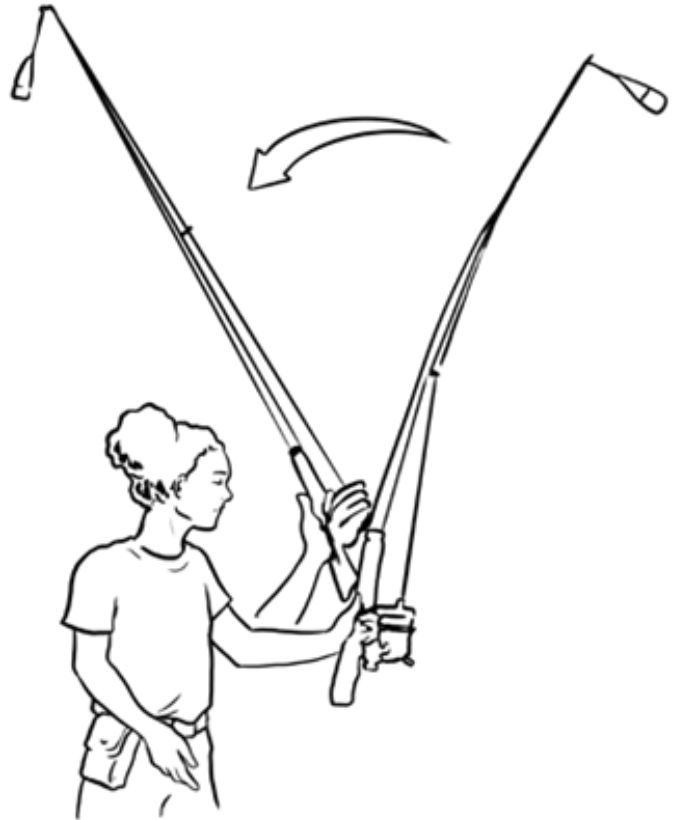
Keep your dominant hand's index finger on the line. To add more length pull the line with your opposite hand.

## CASTING FUNDAMENTALS (CONTINUED)

3

Bring the rod back up over your head just past vertical, while still holding the line with your index finger. Pick the area of water you are aiming to reach.

Make sure you check your surroundings so you don't hit any obstacles or people!



4

Bring the rod forward in a rapid motion keeping your rod tip pointed towards your desired target.

The amount of energy you use will determine how far you will cast.



## CASTING FUNDAMENTALS (CONTINUED)

5

As the rod reaches 45 degrees, release your index finger from the line.

Allow the line to flow after the cast. Once you have hit your target, close the reel's bail by giving a turn of its crank.

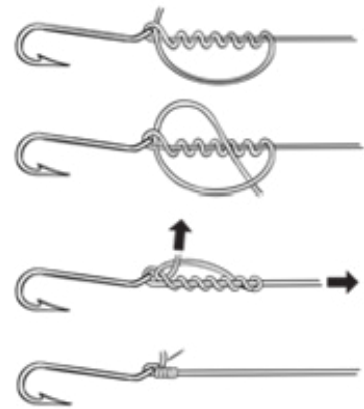


## KNOW YOUR KNOTS

1

### Improved clinch knot (for tying line to a hook)

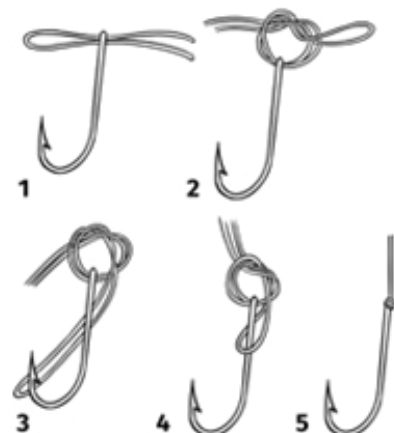
- Thread the line through the eye of the hook, then make five to seven wraps around the line with the loose end.
- Thread the loose end of the line through the loop closest to the eye, then back around inside the loose section of the line.
- Pull both ends of the line until tight.
- Trim the loose end of the line if necessary.



2

### Palomar knot (for tying line to a hook)

- Double your line to make a loop, then push the loop through the eye of your hook.
- Tie a loose overhand knot.
- Pass the loop around the end of the hook.
- Pull on the line to tighten.
- Trim the loose end of the line if necessary.





## KNOW YOUR KNOTS (CONTINUED)

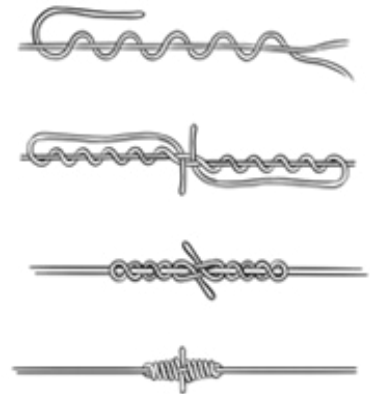
### 3 Turle knot (for tying line to a small hook)

- Run the line through the eye of the hook, then tie a loose double overhand knot at the end of the line.
- Pass the open loop over the hook and tighten the whole thing so that the loop tightens around the eye.



### 4 Blood knot (for joining two sections of line together)

- Line up the ends of each line together for several inches, then wrap the first line around the second at least five times.
- Wrap the second around the first at least five times and bring both loose ends back to the middle between the two lines.
- Pull tight on each line until the knot is snug.



### 5 Double surgeon's loop (for forming a loop at the end of a line)

- Fold over the end of the line to make a double line, then tie a single overhand knot.
- Pass the loop through the hole in the overhand knot one more time.
- Moisten the knot and tighten.

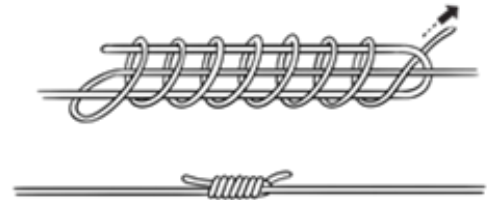


## KNOW YOUR KNOTS (CONTINUED)

6

### Wire line to mono knot (for attaching wire line to monofilament)

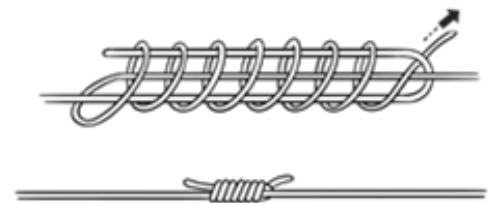
- Fold four inches of wire line back over itself to form a bend at the end of the line.
- Run your monofilament line through the middle of the bend, then wrap it once around the bottom of the bend.
- With the monofilament make seven close turns around both lines.
- Pass the loose end of the monofilament above the center strand of the monofilament and below the wire line, then pull snug.



7

### Tucked sheet bend (for attaching the line to a leader loop, or snelled hook to the line)

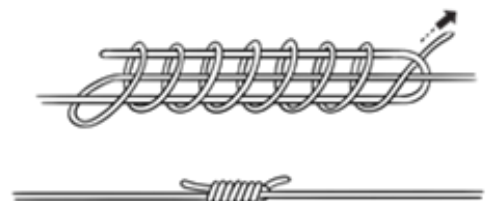
- Pass the end of the line through the loop, then make a simple sheet bend knot.
- Pass the end of the line back through the loop of the sheet bend.
- Tighten until snug.



8

### Snelling a hook (for attaching monofilament to a hook)

- Pass the end of the line through the eye of the hook twice, creating a loop that hangs alongside the hook.
- Wrap the loop around the hook, forming tight coils, five to ten times.
- Holding the coils in place with one finger, pull the line up until the loop is snug under the coils.



# QUIZ

## Complete the quiz to receive your patch:

- 1 When picking a place to fish, you should always make sure it's legal to fish there.

True

False
- 2 Every fish you catch, no matter the size, can be kept.

True

False
- 3 Always look behind you before casting.

True

False
- 4 You shouldn't fish if there is thunder and/or lightning.

True

False
- 5 An improved clinch knot is for tying line to a hook.

True

False
- 6 You should hold the rod with your non-dominant hand.

True

False
- 7 Red drum is found in freshwater.

True

False
- 8 Spinning rods are not versatile.

True

False
- 9 A first aid kit is important to keep with you when fishing.

True

False
- 10 Name three fish found in North Carolina:

---

---

---

## REVIEW

### Complete the checklist:

To receive your Outdoor Achievement Patch for fishing, complete and check off the following requirements:

Complete the International Game Fish Association's [Intro to Fishing](#) course and submit a digital photo of your certificate to [GoOutside@nc.gov](mailto:GoOutside@nc.gov)

Read the Achievement Workbook (Fishing) and complete the quiz.

Submit digital photos of the patch recipient with three different fish [GoOutside@nc.gov](mailto:GoOutside@nc.gov)

### Patch recipient information:

Name of Recipient: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

County: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Zip Code: \_\_\_\_\_

### Parent/Guardian:

Name of Parent/Guardian: \_\_\_\_\_

Do you give us permission to use your submitted photos for our social media, print materials and/or website?

Yes                      No

Our Patch Program Leaderboard tracks the number of patches each individual has earned. Do you give permission for the recipient's name (first name, last initial) to be added to the leaderboard?

Yes                      No

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## **SUBMIT YOUR QUIZ**

Submit the required digital photos and a copy of your completed workbook. If you printed out and completed your workbook by hand, you can mail it to the address below.

**Email**

[GoOutside@nc.gov](mailto:GoOutside@nc.gov)

**Mail**

N.C. Youth Outdoor Engagement Commission  
1715 Mail Service Center  
Raleigh, NC 27699-1715