

Angling Coaching Initiative



Information Booklet and CAST Progress Reports

Edition 1.0

Name: _____

Foreword

Angling Coaching Initiative was setup in 2017 ready for the 2018 season by Chris Burt who had one main goal, provide opportunities for juniors aged between 8 and 16 years old and their parents/carers to experience a popular and rewarding outdoor sport that he enjoyed as a junior and throughout his entire life.

Statistics show children average 6.5hrs of screen time per day against a recommended 2hrs per day from the NHS. It is reported that school-age children who watch TV or use a computer more than two hours per day are more likely to have emotional, social, and attention problems.

Angling however, has been acknowledged for many years as providing participants with many positive mental and physical outcomes including stress reduction, fitness, improved concentration, and social connections (both friends and fellow anglers) to name a few.

After a “chance” meeting, Graham Garnham, agreed to join Chris in the venture and bring the many years of match fishing experience to Angling Coaching Initiative where he currently runs two match teams within the police force and was selected to represent the police force for England.

With the core nucleus of Angling Coaching Initiative in place, they went ahead to build a coaching framework that included:

1. Arrangements with local angling clubs for the use of their waters
2. Grants to help purchase the equipment required
3. Enrolment of additional volunteer coaching assistants
4. Coaching material and standards for the volunteers to align with
5. Enthusiasm and drive to ensure the initiative became a reality that continues to grow from strength to strength.

Meet the Core Team

Angling Coaching Initiative has now expanded the board of directors to include several core coaches and volunteer assistants who continue to develop and steer the team during the early start-up years and as we look to the expand the initiative throughout Essex.

- | | |
|----------------------|--------------------------------------|
| • Chris Burt | Board Member and Level 2 coach |
| • Graham Garnham | Board Member and Level 2 coach |
| • Colin Presland | Board Member and Level 1 coach |
| • Neil Course | Board Member and Level 1 coach |
| • Simon Quartermaine | Board Member and Level 1 coach |
| • David Wright | Board Member and Level 1 coach |
| • Fred Merrin | Board Member and Volunteer assistant |
| • John Joyce | Board Member and Volunteer assistant |

In addition to the core team above, additional volunteer coaching assistants attend several coaching sessions throughout the season to assist under the guidance of the Level 1 and Level 2 coaches, this includes several new volunteers.

- | | |
|--------------------|--------------------|
| • Adrian Robins | |
| • Bernard Huxter | |
| • Bill Woolcott | |
| • Bob Gansbuithler | |
| • Brian Williams | |
| • Chris Haworth | Completing Level 2 |
| • Jim Loosley | |
| • Kevin Willis | |
| • Kevin Sims | |
| • Martyn Reed | Completing Level 2 |
| • Paul Baxter | |
| • Paul Howard | |
| • Peter Thompson | |
| • Roger Gunner | |

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Overview

This booklet has been created to provide students with basic reference material which can be easily used either at home or bankside. It provides information on the CAST scheme content and allows the coaches and volunteer assistants to track everyone's progress and the coaching skills required to further develop the individual's capability.

The content is a combination of material from Angling Coaching Initiative coaches based on their experiences and content from other anglers on the internet.

The aim will be to continuously develop this handbook to provide each student with a comprehensive bank side reference to setup and fish for most common fish using commonly used methods.

CAST Scheme - Modules



CAST
STARTER



CAST
LEVEL ONE



CAST
LEVEL TWO



CAST
LEVEL THREE

The CAST skills awards scheme has been developed by the Angling Trust to support, award and recognise achievements made by anglers across England.

The scheme consists of 6 modules to progress a student at their own pace with the aim to achieve their full potential from all types of coarse fishing.

The CAST scheme is delivered by licensed Level 2 coaches and supported by the Level 1 coaches and voluntary assistants. Our coaching sessions aim to include elements of progressive learning to meet the module criteria as well as maintaining the enjoyment of angling and catching fish.

Certificates are awarded to those who have met the requirements of a module.



Our Level 2 coaches (Chris and Graham) are also CAST qualified and able to continuously review our students capabilities taking on-board feedback from the Level 1 coaches and voluntary assistants to allow assessments to be made against each modules criteria.

On the next page you will find a high level breakdown of the requirements for each of the CAST modules from CAST Starter to CAST level six.



ANGLING TRUST

SKILLS AWARDS – DELIVERY PLAN OVERVIEW



CAST

Cast Starter	Cast Level One	Cast Level Two	Cast Level Three
<ul style="list-style-type: none"> • Attending a fishing event • Watching someone cast • Helping to net a fish • Naming two different fish you have seen • Naming two different types of bait you have seen used • Knowing how to keep safe when near water 	<ul style="list-style-type: none"> • Assembling rod, reel or pole • Identifying health and safety issues and hazards • Countryside Code • Identifying potential areas to fish • Recognising bites • Playing and landing fish (using a net) • Unhooking fish (lip hooking, disgorging) • Holding and handling fish 	<ul style="list-style-type: none"> • Selecting correct line and understanding how to attach terminal tackle • Choosing the method of fishing • Matching the methods to species of fish, their habitat and the conditions • Choosing equipment suitable for the venue • Casting accurately to the given target • Demonstrating correct casting technique • Tying knots - three simple knots that relate to chosen method of fishing • Learning about bait, lures and flies • Understanding weather and water conditions suitable for good fishing 	<ul style="list-style-type: none"> • Targeting specific species of fish and using specific tactics • Selecting and preparing bait or tying flies • Using suitable rigs for bait presentation or droppers for flies • Tying own rigs or making flies • Looking at fish habitats in relation to seasons, spawning or tides • Learning about fish holding areas • Demonstrating three different fishing techniques for the chosen discipline



ANGLING TRUST

SKILLS AWARDS – DELIVERY PLAN OVERVIEW



CAST

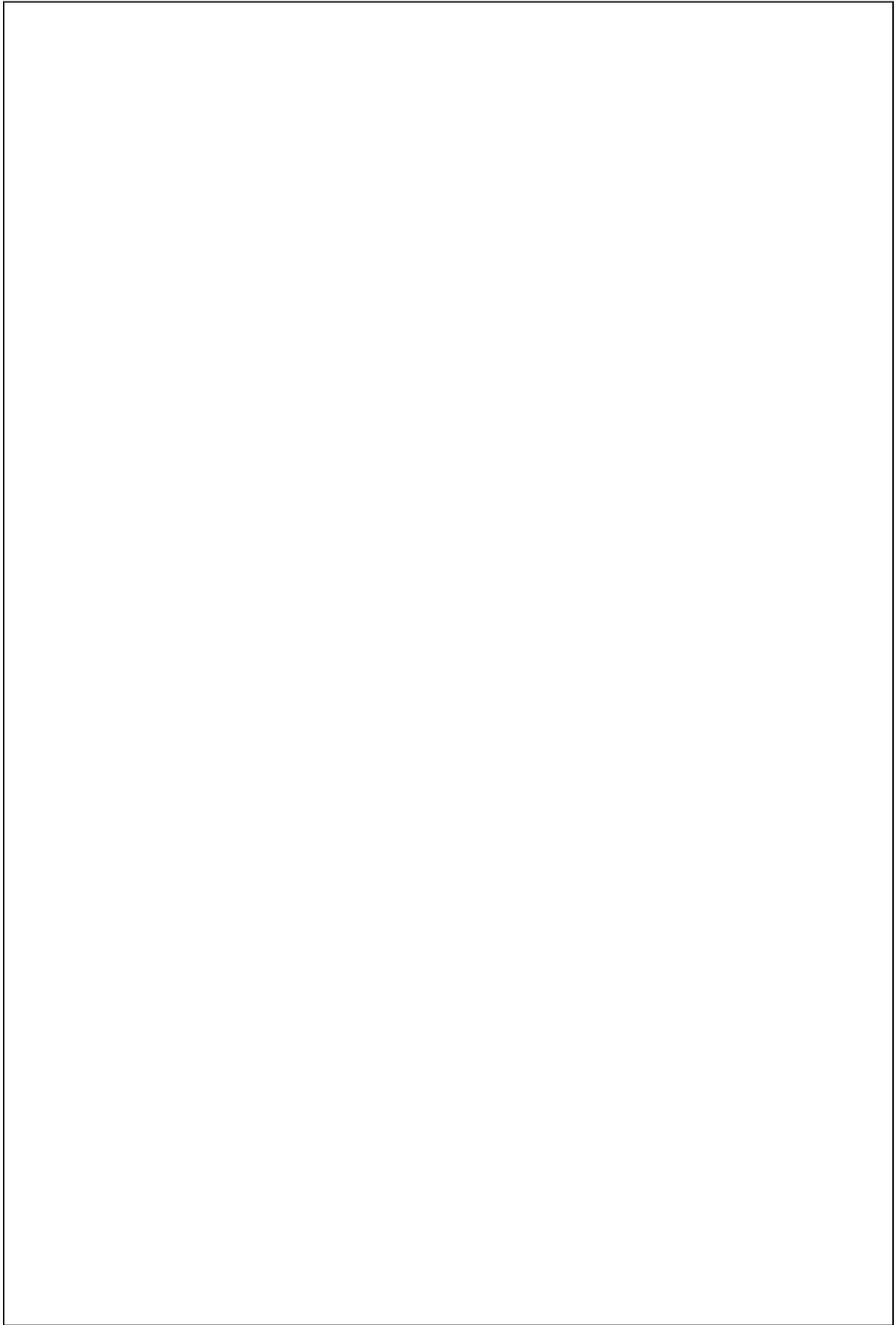
Cast Level Four	Cast Level Five	Cast Level Six
<ul style="list-style-type: none"> • Understanding what to wear (dressing appropriately for the weather and activity, being able to identify different types of footwear) • Understanding how to take photographs of fish without distressing them • Keeping fit to fish and preparing for angling (how can you get fitter in order to better enjoy fishing?) • River, lake and sea topography (how to plumb the depth of water or work out the topography by looking at natural features) • Migratory fish and life cycles (sea trout, eels, salmon, mackerel) 	<ul style="list-style-type: none"> • Preventing pollution (effects of excessive baiting, discarded line etc, who to contact) • Being aware of injury prevention measures (what injuries can be caused by angling and how can we prevent them?) • Ensuring personal safety when fishing (life jackets and other buoyancy aids, waders, wading sticks, sunscreen, first aid, protective glasses, water) 	<ul style="list-style-type: none"> • Angling and the law (permits and EU licences, fish sizes and angling seasons) • On the bank or in the water (wading, float tubes, kayaks, boat fishing; water awareness) • Watching the weather and understanding its effects on angling (how the weather affects planning, angling and enjoyment) • Understanding how to use gadgets • Understanding the effects of fish diseases and parasites (fungus, bacterial infections) • Understanding invasive species (Chinese mitten crab, signal crayfish, top mouth gudgeon, killer shrimp, zebra mussel; how to prevent transfer) • Understanding the need to eat well (our nutritional requirements, what to eat and when)

CAST Scheme – Progress Tracker

CAST STARTER LEVEL

Skills	Date	Level 2 Coach Signature
Attending a fishing event 2 Helping to net a fish		
Watching someone cast		
Naming two different fish you have seen		
Naming two different types of bait you have seen		
Knowing how to keep safe when near water		

Comments :



CAST LEVEL ONE

Skills	Date	Level 2 Coach Signature
Assembling rod, reel or pole		
Identifying health and safety issues and hazards		
Newcomers Guide		
Identifying potential areas to fish		
Recognising bites		
Playing and landing fish (using a net)		
Unhooking fish (lip hooking, disgorging)		
Holding and handling fish		
Bankside tackle layout		

Comments :

CAST LEVEL TWO

Skills	Date	Level 2 Coach Signature
Selecting correct line and understanding how to attach terminal tackle		
Choosing the method of fishing		
Matching the methods to species of fish, their habitat and the conditions		
Choosing equipment suitable for the venue		
Casting accurately to the given target		
Demonstrating correct casting technique		
Tying knots – three simple knots that relate to chosen method of fishing		
Learning about bait, lures and flies		

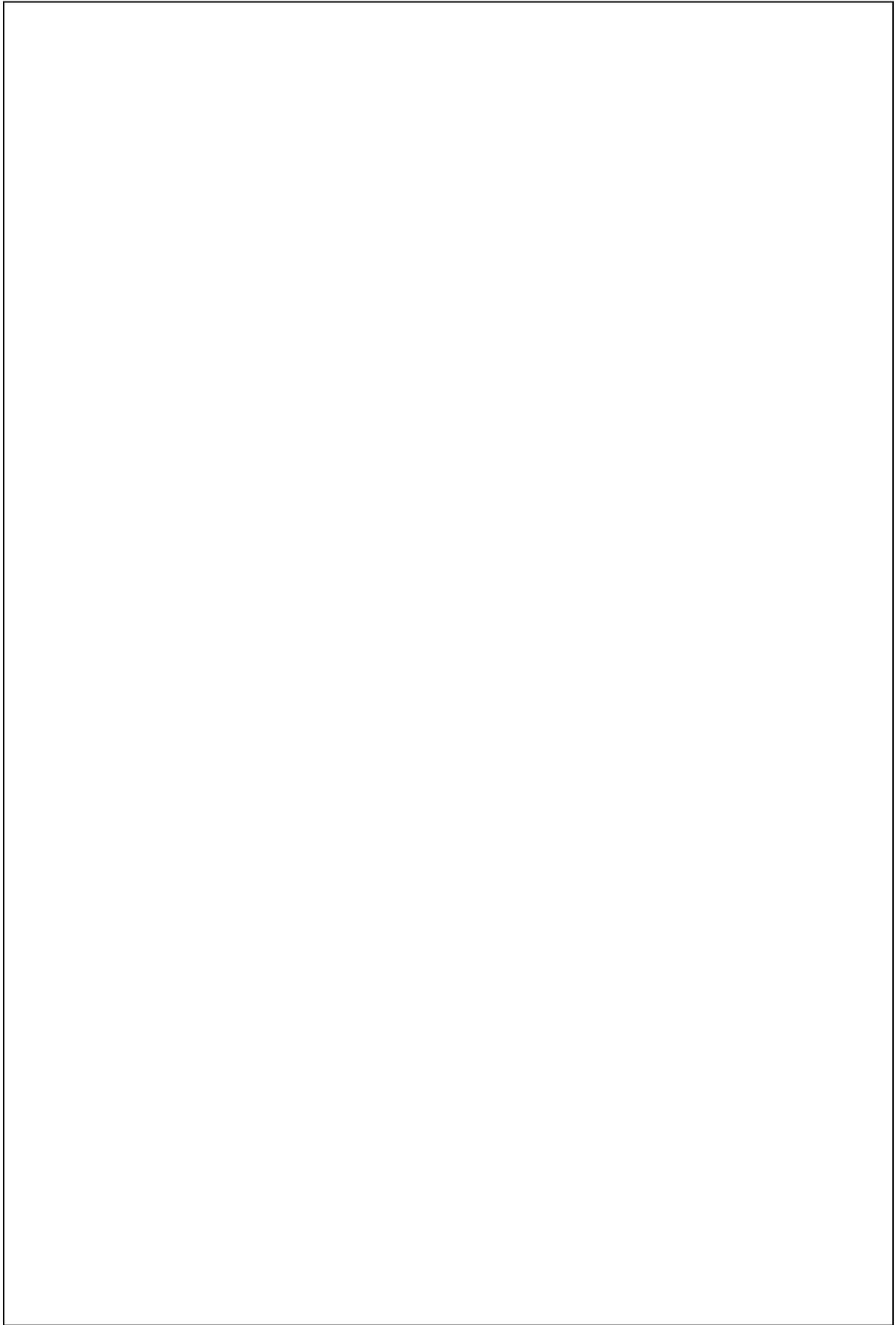
Understanding weather and water conditions suitable for good fishing		
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Comments :

CAST LEVEL THREE

Skills	Date	Level 2 Coach Signature
Targeting specific species of fish and using specific tactics		
Selecting and preparing bait or tying flies		
Using suitable rigs for bait presentation or droppers for flies		
Tying own rigs or making flies		
Looking at fish habitats in relation to seasons, spawning or tides		
Learning about fish holding areas		
Demonstrating three different fishing techniques for the chosen Discipline		

Comments :



CAST LEVEL FOUR

Skills	Date	Level 2 Coach Signature
Selecting the correct equipment for different types of fishing (rod lengths for different venues, different rods for different fish)		
Understanding the safety requirements of fishing equipment (carbon fibre damage, hook damage, positioning of pole, back casts, pulling for a break)		
Understanding the external features of a fish and what they do (all fins, gills, lateral line, scales)		
Catch and release methods and use of keep-nets (keeping fish in the net, holding in the water, using higher breaking strain, keep-net procedures)		
Dispatching a fish if being kept (how to dispatch humanely and with what?)		
Understanding what to wear (dressing appropriately for the weather and activity, being able to identify different types of footwear)		
Understanding how to take photographs of fish without distressing them		
Keeping fit to fish and preparing for angling (how can you get fitter in order to better enjoy fishing?)		
River, lake and sea topography (how to plumb the depth of water or work out the topography by looking at natural features)		
Migratory fish and life cycles (sea trout, eels, salmon, mackerel)		

Comments :

CAST LEVEL FIVE

Skills	Date	Level 2 Coach Signature
Taking care of fishing equipment/ maintaining hygiene (washing rods, reels and nets, treating lines, disposal of bait)		
Casting accurately to a given target at distance (casting to a target at least 20 metres away and within a foot of the target)		
Being mentally fit (concentration, confidence and motivation)		
Understanding the different families of fish (distinguishing features of river fish, game fish, pond fish and sea fish)		
Understanding the internal organs of a fish (guts, stomach, kidneys, ovaries and testes)		
Understanding food chains and fish predators (what eats what and where different fish sit within the food chain)		
Preventing pollution (effects of excessive baiting, discarded line etc. who to contact)		

Being aware of injury prevention measures (what injuries can be caused by angling and how can we prevent them?)		
Ensuring personal safety when fishing (life jackets and other buoyancy aids, waders, wading sticks, sunscreen, first aid, protective glasses, water)		

Comments :

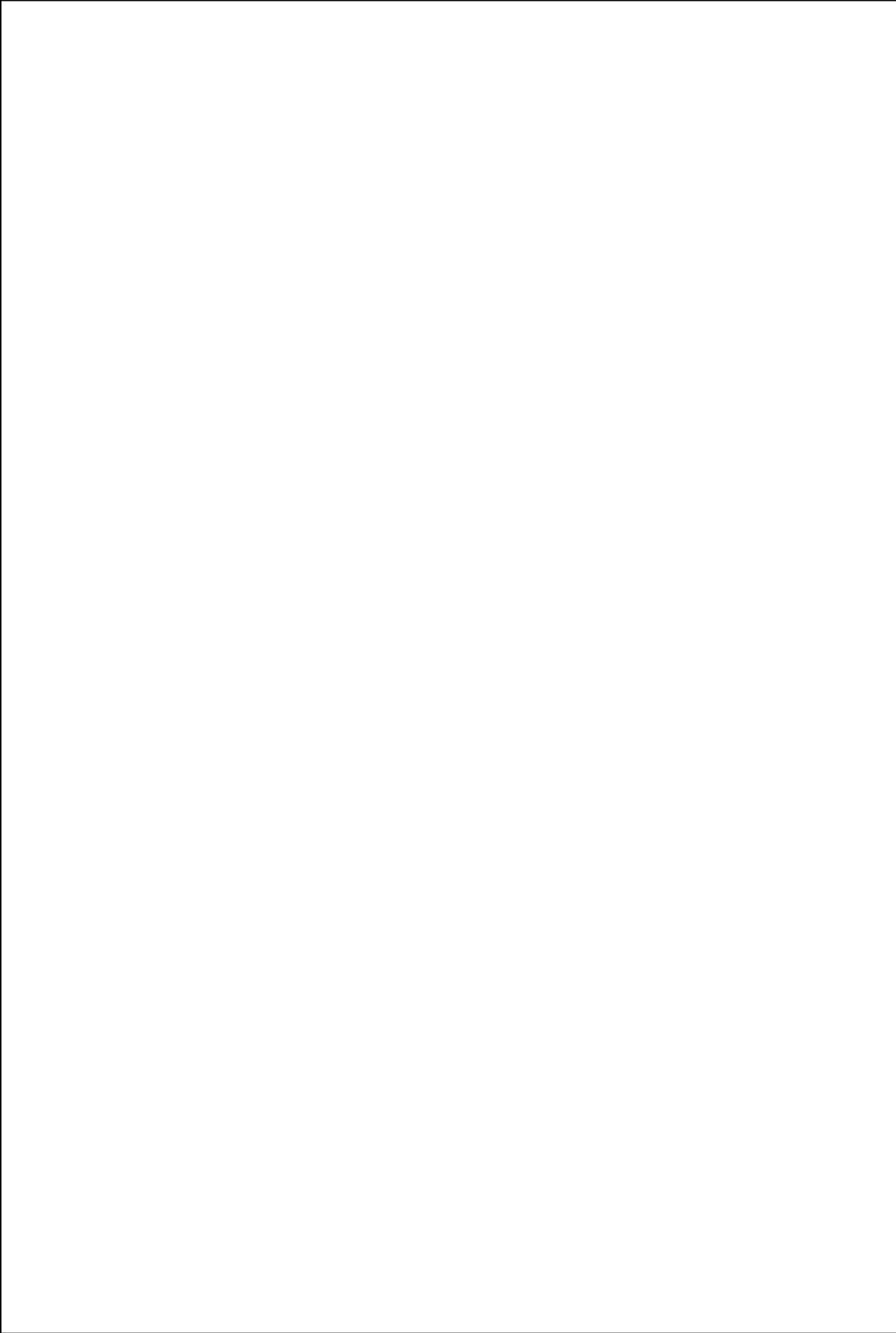


CAST LEVEL SIX

Skills	Date	Level 2 Coach Signature
Demonstrating sound technical skills in the cast; for coarse angling this is: casting with a float, casting with a feeder, shipping out a pole		
Casting faults and corrections (how they are caused, and how to recognise and correct them)		
Angling and the law (permits and EU Licences, fish sizes and angling seasons)		
On the bank or in the water (wading, float tubes, kayaks, boat fishing; water awareness)		
Watching the weather and understanding its effects on angling (how the weather affects planning, angling and enjoyment)		
Understanding how to use gadgets		
Understanding the effects of fish diseases and parasites (fungus, bacterial infections)		

Understanding invasive species (Chinese mitten crab, signal crayfish, top mouth gudgeon, killer shrimp, zebra mussel; how to prevent transfer)		
Understanding the need to eat well (our nutritional requirements, what to eat and when)		

Comments :



Tackle List

Listed below are 3 different basic setups for the style of fishing that you would like to pursue

- Float Fishing
- Ledger Fishing
- Whip / Pole Fishing

In addition to these, there are then two ancillary options to choose from depending on whether you want just the essentials or a fuller equipment pack.

A summary table is below and includes guide prices that you could be expected to pay for equipment that should last for years to come. However, once you get started and have caught the bug, there is a natural tendency to “upgrade” some of the kit or add additional items of tackle.

	Ancillary Pack Bare Essentials	Ancillary Pack Extended List
Float Starter Kit	£142.00	£240.00
Ledger Starter Kit	£140.00	£198.00
Whip / Pole Starter Kit	£74.00 / £80.00	£172.00 / £178.00

Obviously, these costs should only be used as a guide and if you already have tackle or have been given equipment, we would be happy to advise on its suitability. Do speak to staff in your local angling shop to obtain recommendations in this price range as they often have offers on or stock variants of equivalent quality.

Please do also bear in mind that whips have the disadvantage that you can only fish close in, the water may be too shallow there on some swims. Also, in the hands of new anglers if you hook a decent fish then once the elastic stretches to its limit it can break. Even if you can't cast yet a rod and reel outfit with the clutch set very lightly will allow the fish to run, taking line, and give you a much better chance of landing it. You'll fish further out too, even if you just drop the rig off the end of the rod tip!

Finally, there are details of an optional keepnet which may be of interest, however, please check that the use of keepnets is allowed where you decide to go.

Option 1 – Basic Float Rod Setup

Item	Comment	Qty	Item Cost	Total Cost
Float Rod	3 section Waggler/ Pellet waggler or Match	1	£27.00	£27.00
Fixed spool reel	Cheap reels can work but try out the clutch, MUST run smoothly and start reliably or your rod could be dragged into the lake!	1	£26.00	£26.00
6lb line	for reel spool 100 - 300m	1	£4.00	£4.00
Waggler float	straight & insert 2AAA	1	£2.20	£2.20
Waggler float	straight & insert 3AAA	1	£2.20	£2.20
Waggler float	straight & insert 4AAA	1	£2.20	£2.20
Small insert waggler floats	get a good selection	4	£2.20	£8.80
Float caps	mixed sizes pack	1	£1.60	£1.60
Split-shot dispenser	8 compartment Anchor or other soft shot	1	£8.99	£8.99
Split shot pliers	Plastic	1	£3.00	£3.00
Packet float adaptors and sliding float swivels	Get simple silicon ones. Note Chris will need to show you how to make those for sliding float rigs	1	£1.60	£1.60
Total			£88.00	

In addition to the basic float tackle kit detailed above, you need additional ancillary items as outlined below. There are two options to choose from below which cover the bare essentials, and then a little more extensive list which includes some nice to haves such as scales to weigh your prize catches.

Option 2 – Basic Ledger Tackle Setup

Item	Comment	Qty	Item Cost	Total Cost
Feeder rod	Quiver feeder 2 section	1	£28.00	£28.00
Fixed spool reel	Cheap reels can work but try out the clutch, it MUST run smoothly and start reliably, or your rod could be dragged into the lake! Ideally you could spend a little more on a bait runner type reel.	1	£26.00	£26.00
8lb line	for reel spool	1	£5.00	£5.00
Widefront rod-rest top	feeder rest top	1	£3.50	£3.50
Bank sticks for rod rests	2 Extendable 9"-16" and 18"-34"	2	£7.00	£14.00
Simple back rod-rest tops	1	1	£4.00	£4.00
Guru 4" banded hook links	size 16 and 14. Buy one-pound breaking strain less than main line	2	£2.75	£5.50
Flat inline method feeders	20gm and 30gm (Consider Prestons In line Dura range)	4	£2.55	£10.20
Pellet moulds to suit		1	£3.25	£3.25
Pellet band stretcher		1	£5.00	£5.00
Open-ended cage feeders		2	£2.00	£4.00
Forceps-optional	alternative to disgorgers for removal of hooks	1	£5.00	£0.00
Loose beads, small	rubber bead	1	£2.30	£2.30
O rings	rig ring	1	£3.50	£3.50
			Total Cost	£86.00

In addition to the basic ledger tackle kit detailed above, you need additional ancillary items as outlined below. There are two options to choose from below which cover the bare essentials, and then a little more extensive list which includes some nice to haves such as scales to weigh your prize catches.

Option 3 – Basic Whip Starter Kit

Item	Comment	Qty	Item Cost	Total Cost
4 metre Whip	We use 4M whips. Consider a cheap but longer whip of 6M but not for younger anglers. Should be elasticated, ask the tackle dealer for this or, once Corvid-19 allows, ask ACI coaches (@ £4 cost).	1	£12.00	£12.00
6 metre whip, elasticated		1	£18.00	£18.00
Packet 3 pole rigs	Shakespeare Coarse Pole Rigs 3 Pack, 3.3m long, or LEEDA M1804 carp match, S 16 or 18 hook	2	£4.00	£8.00
Total Cost – 4 Metre				£20.00
Total Cost – 6 Metre				£26.00

In addition to the basic whip starter kit detailed above, you need the bare essentials ancillary items as detailed below.

Ancillary Items – Bare Essentials

Item	Comment	Qty	Item Cost	Total Cost
Landing net handle and net		1	£20.00	£20.00
2 x one pint bait boxes		2	£2.00	£4.00
Plummets	14g	2	£2.00	£4.00
Disgorgers		2	£2.00	£4.00
Line snips or scissors		1	£3.50	£3.50
Budget Unhooking Mat	must be a decent size - min 130 x 70	1	£16.00	£16.00
Barbless hooks to nylon 16's	Kamasan B911 pre-tied heavy nylon NOT light nylon 6"	1	£2.80	£2.80
Total Cost				£54.00

Add two bank sticks and rod rest tops if you can for an additional £17

Ancillary Item – Extended List

Item	Comment	Qty	Item Cost	Total Cost
Bank sticks for rod rests	Extendable 9"-16" and 18"-34"	2	£7.00	£14.00
Simple back and front rod rest tops		2	£1.50	£3.00
Landing net and handle	get a 24" net (large, deep "round" net)	1	£20.00	£20.00
2 x one pint bait boxes		2	£2.00	£4.00
Catapult	optional for maggots and pellet	1	£9.00	£9.00
Small 100m spool 5lb line	5LB hook link small spool	1	£4.00	£4.00
Plummets	14g	2	£2.00	£4.00
Plastic box, holds all end tackle	Flat Tackle box is good	1	£26.00	£26.00
Disgorgers		2	£2.00	£4.00
Line snips or scissors		1	£3.50	£3.50
Budget Unhooking Mat but not small	130 x 70	1	£16.00	£16.00
Budget All Round Weigh Sling		1	£11.00	£11.00
Barbless hooks, spade end pre-tied rigs. 18, 16, 14, 12	Kamasan B911 pre-tied heavy nylon NOT light nylon 6"	4	£2.80	£11.20
Barbless eyed loose hooks	Kamasan B911 loose eyed hooks size 12, 14, 16, 18. Some 8's too for large baits.	4	£1.80	£7.20
Guru 4" banded hook links	size 16 and 14. Buy one-pound breaking strain less than main line	2	£2.75	£5.50
Pellet bands	packet	1	£2.00	£2.00
Small scales	Reuben Heaton Little Gem 1000 Scales	1	£8.00	£8.00
Total Cost				£152

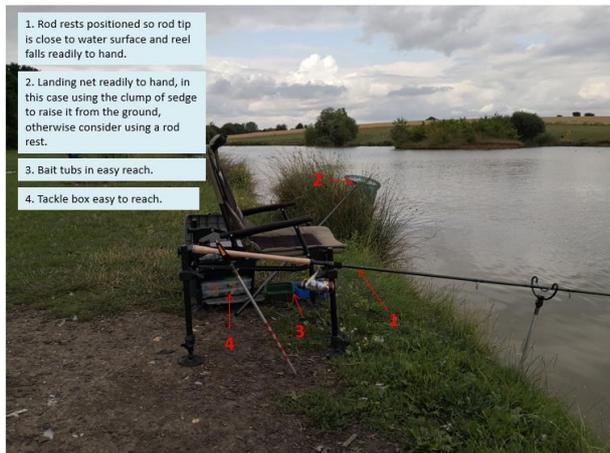
Optional – Keepnet and Bank Stick

Item	Comment	Qty	Item Cost	Total Cost
Keepnet and bank stick	Must be 3m, quickdry, and pull-through. Look for one that which is thin to pack away, & also fine for all species (not used for carp though).	1	£36.25	£26.25
Total Cost				£26.25

Equipment setup on the bank

Like many sports, preparation plays a critical part to a day's fishing! an incorrectly placed landing net out of hands reach, a packed lunch left up the bank could result in a missed bite or a lost fish of a lifetime.... These scenarios are all too often seen in the excitement to start fishing but could have dramatic consequences.

The pictures below demonstrate a recommended setup to ensure maximum attention can be placed on angling when you begin, these recommendations could be modified to meet personal preference as long as the key objective (ensuring everything is to hand) is observed.



Fish Care

Fish care is one of the most important aspects in angling, we should all ensure that the fish we catch are returned in the same or better condition as we caught it. It is the very least we can do as we are the ones removing it from its natural environment. This also ensures that the next person can share the same beauty of the fish as you did.

Basics

Here are a few tips to help and to consider when dealing with a fish:

1. Ensure your nets, weigh sling and unhooking mats are all fully dried in the sun between sessions, this will lower the risk of passing on a disease or infections from one venue to another. It will also prevent your net from growing mould and become generally unpleasant.
2. Keep the fish in the landing net, in the water until you are ready to unhook on a matt or cradle, weigh and take any photographs.
3. Wet the unhooking mat, weigh sling and your hands as this will prevent the removal of the fish's protective slime. Wetting the unhooking mat on a hot day is more vital as it will be hot to touch and can harm the fish.
4. Never use a cloth to hold a fish as this will remove the natural protective slime on a fish. Always ensure your hands are also wet for the same reason.
5. Before handling a fish, ensure you remove any watches or rings. Also pay attention to clothing to ensure zips, buttons and other sharp items will not come into contact to damage the fish, cover, or remove the garment.
6. Ensure the camera and weighing equipment is ready, and the scales are set to zero with the wet sling.
7. When transferring a larger fish to the unhooking mat, break the net down if possible and roll the sides of the net down to just above the fish.
8. Ensure all fins are folded back against the fish otherwise you could cause permanent damage and extreme pain.
9. Transfer the fish to the unhooking mat ensuring you have a bucket of lake water close by. It is important to keep the fish wet throughout the weighing and photographic session. It will also help to ensure the fish looks its best for your photos.
10. When posing with your capture, do NOT stand or lift the fish any higher than necessary (knee height). The lower the better and ALWAYS above an unhooking matt or cradle. This will reduce the chance of your fish being damaged, especially should it start to flip. If this should happen, curl the fish into your chest and lower to the mat. Wet the fish again and repeat the process.
11. Before returning the fish, give it a quick check over and treat any hook damage or scales, which have been lifted during the fight. There are many products available for this purpose and a small amount on the damaged area will speed the healing process.
12. When returning the fish, it is vital to keep the fish low to the ground, and in the landing net or weigh sling. This is a time when many fish get damaged, please do not be tempted to return the fish quickly by taking a chance and carrying it in your hands. It is bound to flip and hit the ground causing scale damage or even worse, death. It would be sad to see your previous good work worth nothing when watching the fish struggling to swim off.
13. If you have caught a larger fish and had a hard fight to land the fish, allow time for the fish to recover when releasing. Hold the fish upright in the flotation sling/landing net or by hand until you feel the fish kick.

How to use a disgorger

The ability to unhook fish quickly and safely is a skill that every angler must master. Disgorgers are cheap and it is always advisable to have more than one in case one goes missing. A top tip is to use a length of line to create a lanyard so that the disgorger is always with you ready to be used.

Note that disgorgers come in a couple of sizes depending on the size of hooks being used.

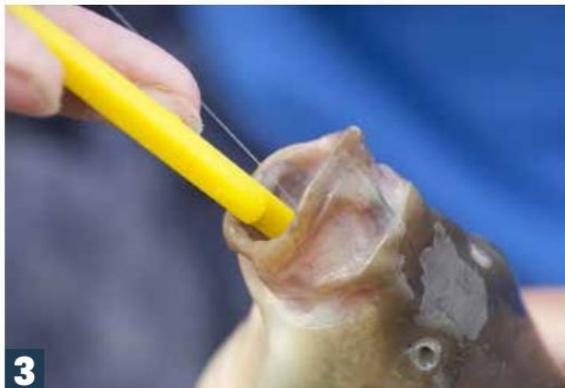
HOW TO USE A DISGORGER TO UNHOOK A FISH



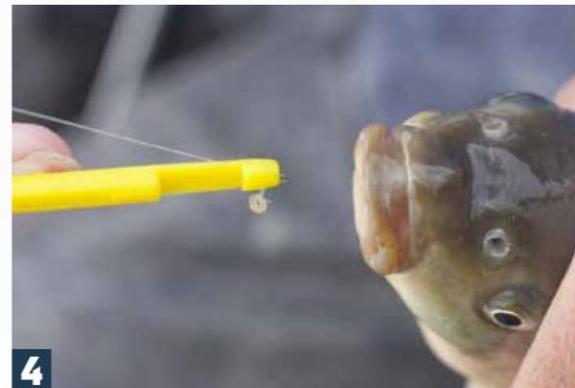
1 Hold the fish in your left hand and pull the hooklength tight with the hand that's holding the disgorger



2 With the slot facing upwards, lift the disgorger so that the taut line drops into the small slot



3 Rotate it a half turn and slide down to the hook bend. Give a sharp push downwards and twist



4 Withdraw the hook. The hookpoint should be hard up against the plastic to avoid rehooking

Knots

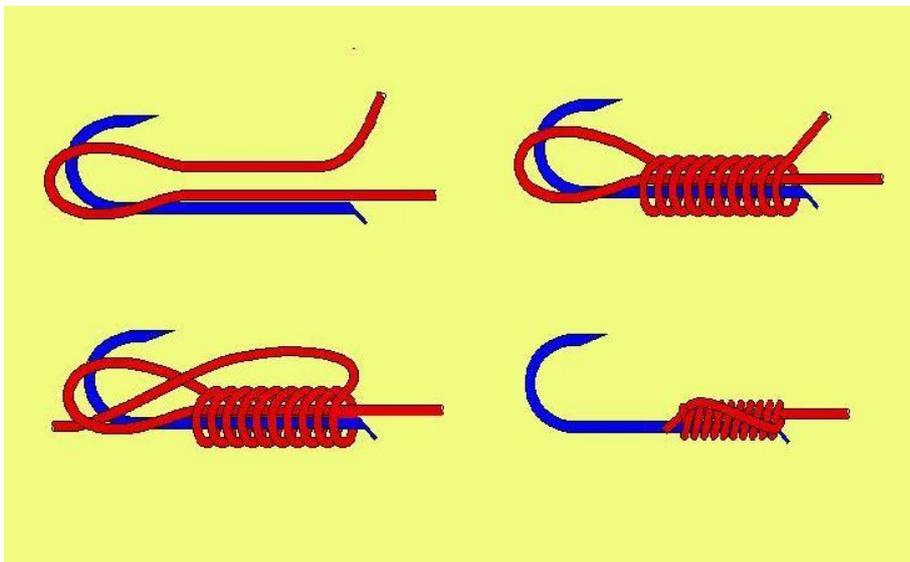
There are 5 main knots that need to be known for float fishing and ledger/feeder fishing:

- Spade end hook knot
- Tucked half-blood knot for eyed hooks and swivels
- Double loop knot for joining hook links to the main line
- Double Uni knot for re-joining breaks in the main line
- Sliding stop knot

These five essential knots are explained in the diagrams over the next few pages, additional knots commonly used by anglers include:

- Knotless knot
- Palomar knot
- Blood knot
- Surgeons knot

Spade end hook knot

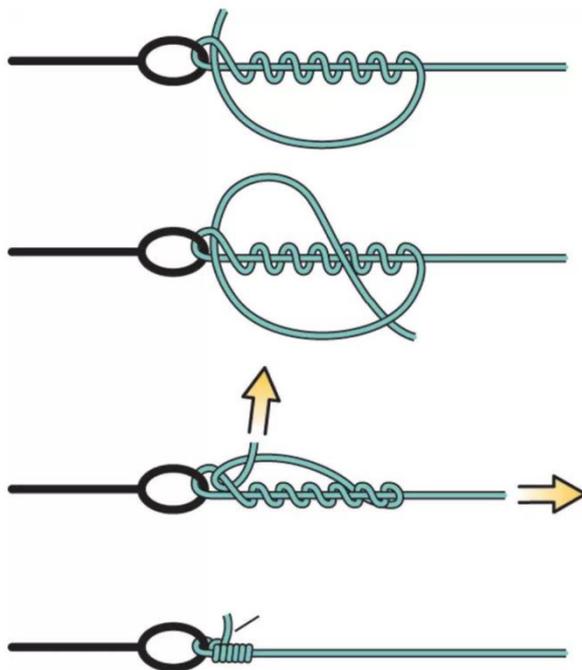


1. Form loop in line and lay along hook shank, with loop beyond hook bend
2. Holding open end of loop tight to hook shank at end, make 7-10 turns of line round the hook shank
3. Tuck loose end of line through loop at end of hook
4. Gently pull tight, trim off loose end of line close to knot

Tucked Half Blood Knot

Regarded as one of the most important knots to know, it is primarily used by anglers in securing lures, hooks, and swivels to their fishing line

This particular knot is strong, firm and reliable for every fisherman for it can withstand a battle with big fishes. Extra strength can be gained by using a little blob of superglue.



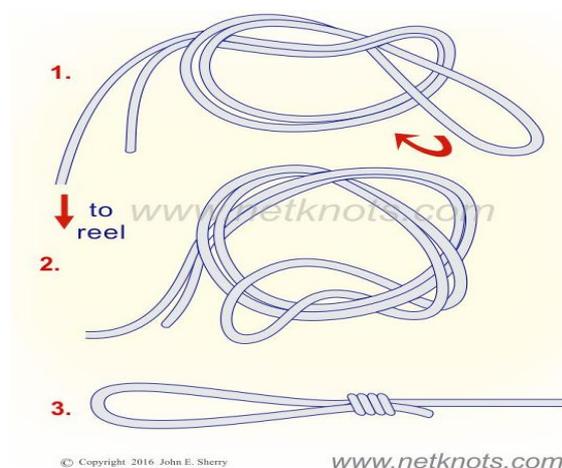
1. Slowly pass the tag end of through the hook's eye, then wrap 5 – 7 times on the body of the line

2. Insert the tag end through the small loop nearest to the hook's eye, then bring it back in the loose part of the line.

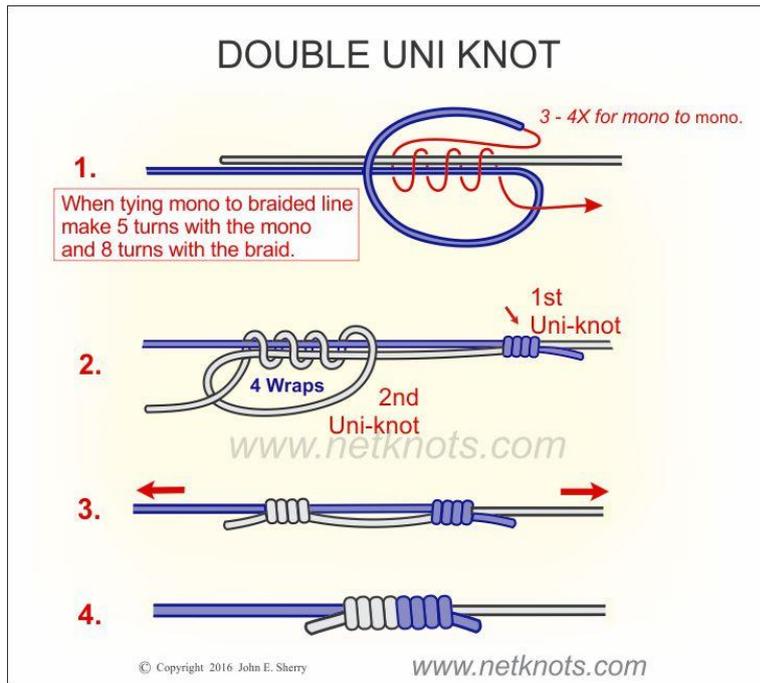
3. Add moisture to the knot and pull the two ends until tighten.

4. If needed, trim the excess tag end.

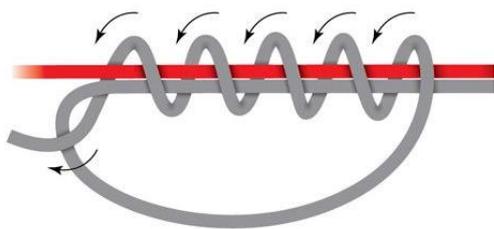
Loop Knot



Double Uni-Knot



Single Uni Knot as a Sliding Stop Knot

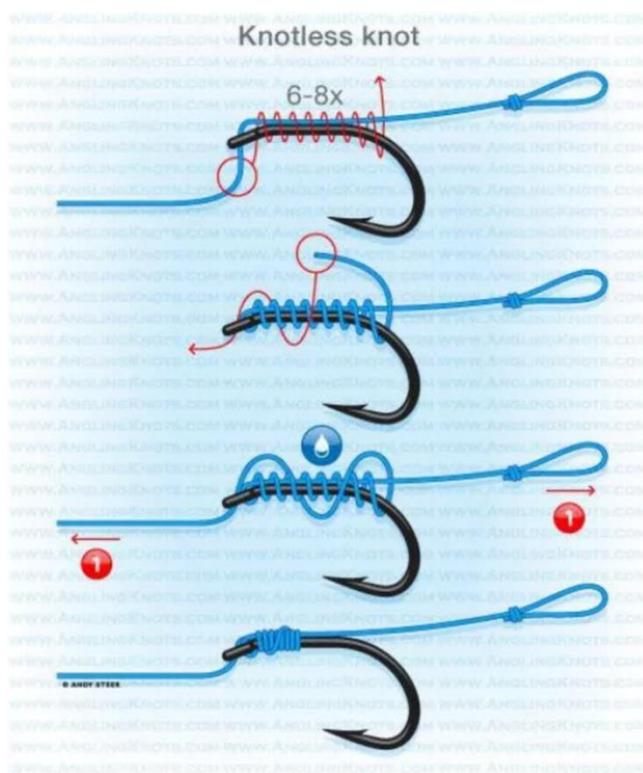


Where the red line is the main line from the reel and the grey line is used for the slip knot

1. Form loop using 15cm of 6lb+ line, laid out along main line.
2. Tie one end 4 times through loop just formed
3. Tighten down, do not cause kink in main line, keep moving slip-knot along line
4. Trim ends of knot leaving 2cm ends, so line flows easily through rod-rings

Knotless Knot

This knot can be regarded as one of the quickest and easiest way to snell a hook. The primary use of this knot is for attaching a fishing line to the hook as part of a carp rig setup.



set the snell knot.

1. First you must cut your leader line to the desired length and tie a loop at the end portion to hold the bait. Slowly insert the other end of line through the eye from the front to the back of the hook, following through the shank. Estimate the length of the leader line in the hook's shank.

2. Next, hold the shank of the hook with the tag end of your leader line firmly. Then begin wrapping 7 – 8 times, starting from the shank working its way towards the near end of the leader line. Make sure the lines don't overlap each other as you wrap. Allow them to be properly aligned side by side.

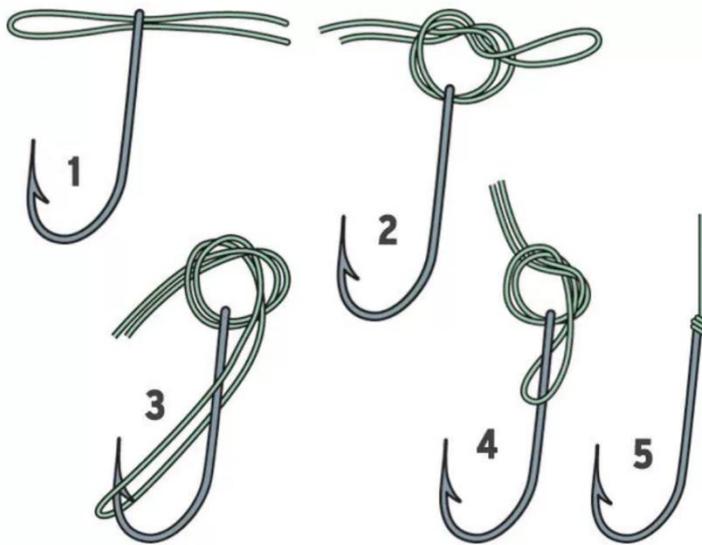
3. After wrapping the hook of the shank, grab the other end of your leader line and insert it slowly from the back to the front of the hook's eye.

4. Finally, add moisture to your knot and pull the other end of your leader line while holding the hook and the line with a loop to help tighten and give you a firm grip, letting you

Palomar Knot

This knot is known to anglers as one of the strongest knot, where its primary function is to attach the line to the hook.

This knot has similar functions to the knotless knot and the improved clinch knot, which is to secure hooks or swivels to one end the fishing line.

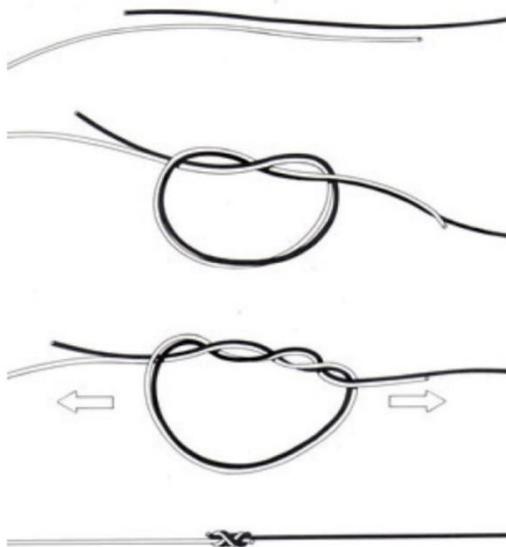


1. Create a loop by doubling your line, then slowly insert the loop into your hook's eye.
2. Make an overhand knot that is loose.
3. Carefully move the loop through your hook's end.
4. Gently pull the line while holding your hook.
5. Trim any excess tag end if needed

Surgeons Knot

This knot is as handy as the blood knot when you're trying to join or connect two pieces of fishing line.

But when you are trying to tie two lines with varying thickness or diameter, the surgeons knot is the ideal choice instead of the blood knot.



1. Lay the lines on top of one another overlapping each other by about several inches.
2. Tie an overhand knot to create a simple loop for the lines to work as one.
3. Carefully pass both the tag end and the entire leader through the created loop about 2 times.

(Optional) You can pass both tag end and leader through the created loop again, making it 3 times, to tie the 'Triple Surgeon's Knot'.

4. Add moisture to the knot and slowly pull all 4 ends tight

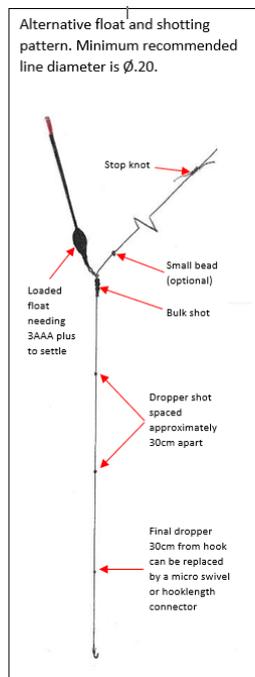
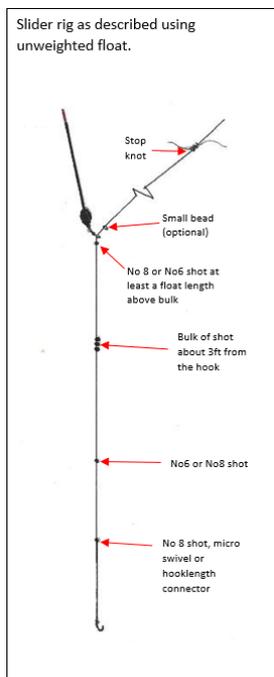
Rigs and Tackle

Waggler Rigs and Floats

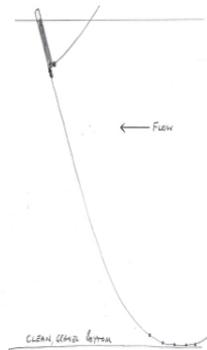
Some of the more common and productive waggler rig setups are detailed below.

Always ensure you use a plummet to plumb the depth of your swim to ensure your shot patterns are setup aligned to the depth that you will be fishing at.

For these 4 rigs, 80% of the shot are positioned to lock the float in place, with one shot only up from the float. Attach with a float adaptor so the float can be easily changed to another size or type.				Sliding waggler
<p>Conventional shotting To fish slowly "on the drop", often set to the exact depth to catch bottom feeders too.</p> <p>80% of shot to lock the float</p> <p>Put a no 6 or no 8 shot every 2 foot down the line, "shirt button" style</p> 	<p>Fast sinking shotting pattern</p> <p>80% of shot to lock the float</p> <p>BB 6 8</p> 	<p>Laying on With the last shot often quite close to the hook</p> <p>Can be set way over-depth to counteract heavy surface winds and drift</p> <p>80% of shot to lock the float</p> <p>BB 6 6</p> 	<p>Lift Method. One large shot on the bottom very near the hook. When a fish takes the bait the fish lifts the shot off the bottom, the float in turn rises out of the water.</p> <p>80% of shot to lock the float</p> 	<p>Diagram shows rig ready to cast</p> <p>This rig gives a metre or so drop from the rod-tip only regardless of the depth it is set for, so very useful if overhead branches restrict easy casting, or to fish water deeper than the rod length. Also good for an underarm cast in restricted swims.</p> <p>Sliding stop-knot (see knots leaflet), to stop sliding float at desired depth. Leave cut ends of knot about 25mm long so stop-knot can run through rod-rings easily for retrieves and casting</p> <p>Optional tiny bead between float & stop-knot</p> <p>Waggler attached by <u>metal eyed float adaptor</u> so float runs freely on the line. Resting on No 4 shot, positioned slightly more than float length above bulk shot</p> <p>Bulk shot</p> <p>6</p> <p>8 One or both these shot can be used to "lay on" if desired</p> 



Fast water waggler. A clean, preferably gravel bottom is needed for this method to work effectively.



This method uses a thick bodied waggler undershotted by at least a BB. 3 to 6 x Number 8 shot are then spaced 2-6" apart starting about 6inches from the hook and allowed to drag on the bottom. This makes the float dip and rise as it trots through the swim. Bites will be sudden dips or the float not rising as expected.

Waggler floats

<p>INSERT PEACOCK WAGGLER</p>  <p>The perfect float for shy biting still-water and river fish where sensitivity rather than buoyancy is required. Lock the float onto the line with the majority of the capacity and then put a No6 or No8 shot down the line for every two foot of water.</p> <p style="text-align: center;">+</p>	<p>STRAIGHT PEACOCK WAGGLER</p>  <p>This is the float to use when you need more buoyancy in the tip of the float, it can be used on rivers or still-waters. Always use sufficient locking shot around the float to comfortably cast to the distance you require. Down the line, use a No8 or No6 shot for every two feet of water plus a No8 on the hook-length.</p>
<p>DRIFTBEATER</p>  <p>A bodied, long stemmed waggler with a bulbous sight tip. The thin stem is ideal for getting below surface drift on big open waters where stability and good visibility is required.</p> <p>Also very useful for fishing over-depth, laying on.</p>	

QUICK CHANGE RUBBER FLOAT ADAPTORS

Thread one of these onto the line first at initial set-up, and insert bottom end of waggler into adaptor. Allows float to be changed without breaking down the rig.



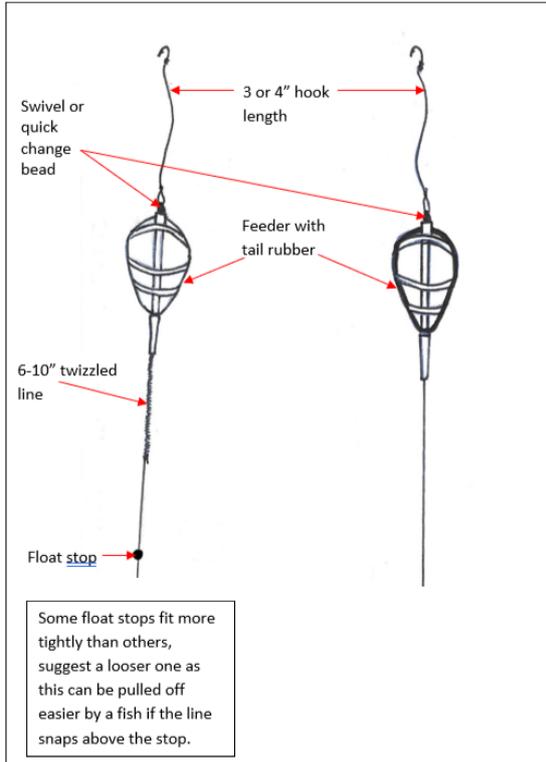
METHOD

In open water, over-cast desired spot by two or so metres, bury rod-tip, rapidly retrieve to completely bury line below the surface drift & bring float back to desired fishing spot.

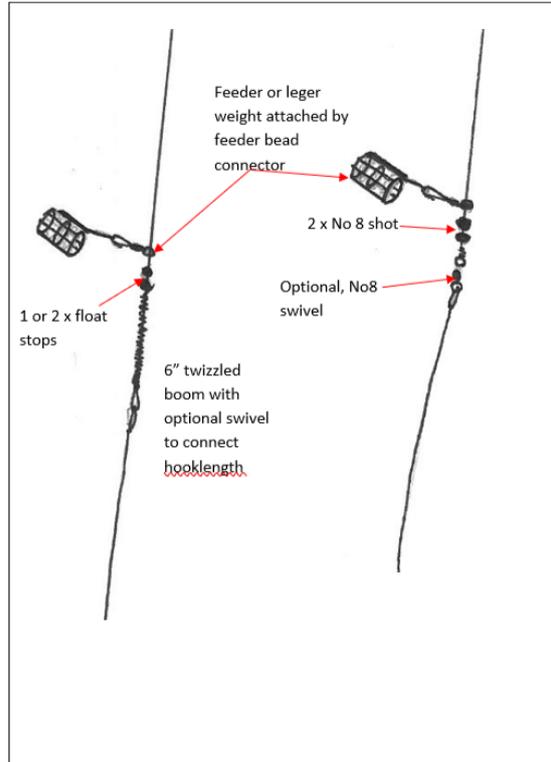
If casting to a feature or far bank you cannot wind back like this, as the float would then be drawn away from the desired spot. So then ensure line sinks immediately, lightly apply a thin film of washing up liquid to the line on the spool, so the line sinks immediately.

Feeder Rigs

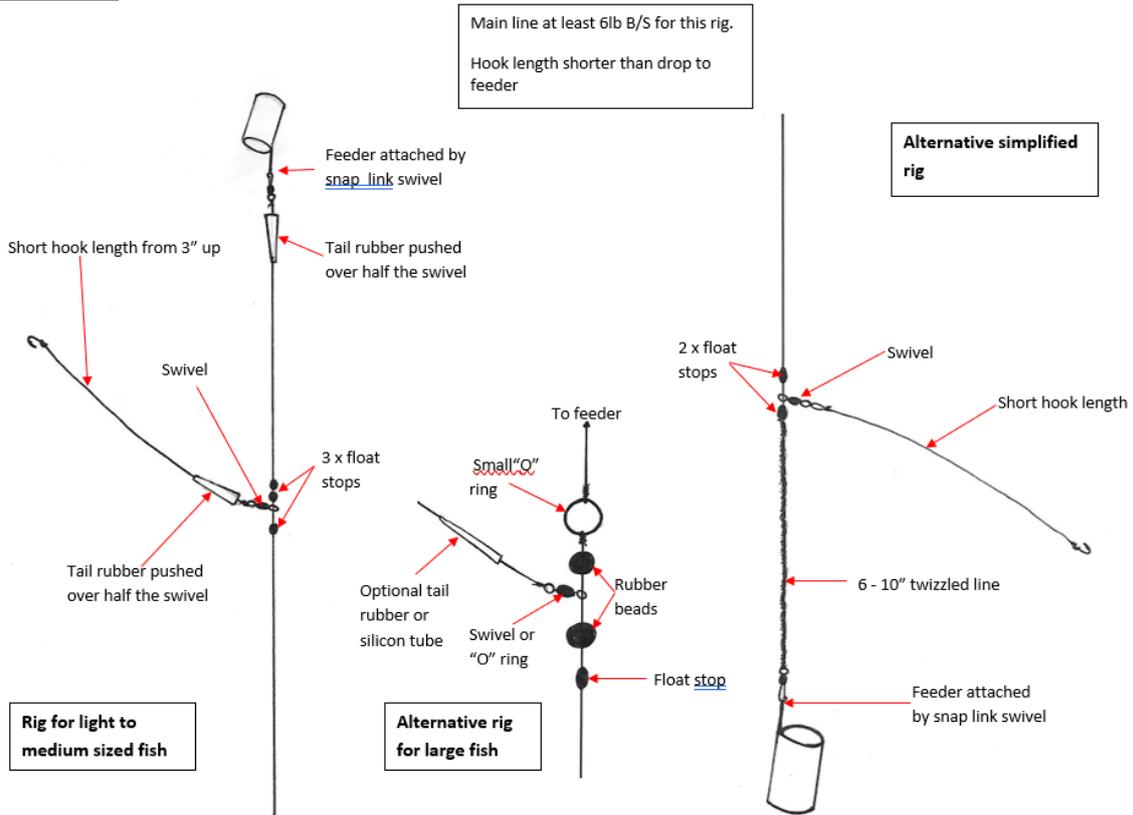
METHOD FEEDER



STRAIGHT LEAD/FEEDER



HELICOPTER RIGS



Pole Rigs

1 WORM RIG

SHOTTING
An oliveette gets the bait down, with two droppers slowing the fall as it comes close to the deck.

FLOAT
Have around half of the float bristle showing so that you see every bite.

GOOD FOR: Putting together big mixed bags of quality bream and tench on stillwaters.

TACKLE: Use a rugby ball-shaped float with 5lb mainline, a 4lb hooklength and size 14 or 16 hook.

HOOKBAIT: Half or a full worm will appeal to both species at this time of year.

2 MAGGOT RIG

FEED
Regularly feeding maggots will soon get the roach competing.

HOOKBAIT
Have your maggot just touching bottom.

GOOD FOR: Quality roach that will only feed if the hookbait looks natural.

TACKLE: Keep it tight with 3lb mainline, a 2lb hooklength and a size 18 or 20 hook.

HOOKBAIT: Red maggots will keep the bites coming. Alternate between single and double.

3 PELLET RIG

FLOAT
A double bottom, ballfloat will keep you steady every time.

MAINLINE
Don't let the line heavy - the roach will take over lifting their noses.

DROPPERS
Two small ones before the hook make the hookbait fall naturally as it gets close to the bottom.

GOOD FOR: Catching F1s and carp in open water on stillwaters on commercial.

TACKLE: A narrow float will help you spot every bite. Use 5lb mainline to a 4lb hooklength and a size 16 hook.

HOOKBAIT: Start with a 4mm expander, switching to a standard pellet if small fish swim.

4 MARGIN RIG

ELASTIC
Fragging the bait strong in the key, with a size 14 or 16 hook is a good choice for big fish.

SLOPE
Place up carefully to land near the corners of the basket.

GOOD FOR: Catching the biggest carp and F1s in the lake, especially late in the season.

TACKLE: Don't risk getting lost by a big carp and use 5lb mainline to a 5lb hooklength. A strong float with a thick tip is a must.

HOOKBAIT: Corn is unbeatable in the margins.

5 MEAT RIG

FEEDING
Drop in a few cubes of meat after every fish to keep them competing in the water.

HOOKBAIT
Alternate between straight-baiting and bait-casting your meat hookbait.

GOOD FOR: Fishing in open water for carp, F1s, big bream and tench on commercial.

TACKLE: A balanced rig helps catch all species. Use 5lb mainline, 4lb hooklength to a size 16 hook.

HOOKBAIT: A 6mm cube of meat will catch all species that are stocked in the fishery.

As weather warms up during the summer months, fish will explore the margins for food. When this happens, the pole is an unbeatable item of tackle, however, the rig you use with it could determine whether you have a good day or a great day!

Paying attention to small details in your rig setups is essential, here are five deadly setups that will help ensure you catch a variety of species.

Poles and Whips

Whips and accessories

Whip fishing is good for beginners and especially so for juniors and younger anglers. Whips are short and often telescopic, with lengths ranging between 3m and 5m. This method is a great way of introducing people to the sport as you have no complication of a reel that can give beginners problems with tangles and casting. Whip fishing is also popular with match & pleasure anglers who are trying to build a weight of small fish quickly. This style of fishing is suitable for catching small silver fish such as roach, rudd, perch and bleak.

Cheaper beginner whips the line is attached by connecting it to the eye at the end of the whip. The more expensive whips, people generally attach a connector to the end or attach it with silicon tubing. Some whips you can also connect a small length of elastic inside the top section (hollow tips only) if you feel that the odd bigger fish might be around. Whatever you decide on buying, many of today's tackle shops have a good selection of whips to meet your standards and budget.

Important Features

What do you need to look for in a fishing whip kit? We've covered it all above, so we'll briefly recap for you:

Length – the whips above vary in length from 3-metres to more than 5-metres. The shorter ones will be best for children, but a longer one means you will not have to replace it with another so quickly.

Telescopic – a telescopic whip is a major bonus as you can easily slip it down to a usable size, but a couple of the above break down into parts, so make sure you get what you want.

Ready to Go – most of the above come readily elasticated, with all the rig and trimmings, and are ready for fishing. That's what you want!

That's our very brief list of things to look for, so which is for you? Let's find out!

Verdict

The first thing we will say is that cost is not an influencing factor here; none of these is expensive, and some are extremely cheap. If you want a true basic starter kit, the first and last on the list should be under consideration as you get everything you need bar the bait, and they are very cheap so you lose nothing if the child does not take to it

Types of Elastic

Solid Elastic

Light and heavy solid elastics are cheap to get hold of but may not last as long as the more-expensive hollow elastics.

Solid Elastic – Light Rated between No3 and No8, light solid elastics are perfect for natural waters for smaller fish like roach and skimmers. Back in the day, No8 elastic was the heaviest you could buy, but now you can get your hands on ratings more than double this.

Solid Elastic – Heavy solid elastic is rated between a No8 and No20 strength and will ‘power up’ quickly to tame bigger fish like carp and chub. It’s a good elastic to use when fishing against snags, for example when you’re targeting canal chub or big carp.

Hollow Elastic

Hollow elastic has more stretch than solid elastic and is a lot softer for the same strength. It also comes in a wider range of ratings, meaning one elastic can cover you for a multitude of situations. Hollow elastic is a better quality than solid and will therefore last longer.

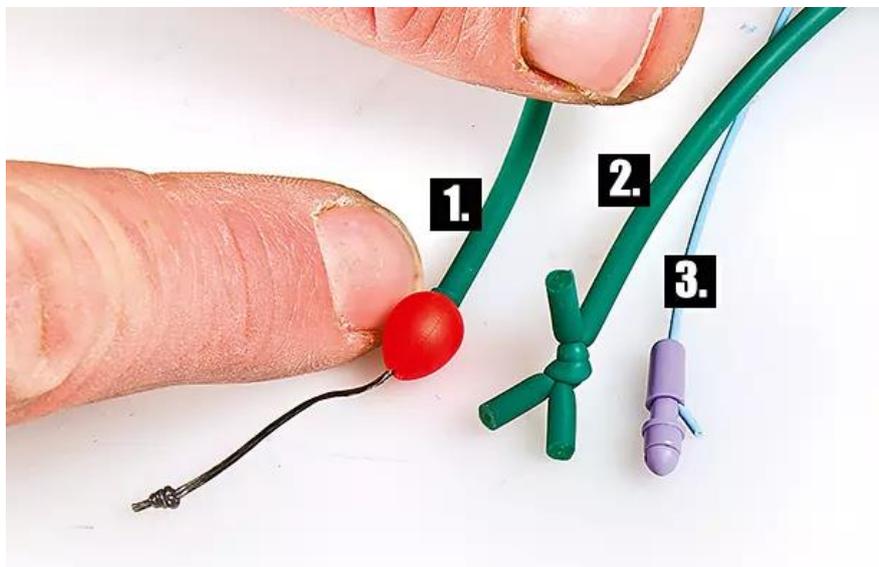
Hollow Elastic – Light Rated 1-5. Ideal for mixed fish, it’s so stretchy you can land small fish but if you do hook into a large fish all is not lost.

Hollow Elastic – Medium Rated 6-12. Perfect for general commercial use when fishing for F1s and carp.

Hollow Elastic – Large Rated 12 plus. Designed for taming big fish, it’s ideal for fishing down the edge on commercials and for rivers when targeting chub and barbel. A really stretchy elastic that will soon sap the power of a large fish.

Three Ways of Connecting

- 1. Dacron Lasso** your rig to a Dacron connector and the Dacron helps to keep your line away from your pole tip, meaning you’ll avoid tangles.
- 2. Crow’s Foot** You simply tie a loop in the elastic here, meaning it’s very simple to set up. It’s very direct – to attach you simply lasso with your rig.
- 3. Plastic Connector** A popular choice, it’s simple and easy to use.



Cad Pots



The CAD Pot is designed for feeding increased quantities of bait, ideal for commercial fisheries. The popular Cad Pots, various size & shapes, and is made from lightweight rubberised material that eliminates any potential Whip / top kit damage.

The perforated design counteracts any vacuum effect which can prevent bait from releasing from the pot.

Ideal for a wide variety of baits such as pellets, corn, hemp, ground bait and meat.

Baits

Maggots

Maggots are the larval stage of a fly – that stage between the egg and the chrysalis (also known as a caster). There are three types of maggot that we, as anglers, are the most interested in. These three maggots are differently sized and are as follows: squatt, pinkie and maggot.

Squatts are the larvae of the small House Fly, pinkies are the larvae of the Greenfly, and maggots are the larval stage of the European Bluebottle fly.



They don't survive as maggots for very long. Once the egg hatches the maggot emerges and searches for food. That's why flies try to lay their eggs upon decaying matter as their baby maggots will be surrounded by a plentiful supply of food right at their feet, if they had any feet.

They will gorge themselves upon the meat until they have stored enough fat and food reserves within their body to see them through the next stage – the chrysalis, or caster stage. If you buy really fresh maggots, you can actually see the food reserve within its body – that's the dark spot that seems to move back and forth inside its body as they wriggle.

When the maggot has finished feeding it will either drop off or wriggle away from the food supply and bury itself in any nook or cranny it can find so it can safely begin the metamorphosis into a chrysalis, or caster.

Sweetcorn

If there's one bait that will catch good quality coarse fish month in month out it is sweetcorn. It's one of fishing's most useful baits due to its bright colour and sweet scent. It is a versatile bait in that it can be flavoured, coloured, fished on the hook, fished on a hair rig, and even mushed up to make a great ground bait.

Another plus point in sweetcorn's favour is its availability – you can buy a tin from supermarkets, corner shops and even some petrol stations, so you're never far away from a supply of great tench, bream, roach, carp and barbel bait.

Hooking sweetcorn



Always follow the old adage – use the right size of hook to suit the bait you are using. For a great little guide to hook sizes [click here](#).

Placing sweetcorn directly onto the hook is quite easy – simply take a grain by the flattened side and pierce the rounded section of the grain with the hook point. Gently pass the hook point inside the grain and twist as you go to work the hook point out of the flat part and out of the grain.

If you wish to hair rig your sweetcorn you can do it one of two ways, upright or flat. To hair rig sweetcorn upright pass your baiting needle straight through the flat side of the kernel and thread the bait onto your hair. This isn't the best way to hair rig it as the bait may well sit upright on the bottom, and that's quite unnatural.

To hair rig sweetcorn so that it lays flat on the bottom pass the baiting needle through the widest part of the kernel and pull the hair through the bait that way. Now, when the bait lands on the bottom, it will lie flat and therefore look completely natural to a passing fish.

Flavouring and colouring sweetcorn

Many anglers prefer to simply use sweetcorn straight from the tin as it has enough colour and flavour to attract the fish they seek, but on some venues where sweetcorn has been used to excess the angler may need to alter the bait slightly to make it more attractive, and to trick the fish into taking it.

To flavour and colour the bait open the can and tip out the juice. Now tip the grains into a plastic bag and add a squirt of your chosen flavour and a few drops of colouring. Super cook food dye – available from all good supermarkets is as good as any here – and blow into the bag to fill it with air. Now twist the neck of the bag and give the bait a good shake to disperse all the ingredients.

Now squeeze all the air out the bag, seal it and freeze it overnight. When you take it out and allow it to thaw the flavour and colour will be drawn right into the bait making it even more effective than if you used it immediately.

Pre-baiting with corn

Anyone thinking of pre-baiting a swim for tench, carp or bream should think about adding sweetcorn to their ground bait or particle mix. A bag of frozen corn is far cheaper than buying tins of the stuff and will help bulk the pre-baiting mix out, adding colour and scent that is sure to attract the fish into your area, for them to feed on all the other goodies you have in the mix.

Sweetcorn as ground bait

Have you got a liquidiser? If you have, you will be able to make a great ground bait or ground bait additive that works brilliantly for roach, carp, bream, tench and rudd.

Pour the whole contents of a tin of corn into your liquidiser and give it a blast until the grains turn to a mush. This mush can be added to dampen a Method mix ground bait to give it extra scent and a scattering of colour, or it can be scooped into a pole cup and fed into your Stillwater swim to create a scented cloud that fish can't refuse a quick sniff at.

You might need to scoop the pole cup under the water as you tip the contents out to help remove the sticky sludge from your cup though.

A few pellets added to the liquidised corn will give the fish something to get stuck into when they come to the yellow cloud.

Imitation sweetcorn



If you want to use sweetcorn for big fish, but there are masses of roach and rudd in your venue, you might like to consider using plastic, fake corn instead as the small fish can't smash this bait to pieces.

There are two types of imitation sweetcorn – those that sink and those that float. Be sure to buy the type you want to use.

Simply follow the hooking tips above to hair rig your imitation sweetcorn and present it over a few grains of natural corn. Don't be put off with the bait being plastic – once the fish arrive in your swim and start munching away they won't know the difference – you'll soon get a run off a specimen fish.



Pellets / Wafers – Hook Bait

Not all pellets are created equal. Some have high oil content, some have low oil content, others break down and some are flavoured. Which one you pick depends on the job you want it to perform. To remove confusion, here's a selection of the types of pellet and how they work.



1. Halibut

These high-oil pellets are crammed with nutrients and proteins. Available from tiny 2mm pellets used to create beds of free bait, through to gob-stopping 21mm giant pellets. They are often glued to a hair rig, or drilled and threaded on a hair. Big carp, barbel, catfish and specimen bream and chub love them.

2. Carp

Many commercial fisheries have banned halibut and trout pellets due to their high oil content. Based on vegetable proteins, these pellets are less oily, but are still excellent carp attractors. They tend to break down rapidly and are best used as a loose feed, rather than a hook bait.

3. Trout

Primarily created from salmon fry crumb, trout pellets have very high oil and protein content. Because of this, they're better in summer when the warmer water will wash the oil out of the bait and create a scent trail for the fish to home in on.

4. Expanders

These hard, buoyant pellets are designed to be soaked in water to soften them and produce a slightly spongy texture. This enables you to directly hook the pellets. Jamie Masson uses BCUK pre-soaked expanders for his hook bait.

5. Hemp

There are few freshwater fish that don't love hemp. These pellets are designed to breakdown completely into a hempy mush. Being fairly low in oil, they're ideal to use all year round. They work well in PVA bags, ground bait mixes, as a loose feed or can even be boosted with a little hemp oil. Tremendous for tench and carp.

6. Soft feed pellets

Usually made from tiny carp pellets that have been carefully moistened and preserved. Excellent for getting carp and silver fish feeding and keeping them in the swim.

7. CSL

CSL stands for Corn Steep Liquor. These savoury smelling pellets collapse quickly underwater, creating a fine carpet of attractive food particles. They can be used in PVA bags or Method mixes, they're also good when used as a loose feed. Many species love CSL, particularly carp and barbel. These are sweet pellets.

8. Flavoured pellets

Bait companies make customised fishmeal or carp pellets laced with flavouring. These are Nutrabaits Trigga Ice pellets, big carp love them.



Fish Identification

There are around 25 species of coarse fish commonly fished for in the UK, the most popular targets for anglers are carp, barbel, pike, perch, roach, rudd, bream, tench, dace, chub, eels, zander and catfish.

Common Carp



Background

Considering this carp has the word “common” in its name you would automatically assume that you will have more chance catching this species than any other at commercial fisheries but a lot of the time this is not the case. Quite often fisheries will stock a larger quantity of “mirror carp” so hooking into a massive common is an exhilarating experience.

The common carp is native to Europe and Asia but has been introduced into near enough every part of the world and has been farmed for food dating back to as far as Roman times. Nowadays in the UK this is not the case as carp are primarily stocked for the satisfaction of us anglers.

“Native” common carp are actually currently marked as “vulnerable” to extinction by the International Union for Conservation of Nature. This is quite surprising considering the abundance of carp in many lakes and rivers across the world but the majority of these fish are classed as “domesticated” and have been bred for angling or introduced to control aquatic plants and pest organisms.

Common carp are now classified as an invasive species and are included in the list of the top 100 invasive species, they are seen as pests in many areas due to their ability to out-compete native fish species.

The world record common carp currently stands at a massive 64lbs (as of March 2018) and was caught in Avenue syndicate in Shropshire.

Distinctive Features

So how do you know if you’ve caught a common carp? Well it’s actually really easy. Common carp are covered with regular scales ranging from grey to bronze in colour.

Common carp have four barbels and a large elongated dorsal fin which can be seen on the picture above.

“Domestic” carp grow a lot larger than native carp are much larger with deeper bodies. The current common carp world record stands at 64lbs but I can almost guarantee this number will continue to be broken over the years.

These carp have large mouths, perfect for gulping down large boilies.

F1 Carp



Background

The F1 carp is a relatively new species to the UK but is now commonly one of the most stocked. The F1 carp is a hybrid between common and crucian carp so is smaller than commons or mirrors.

This crossbreeding occurs naturally in the wild but these fish are widely bred for stocking commercial fishing waters.

F1 carp feed all year round so grow rapidly. This is one of the reasons why this new species of carp is in such high demand. Although F1 grow quickly they don't grow to the massive sizes of other carp species. They usually grow to around under 5lbs with some exceptions.

The world record F1 carp currently stands at 7lbs and 14ozs and was caught in 2016 caught at Manor Farm leisure.

Distinctive Features

F1 carp can be hard to identify as they look a lot like a smaller common.

A way to determine if you have caught an F1 carp is to look at their barbells. F1 carp only have two smaller barbells compared to commons 4 barbells.

Mirror Carp



Background

Mirror carp are a sub species of the common carp and were the first mutation of common carp. Biologically mirror carp are almost identical to their predecessor, the common carp. Mirror carp are thought to have been introduced into Britain in the 15th century as a food source.

Nowadays mirror carp are mainly bred and introduced

into commercial fisheries for us anglers. Like the common carp they put up an extremely good fight and grow to unreal sizes in the right environments.

As well as breeding for fewer scales mirror carp were also bred to grow to greater sizes than commons which can be clearly shown with the most recent world record. The reason for this is that commons take a lot of energy growing scales covering their full body whereas mirror put this energy to growing in overall size rapidly.

The world record mirror carp stands at an unbelievable 108lbs (November 2018) and was caught in Hungary at Euro Aqua fishery.

Distinctive Features

Mirror carp are visually different from common carp as they have irregular and patchy scales shown in the picture above. All mirror carp scale patterns are different giving them a sense of character.

Mirror carp tend to have a rounder appearance than common carp.

Mirror carp also have large mouths just like the commons and have two barbells at each side of their mouths.

Grass Carp



Background

The grass carp is another species of carp and native to China. The grass carp was introduced into many countries across the world including Europe and the United States for aquatic weed control. They were first introduced in the UK on the Lancaster canal as an experiment into weed control conducted by

British Waterways and the University of Liverpool.

Grass carp reproduce in water temperatures over 20 degrees Celsius so in the UK they are unable to reproduce naturally. This allows their population to be carefully controlled by the Environmental Agency unlike commons and mirrors.

It was initially thought that grass carp would take little interest into commercial fishing baits, but this thought was soon discarded as more and more grass carp were caught by us anglers.

Grass carp grow rapidly most likely due to them eating up to three times their body weight each day!

In the UK grass carp can be caught at selective fisheries including Badshot Lea, Mill lane, Little Moulsham Lake and of course the Lancaster Canal.

Little Moulsham Lake produced a grass carp of nearly 52lbs in August 2018.

Distinctive Features

Grass carp are quite dark and range from yellowish to brown.

Grass carp are longer and slimmer and have “torpedo like” body shape and lack barbels beside their mouths.

The anal fin is located closer to the tail.

Grass carp have scale patterns like commons.

As you can see from the picture grass carp dorsal fins are smaller and not as long as commons or mirrors which helps to easily identify them.

They have low flat heads and their mouths are a lot smaller than mirrors and commons.

Leather Carp



Background

The leather carp is another sub species of the common carp and is thought to be a mirror carp with no scales, but this is not the case with leather carp having some distinct genetic differences than mirrors.

Leather carp have fewer red blood cells than mirrors or commons which stunts their growth.

Due to this hooking into a giant leather really is an achievement and they are known to put up an excellent fight.

It is difficult to find out much background information on the leather carp due to their rarity.

Distinctive Features

Leather carp have near enough no scales apart from an occasional row across the dorsal line and the base of the tale. A “perfect” leather carp has no scales at all.

Their skin looks almost like leather hence the name and from this they can be easily identified.

Leather carp colour can range from dark green to a dark bronze.

The anal fin often has fewer rays than commons and mirrors and the dorsal fin is often imperfect

Crucian Carp



Background

The Crucian Carp is yet another member of the carp family and is the smallest out of them all. It shows up widely across Europe and can even be found as far north as the Arctic Circle in Scandinavian countries. They can survive in conditions that many other fish are unable to deal with, including the smallest of weedy, muddy pools to extremely cold waters.

Catching a large crucian carp can be rather challenging as they are the most delicate feeders from the carp family. Even a 2lb crucian is considered a great catch which puts into perspective how small these fish are compared to all other carp species.

Instead of gulping in baits crucian carp tend to nudge the bait and suck very gently to check for hooks. This can become extremely frustrating to anglers targeting these fish. But still if you intend to target these fish, they can usually be found in near drop offs into deep water.

Distinctive Features

Crucian carp are the smallest of the carp family and rarely grow over 6 lbs.

Crucian carp vary in usually golden or bronze looking and darken with age and they have yellow or orangeish fins.

Crucian carp are quite tall fish as they mature.

Crucian carp have no barbells.

Barbel



Description and habitat of Barbel

Barbel are light brown to greenish brown in colour with yellowish sides and white underbody. The body of the barbel is elongated with very small scales, 55 to 65 scales along the lateral line and give the appearance of the fish being scale-less.

The head of the barbel is pointed and its eyes which are rather small are set high on the sides of the head. The barbel is recognised by its under slung mouth with thick lips and two short barbules on the top lip and two longer barbules at the corner of its mouth.

These barbules have taste and touch cells and help the fish to locate food on the riverbed. Barbel spawn in late spring between May and July and when the eggs are fertilized by the males, they take around 10 to 15 days to hatch. Barbel are predominantly bottom feeders and root around and feed in the gravel bottom of rivers. They feed extensively on bottom living invertebrates, freshwater shrimp, snails, insect larvae, caddis larvae, nymphs, crustaceans and molluscs, grubbing around among the bottom debris for the many micro-organisms which live there.

Barbel grow fairly rapidly and mature when they are five or six years old with the female barbel larger than the males. A powerful fish with a body shape perfect for living in fast flowing waters barbel are regarded as the hardest fighting coarse fish in the river.

Due to their hard-fighting qualities Barbel are much sought after by anglers. Growing to over 20 lb a 7lb fish is considered a good fish and over 10lb a specimen. When you hook your first barbel you are unlikely to forget it because when a barbel is hooked it will tear off like a steam train. If you're not tackled up with the correct gear, you'll have no chance of stopping it or landing it. Barbel do not give up easily and fight with great determination hence strong fishing tackle is needed to match the barbel's power.

Although barbel are caught all year round they are more of a summer and autumn fish. During the summer months barbel can be found in weir pools and the faster stretches of water. During the autumn and winter months the fish favour the deeper more slower waters.

Baits for catching Barbel

The top baits for catching Barbel are Luncheon meat, Worms, Sweetcorn, Pellets and Small Boilies. Of course, most other baits can be used, and all have proved to be successful at some time. Maggots, Casters, Cheese paste and cheese cubes, Dendrobaena worms, Red worm, Bread, either crust, flake or paste.

Fishing Methods to catch Barbel

Ledger or feeder is considered the best method for catching Barbel, but they can be caught using various methods including float.

Barbel inhabit strong, fast flowing waters, so a strong rod with a fixed spool reel fitted with a minimum of 6lb line should be used. Hook size will depend on the size of the fish you expect to catch, and the size of the bait used but hook sizes between 12 and 4 are fine.

It is important when ledgering to use a weight or feeder heavy enough so that it will hold the bait close to the riverbed, the weight will be determined by the strength of flow of the water.

A typical approach when barbel fishing is to use a swim feeder or block end feeder on the 6lb mainline with a 24-inch 4lb hook length and size 10 hook baited with a large piece of luncheon meat

Advice

When a barbel is hooked it will NOT give up easily and it will fight until it is exhausted. Try to land and unhook the fish quickly.

When landed and unhooked, hold the barbel in the flowing water facing upstream until it is ready to swim away. This can take a couple of minutes to 15 minutes or longer

Perch



Description and habitat of Perch:

Perch have a flat-sided greenish body graduating down to a white belly. It has bright red/orange pelvic fins, two dorsal fins with five or more broad black vertical stripes down the sides. It has a row of sharp pointed spines along the dorsal fin so be careful when handling the perch. The body of the perch is rough to the touch as the small scales are imbedded deep in the skin. The perch will probably be one of the first fish an angler catches because they are a very aggressive predator that will bite at almost anything. The perch live in still, slow, and fast running waters, lakes, ponds, rivers and canals. They can be

found where there is underwater obstacles or structures, tree roots, weed beds and overhanging trees as they are all good places to hide and ambush anything edible. Larger perch will eat smaller fish such as minnows, roach and dace. Natural food for perch includes crustaceans, insects, flies, mayfly, caddis fly, larvae, worms, and all fish fry. The average size perch is 4oz to 1lb with anything over 2lb considered a very good fish.

Fishing Methods for catching Perch:

Perch can be caught using various methods including float, ledger, feeder, free lining, drop shot fishing, spinning with lures and even fly fishing. The venue will determine the best method and perch can be caught throughout the year although most are caught during the summer months.

For general fishing a medium 10 or 12 foot rod with a fixed spool reel fitted with a 3 or 4lb line, hook size of 16 or larger depending on the bait used is ok. One of the better baits for catching perch is a lobworm hooked through the middle with a small piece of rubber pushed onto the hook to prevent the worm slipping off. After hooking the lobworm, pinch off the end of the tail of the worm; this makes the worm wriggle more and releases a scent into the water which will hopefully attract the perch. Used in conjunction with chopped worm this is a deadly combination.

On still waters, lakes and ponds, try float fishing using a waggler with a big lobworm on a size 10 hook. Plumb the depth and fish over depth by 6 inches. Use chopped worm mixed in with your ground bait and throw a couple of balls in at the start. The smell from the chopped worm will attract the perch which will hopefully take your lobworm. If you don't get a bite after a few minutes, try twitching your bait (reel in a couple of turns) this sometimes induces the perch to bite. If you know there is an underwater feature in your swim, cast near to this.

Use a stick float or in faster waters a big Avon that carries a lot of shot. The float and shotting pattern will depend on the speed of the water flow and where in the water the perch are located. Plumb the water to get the depth and start by stringing the shot out button style and letting the float and baited hook flow at the same speed as the water. The baited hook needs to be in front of the float so hold back (stop the float) for a couple of seconds every couple of yards or so. (the reason for this is the current nearer the riverbed is slower than the surface so holding back the float will allow the baited hook to stay in front - you'll get the hang of it!). Feed chopped worm every second or third cast to attract the perch. After a few run throughs if you get no bites try altering the shot by moving it nearer the hook or bunching every second shot together. If fishing a fast flowing water try using an Avon type float and fix the shot nearer the hook to keep it closer to the river bed. Another method is free lining. This is ok where there is little flow on the water. Attach a single swan shot (SSG) about a foot up the line from the hook and again fish a large lobworm on the hook. The lobworm will bounce along the riverbed and hopefully be intercepted by the perch. The feeder rod can also be used. Make sure you use enough weight to hold the bait on the bottom of the riverbed. Start with a 24 inch hook length, bait your hook with a lobworm, fill your feeder with ground bait containing chopped worm and cast in. Perch can also be caught spinning with plugs and spinners which is a good way of fishing for perch because it allows you to move up and down the water and find where the perch are.

Baits for catching Perch

Worms, lobworms, dendrobaena worms, red worm, brandlings, minnow, casters, maggots. Also caught using plugs, lures and spinners. The perch has also been known to be caught on flies used by trout fishermen.

Roach



Description and Habitat of Roach

A moderately deep bodied fish with silvery white sides and back of dark brown or grey with a bluish or greenish tint, red eyes, large silvery scales, and orange/red lower fins, hence the nickname, Redfin.

Roach are found in shoals just about everywhere, in lakes, ponds, rivers and canals. Growing to over 4lb a fish of 2lb is considered excellent and 3lb considered a specimen. **Roach are commonly mistaken for**

Rudd but you can tell the difference between them as the Rudd has an upturned mouth as opposed to the Roach which protrude downwards. The colour of the Rudd is also more golden and a lot brighter than Roach.

Roach, Rudd and Bream are closely related and generally spawn around the same time, March to June. During spawning cross fertilisation often occurs which results in hybridisation of the species

These Roach-Rudd, Roach-Bream hybrids often grow larger than true Roach and identification can be very difficult.

Some anglers use the Lateral line scale count for identification of a true Roach but depending where you read about this it can be 39 to 49 and with Rudd said to have a count of 40 to 55 this is method questionable.

Fishing Methods To Catch Roach

All methods including float, leger or feeder are options for Roach fishing, but the float seems most popular. Whatever the method chosen light tackle with small hooks is the order of the day. Roach can be caught at any time of day and in the Summer, they seem to feed best early in the morning or late in the afternoon. In the Winter and during the colder months Roach will move into the deeper parts of the lakes and you are advised to target these spots and a good time to try is from late afternoon to dusk.

Most pleasure and match anglers choose to fish the waggler rather than the feeder when fishing for Roach and as the species feed at all depths the waggler float will cover them all. If bites dry up while you are fishing the float depth can be altered to find the depth the fish are feeding. The biggest fish are reportedly caught on the bottom and the specimen anglers say positioning their rigs and bait on the bottom is the most effective method to catch big Roach

A basic float set up for Stillwater Roach is 3 to 3.5lb mainline, 3AAA waggler with a size 18 - 16 hook on 1.5lb hook length. Shotting will depend on if the roach are feeding on the bottom or midwater. On still waters, fish with a straight crystal Waggler with a general shotting style but if I find the fish are taking the bait on the drop I change to Shirt Button style.

For shotting patterns see : https://www.fish-uk.com/tackle_fishing_floats.htm

A normal leger or feeder set up for Roach fishing is 3.5 to 4lb mainline, size 18 to 14 hook on 2lb hook length. On running waters, a simple link ledger rig with this set up works well.

Some anglers prefer tying the hook directly to the main line, I never do this whatever type of coarse fishing. I always use a weaker strength hook as I don't want to risk the line snapping and the fish dragging yards of mainline behind it with a chance of getting snagged up and dying.

If feeder fishing start with 2 or 3 balls of ground bait with some hook bait mixed in to attract the fish into your swim and then throw some loose offerings in now and then.

Red maggot is a noted bait when fishing the feeder for Roach and legered bread flake is a very effective bait for the larger fish

Baits For Catching Roach

Roach love casters and many a match has been won with this bait, but roach have a crafty habit of stealing casters and leaving you with an empty half shell. Burying the hook totally inside the caster you might still be left with an empty half shell a few times but stand a good chance of hooking more fish.

If missing bites, another tactic I have tried and found works is to hook the caster through the middle. This also works with maggots as well. Darker casters are more buoyant in the water, so choose the darker caster to balance out the weight of the hook. This helps the hooked caster fall through the water at the same rate as your loose feed. Hemp and Tares are a favourite bait of mine especially when float fishing in the summer.

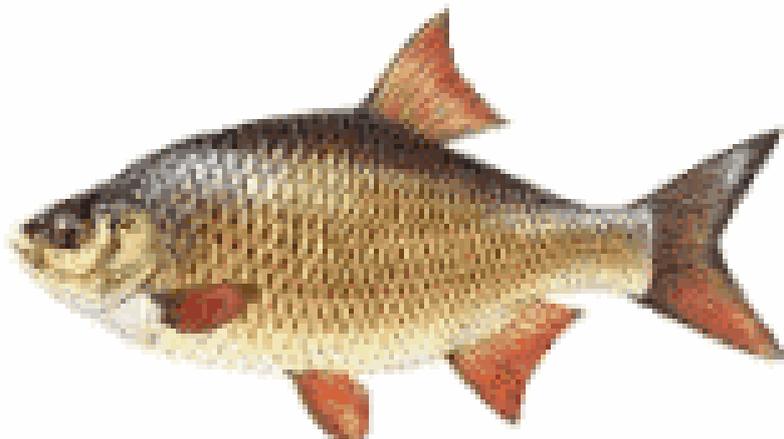
Lay a bed of hemp and start with a piece of hemp on the hook. Choose a piece that has only just started to split and push your hook into this to hold it in place. Fish over the hemp, loose feeding a few grains of hemp each cast until you start catching. When the fish are taking the hemp confidently try a Tare on the hook. It may take some time to get them feeding on Tares but will be well worth it.

For the larger specimen's bread flake is a popular bait and a piece the size of a thumbnail squeezed onto a size 14 hook often tempts the larger Roach. Don't squeeze the flake onto the hook too hard, you want little bits to flake off to tempt the fish. If you retrieve your float and the bread is still on the hook you've squeezed it on too tightly.

Worms are a good bait or pieces of worm have accounted for some good fish, one problem with fishing with worms is they will attract any Perch that are in the area. Sweetcorn is also trying either on its own or as a cocktail with a worm or red maggot

Tip. Bites from Roach can be very fast, so you must be ready to strike.

Rudd



Description and Habitat of Rudd

The body of the Rudd is flattened at the sides, the back is blue-green and the belly a silvery white. The dorsal fin and pectoral fins are reddish-grey and all other fins are a deep red. Rudd are often confused with Roach but can be identified by the dorsal fin which is set further back and starts behind imaginary vertical line projected

upwards from the pelvic fins. The eyes have yellow to orange irises compared to a Roach which is red and the mouth of the Rudd curves upwards.

Rudd tend to be a shoaling fish usually living in the lower reaches of rivers, backwaters and ponds with plenty of aquatic vegetation and profusely overgrown.

Fishing Methods for catching Rudd

Fishing for Rudd is similar to fishing for Roach and the baits used for catching Rudd are the same. Float fishing with light tackle and small hooks is considered the best method for fishing for Rudd.

When fishing with casters, Rudd, just like the roach can bite at your caster and leave you with an empty shell. Burying the hook totally inside the caster is worth a try and might be the answer. Darker casters are more buoyant in the water, so choose the darker caster to balance out the weight of the hook. This makes the hooked caster fall through the water at the same rate as your loose feed.

When using ground bait, it is best to use a fine ground bait to cause a 'cloud' in the water. With bread flake as the hook bait, use a small piece and don't pinch it onto the hook too hard because you want little bits to flake off and tempt the fish. If you retrieve your float and the bread is still on the hook you've squeezed it on too tightly!

Baits for catching Rudd

small pieces of worm, small red worm, brandlings, bloodworm, bread (small pieces - either punch, flake or paste), casters, maggots, pinkies.

Bream



Description and habitat of Bream

Adult bream are deep bodied and bronze in colour with darker, sometimes black fins. Bream have a deep laterally compressed body with a prominent covering of protective slime. It has a long anal fin compared with the dorsal fin, a forked tail and a relatively small head and mouth with a protruding upper jaw.

Young bream up to approximately 8oz are known as 'skimmers' and are more silvery in colour but turn a darker

bronze colour as they mature. Often small bream are mistaken for the Silver bream.

The Silver bream is smaller than the common, or bronze bream, and is silver in colour with red anal and pectoral fins. An average Common bream will be 12 - 14 inches. Bream grow to 19+lb and a fish over 4lb considered a good fish. Well liked by match anglers because bream are a shoal fish and therefore a good chance of catching more. Found in lakes, ponds, rivers and canals but more often found in still waters.

Bream feed extensively on algae, plankton, insect larvae, pea mussels, crustaceans, and molluscs, also grubbing around among the bottom debris for the many micro-organisms which live there. If the shoal is large and feeding in earnest, it will stir up a great deal of mud and the gases released will carry the colour to the surface and discolour the water. For locating bream this is worth noting. Early morning or dusk are good times to fish as the bream move in closer to the margins as the sunlight fades.

Fishing Methods for catching Bream

Various methods including float, ledger or feeder, but the feeder is considered the best method. Bream can be hungry feeders, mainly feeding on the bottom. They respond well to ground baiting so if you can, pre-bait the area you are going to fish. Lay a bed of ground bait using brown crumb or continental ground bait with sweetcorn, casters, chopped up worms and some of your hook bait mixed in. Don't start balling it in when you start catching bream, this can scare them off. Large catches have resulted from laying down a carpet of ground bait which holds the shoal in the area. Once a fish is hooked it needs to be pulled away from the shoal quickly otherwise the shoal will be spooked and will move on.

As a guide a 4 lb main line with 2.5 lb hook length and size 16 hook is adequate. Accurate casting is essential to keep all your bait going into the same area. When feeder fishing use an open-end feeder filled with a ground bait mix with some of your hook bait mixed in, or small 2.3mm pellet. When you cast in and the feeder has reached the bottom, wind up the slack in the line then wind in a bit more till there is a slight bend on your rod tip. Bream bites are noticeable when float fishing by the slow disappearance of the float or when ledger / feeder fishing by the steady pull round of your rod tip. Bream are not known as a fighting fish and generally after a few 'nods' (tugs on the line as you reel in) come to the net with little resistance

Baits for catching Bream

Worms, lobworms, small red worm, bloodworm, bread (either punch, flake or paste), casters, maggots, pinkies and sweetcorn.

Tench



Description and habitat of Tench

Tench are easily identified by their thick set, well rounded, dark olive-green coloured body, sometimes looking almost black. There are also golden, yellow, and orange tench but these are mainly found in ornamental ponds.

The scales are very tiny which give the appearance of the fish being scale-less. The fins are rounded, and the caudal fin is large almost un forked.

The sexes can be distinguished by the shape of the pelvic fins on the underside of the body. Male tench have very large round shaped fins and those of the female are more triangular and longer. An average fish will be 12 to 15 inches. Growing to 15lb a tench over 5lb is considered a good fish.

Found in slow running rivers and canals but more often found in still waters, lakes, ponds

Fishing for Tench

The first thing to consider when going tench fishing is where you are going to fish. Most lakes, ponds and canals have tench in them but to put the odds of catching one in your favour choose a water known to hold a good head of tench. Make enquiries about venues in your local tackle shop or with local anglers.

When you have chosen a venue ask the fishery owner or the bailiff which is the favoured peg, best method, and baits for catching tench. If you haven't got any information for whatever reason have a walk round and look for signs of tench or a likely place to fish for them. Tench are known to feed in the margins, among reeds, lily beds and other features. The best time to catch tench is either early dawn or at dusk and through the night.

Tench feed almost exclusively on the bottom and like to root about in the mud and weeds looking for snails, grubs, and anything else they can eat. You can spot tench feeding by the stream of tiny bubbles that can be seen bubbling on the water's surface and / or the muddy area of water discoloured by the tench rooting in the mud for food.

Racking the swim

A tench rake can be purchased from some tackle shops or made by tying two garden rake heads back to back and attaching a strong rope.

Please ensure you ask the fishery owner first if you are allowed to use a rake

Before you set up your rods or do anything else rake around the bottom of your swim. This will stir the bottom of the pond which will expose invertebrates and other natural foods. Tench are attracted to this and they love searching the murky water of a freshly raked swim for unearthed snails, worms and other food.

Some anglers say it is better to rake the night before and others say an hour before fishing.

Fishing methods for catching Tench

If using maggots mixed in with your ground bait, try adding some dead ones as well. These will not bury themselves in the mud. If using a feeder don't add loose feed whilst fishing, try at the beginning of a

session, throw or catapult some loose sweetcorn into the area to be fished and after that introduce feed via the feeder.

Tench can be caught using any method of fishing. Some anglers prefer using a maggot or method feeder and sit waiting for that slow pull round of the rod tip to say there is a fish on. Other anglers prefer to float fish with either a rod or pole and watch the float slide away when a tench is hooked.

Tench love patrolling the margins and around lily beds and reeds so fishing with a waggler, set slightly over depth, close to reeds is a good proven tactic.

Tench bites are usually a couple of knocks or small lifts on the float then it slides away slowly under the water. Don't strike too soon, wait for the bite to develop properly. Wait for the float to disappear completely before striking.

Baits for catching Tench

The list of baits for catching tench is endless but those commonly used include worms, lob worms and redworms. Sweetcorn is a favourite along with Bread, a large piece of flake seems best but tench can be caught on punch, flake or paste. Sweetcorn tipped with one or two red maggots is also worth a try.

Other baits include maggots (Red seems best), casters, pinkies, mini-boilies, pellets, prawns/shrimps, cockles, and mussels (not pickled in vinegar).

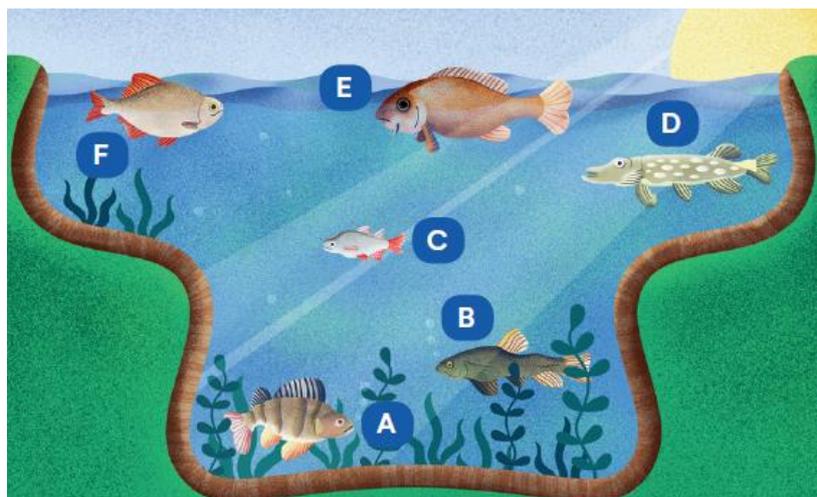
You can also look to use plastic or fake baits such as maggot, caster, bread and sweetcorn, these can be dipped in flavours to help attract fish. As with all fishing if you are not catching using one method or bait try another. Do not be afraid to try something different.

Watercraft – The art of understanding

Watercraft is the term used by anglers to describe the art of understanding how fish act under the surface of the water. It includes many factors such as:

1. Weather conditions
2. Where on the lake / river to fish
3. Features to fish to (islands, lilly pads, reeds, margins, drop offs)
4. Water clarity and signs of fish such as bubbles, clouding
5. Bait to use
6. Fishing method to use
7. Time to fish

Have a go at matching the fish in the picture to the names and descriptions below.



Where are we hiding?

Canals are perfect places to catch fish as the water is relatively still and there are good habitats for the fish. The shape and colour of each species suits where it lives in the canal and how it feeds.

Which one am I?

- Carp** I usually find my food on the canal bed but I also like sunbathing at the surface and sometimes find food up there.
- Perch** My stripes help me blend in with the reeds so I can ambush small fish.
- Pike** I wait at the edge of the shelf of the canal and catch small fish as they swim from the shallows.
- Roach** I'm happy in most areas of the canal.
- Rudd** I like to eat insects from the surface of the water.
- Tench** I search for my food amongst the silt at the bottom of the canal.

Newcomers Guide : Angling & Wildlife – Golden Rules

NEWCOMERS GUIDE-ANGLING & WILDLIFE “GOLDEN RULES” **ANGLING AND WILDLIFE**

Anglers are natural conservationists. Time spent at the waterside instills appreciation and understanding of the natural environment, particularly in the young. The development and management of our fisheries contributes to the wildlife value of ponds, lakes and rivers. Angling contributes towards our environment and people's enjoyment of nature, but inexperience or thoughtlessness may lead to wildlife being harmed and the good image of angling being tarnished.

“GOLDEN RULES”

ANGLING-RELATED LITTER

- **Never** drop litter or discard tackle and remember that discarded nylon line is particularly hazardous to wildlife. Discarded or damaged line should be taken home and burnt or cut into short lengths before disposal
- **Always** clear up litter before you leave - even if it's not yours. If you see any litter or discarded tackle, pick it up, take it home and bin it.

BREAKAGES AND SNAGGING

- **Remove immediately** rigs caught up in bankside vegetation, branches or underwater snags where it is practicable and safe to do so.
- **Report** lost terminal tackle to club bailiffs or the fishery owner for removal, if you can not recover it.

SWIM CHOICE

- **Choose** your swim with care to reduce the risk of snagging bankside trees, vegetation and obstructions in the water.
- **Take extra care** where people feed waterfowl; the birds may have learned to associate people with food at that site and their expectations will increase the risk of entanglements.

UNATTENDED RODS

- **Never** leave rods unattended while fishing. Not only is it poor angling practice as it may result in a hooked fish becoming snagged but it also increases the risk of birds becoming entangled in the line or taking the bait. If you need to leave your swim, all lines should be retrieved, baits removed, and the hooks secured to the rod.
- **Never** leave rods on the bank with hooks still baited, as these food items could be picked up by birds or animals.
- **Remember** - it is illegal to leave a rod unattended while fishing.

RIGS

- **Use** a hook length of lower breaking strain line than the reel line where possible. **Never** use reel line straight through to the hook without a weaker link. This will ensure that the minimum amount of line is lost in the event of snagging. Leger links should also be of a lower breaking strain to minimise loss of line.
- **Remember** that whatever type of rig you use, weaknesses will occur at the knots where line is joined, where it is tied to swivels etc, and where shot are pinched onto the line.
- **Check** your reel line regularly for flaws caused by wear and damage. Remove and carefully dispose of any damaged line and replace your reel line regularly.

BOLT RIGS

Bolt rigs or fixed leads are acceptable, providing the leger weight can slip free in the event of snagging or tangling. Make sure that if the line breaks it will not result in a fish or bird dragging a leger around.

HOOKS

Use barbless or reduced barb hooks where possible. Hooked or entangled birds are more likely to be able to rid themselves of the hook and in the event of a rescue being needed, removal of the hook from a bird will be much easier.

WEIGHTS & NETS

Lead weights are illegal in most sizes and non-toxic weights are widely available. Lead weights of 0.06 grams (No.8 shot) or less, or of more than 28.35 grams (1 oz) may be used.

Do remember too if you have just been given some tackle that perhaps has been sitting in some-ones attic for a while, it could be that it includes some of the old lead shot weights and split shot that are now illegal. If in doubt, do replace them with non-toxic shot! The same applies to old landing nets and keep-nets, the mesh types now are much kinder to fish and your local tackle dealer will happily advise whether yours are still usable.

WHILE FISHING

- **Beware** of birds swimming into your line or picking up surface baits.
- **Submerge rod tips when legering using bite alarms. Keep lines under the surface to avoid waterfowl and where there is not heavy weedgrowth it may be possible to use back-leads to keep the line below the water surface.**
- **Watch** your rod at all times when legering with quivertips or other visual bite indicators. Again, it may be possible to keep the rod tip under or close to the water surface to avoid contact with birds' feet. Where this is not possible the line should be retrieved if there is a risk of birds swimming across the line.
- **Retrieve** your line when float fishing if there is a risk of birds swimming through the line. Even when using a waggler float with the line 'buried', it will be only just below the surface and still presents a risk.
- **Take** great care when fishing surface baits such as bread or 'floaters' as they may attract waterfowl. Sometimes the attentions of birds can be avoided by anchoring the bait with a back-lead which allows you to submerge the bait below the surface when a bird approaches. Remember, however, that swans can easily reach food a metre below the surface, and other birds often dive for food. If floating baits attract undue attention from birds then move away or choose a different fishing method.

HELP OTHER ANGLERS

The vast array of tackle and fishing methods may result in novices using unsuitable tackle. A little time spent helping beginners can reduce tackle losses and improve their catches.

ANGLING CLUBS AND FISHERY OWNERS

- **Ensure that anglers follow the Golden Rules at your fishery.**
- **Include rules about litter on angling permits.**
- **Promote the numbers overleaf.**
- **Offer help and advice to beginners.**
- **Organise 'clean up' days to remove litter and tackle snagged in trees or vegetation.**
- **Consider providing rubbish bins - but only if you can empty them every evening.**
- **Ask for advice from the Environment Agency or Swan Rescue Groups if you experience problems at your fishery.**

IF THE WORST HAPPENS...

- **Never** attempt to restrain an injured swan (or other large bird or animal) by holding onto the line. This can cause severe injury and heightened trauma. For swans and geese cut the line and report the incident as soon as possible to the rescue organisations below. Smaller birds may be freed at the time of the incident, or held comfortably in a small box or other dark space if treatment is required.

Further Information

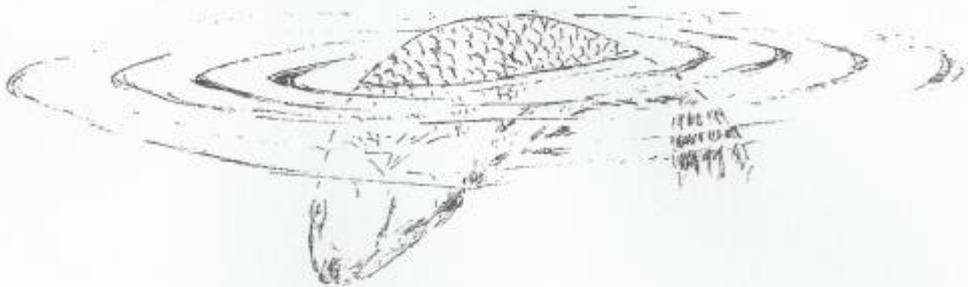
If you own or manage a fishery and would like to know more about how to improve its value to wildlife, contact your local Environment Agency office and ask for a free copy of *Freshwater Fisheries & Wildlife Conservation - A Good Practice Guide*.

NATIONAL SWAN SANCTUARY HOTLINE

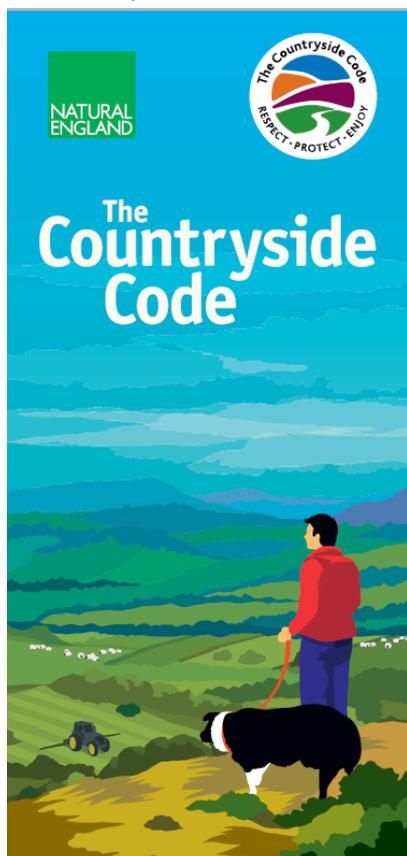
0700 SWAN UK or 01932 240790

**RSPCA 0300 1234999
Wildlife Hospital Trust 01844 292292**

**Always have these telephone numbers with you, and report sick or injured animals.
The problem may not be angling related but it may give warning of a serious problem at the water.**



Countryside Code of Practice



Respect other people

Please respect the local community and other people using the outdoors. Remember your actions can affect people's lives and livelihoods.

Consider the local community and other people enjoying the outdoors

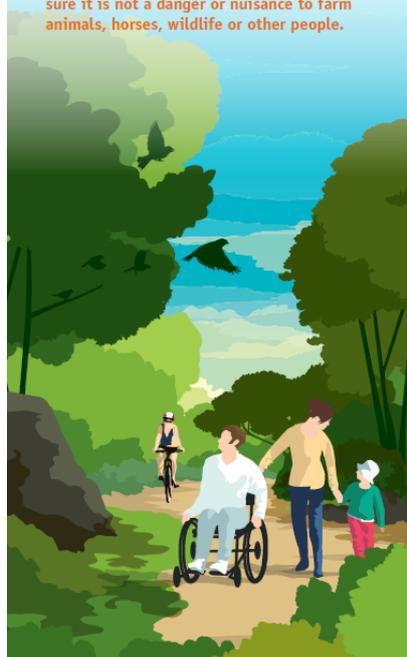
- Respect the needs of local people and visitors alike – for example, don't block gateways, driveways or other paths with your vehicle.
- When riding a bike or driving a vehicle, slow down or stop for horses, walkers and farm animals and give them plenty of room. By law, cyclists must give way to walkers and horse-riders on bridleways.
- Co-operate with people at work in the countryside. For example, keep out of the way when farm animals are being gathered or moved and follow directions from the farmer.
- Busy traffic on small country roads can be unpleasant and dangerous to local people, visitors and wildlife – so slow down and where possible, leave your vehicle at home, consider sharing lifts and use alternatives such as public transport or cycling. For public transport information, phone Traveline on 0871 200 22 33 or visit www.traveline.info.

Leave gates and property as you find them and follow paths unless wider access is available

- A farmer will normally close gates to keep farm animals in, but may sometimes leave them open so the animals can reach food and water. Leave gates as you find them or follow instructions on signs. When in a group, make sure the last person knows how to leave the gates.
- Follow paths unless wider access is available, such as on open country or registered common land (known as 'Open Access land').
- If you think a sign is illegal or misleading such as a 'Private - No Entry' sign on a public path, contact the local authority.
- Leave machinery and farm animals alone – don't interfere with animals even if you think they're in distress. Try to alert the farmer instead.
- Use gates, stiles or gaps in field boundaries if you can – climbing over walls, hedges and fences can damage them and increase the risk of farm animals escaping.
- Our heritage matters to all of us – be careful not to disturb ruins and historic sites.

Protect the natural environment

We all have a responsibility to protect the countryside now and for future generations, so make sure you don't harm animals, birds, plants or trees and try to leave no trace of your visit. When out with your dog make sure it is not a danger or nuisance to farm animals, horses, wildlife or other people.



Leave no trace of your visit and take your litter home

- Protecting the natural environment means taking special care not to damage, destroy or remove features such as rocks, plants and trees. They provide homes and food for wildlife, and add to everybody's enjoyment of the countryside.
- Litter and leftover food doesn't just spoil the beauty of the countryside, it can be dangerous to wildlife and farm animals – so take your litter home with you. Dropping litter and dumping rubbish are criminal offences.
- Fires can be as devastating to wildlife and habitats as they are to people and property – so be careful with naked flames and cigarettes at any time of the year. Sometimes, controlled fires are used to manage vegetation, particularly on heaths and moors between 1st October and 15th April, but if a fire appears to be unattended then report it by calling 999.

Keep dogs under effective control

- When you take your dog into the outdoors, always ensure it does not disturb wildlife, farm animals, horses or other people by keeping it under **effective control**. This means that you:
 - keep your dog on a lead, or
 - keep it in sight at all times, be aware of what it's doing and be confident it will return to you promptly on command
 - ensure it does not stray off the path or area where you have a right of access

- Special dog rules may apply in particular situations, so always look out for local signs – for example:

- Dogs may be banned from certain areas that people use, or there may be restrictions, byelaws or control orders limiting where they can go.
- The access rights that normally apply to open country and registered common land (known as 'Open Access' land) require dogs to be kept on a short lead between 1 March and 31 July, to help protect ground nesting birds, and all year round near farm animals.
- At the coast, there may also be some local restrictions to require dogs to be kept on a short lead during the bird breeding season, and to prevent disturbance to flocks of resting and feeding birds during other times of year.
- It's always good practice (and a legal requirement on 'Open Access' land) to keep your dog on a lead around farm animals and horses, for your own safety and for the welfare of the animals. A farmer may shoot a dog which is attacking or chasing farm animals without being liable to compensate the dog's owner.
- However, if cattle or horses chase you and your dog, it is safer to let your dog off the lead – don't risk getting hurt by trying to protect it. Your dog will be much safer if you let it run away from a farm animal in these circumstances and so will you.
- Everyone knows how unpleasant dog mess is and it can cause infections, so always clean up after your dog and get rid of the mess responsibly – 'bag it and bin it'. Make sure your dog is wormed regularly to protect it, other animals and people.

Enjoy the outdoors

Even when going out locally, it's best to get the latest information about where and when you can go. For example, your rights to go onto some areas of Open Access land and coastal land may be restricted in particular places at particular times. Find out as much as you can about where you are going, plan ahead and follow advice and local signs.



Plan ahead and be prepared

- You'll get more from your visit if you refer to up-to-date maps or guidebooks and websites before you go. Visit www.gov.uk/natural-england or contact local information centres or libraries for a list of outdoor recreation groups offering advice on specialist activities.
- You're responsible for your own safety and for others in your care – especially children – so be prepared for natural hazards, changes in weather and other events. Wild animals, farm animals and horses can behave unpredictably if you get too close, especially if they're with their young – so give them plenty of space.
- Check weather forecasts before you leave. Conditions can change rapidly especially on mountains and along the coast, so don't be afraid to turn back. When visiting the coast check for tide times at www.ukho.gov.uk/easytide, don't risk getting cut off by rising tides and take care on slippery rocks and sea-weed.
- Part of the appeal of the countryside is that you can get away from it all. You may not see anyone for hours, and there are many places without clear mobile phone signals, so let someone else know where you're going and when you expect to return.

Follow advice and local signs

England has about 190,000 km (118,000 miles) of public rights of way, providing many opportunities to enjoy the natural environment. Get to know the signs and symbols used in the countryside to show paths and open countryside.

Some of the symbols you may see

-  **Footpath** – open to walkers only, waymarked with a yellow arrow.
-  **Bridleway** – open to walkers, horse-riders and cyclists, waymarked with a blue arrow.
-  **Restricted byway** – open to walkers, cyclists, horse-riders and horse-drawn vehicles, waymarked with a plum coloured arrow.
-  **Byway Open to All Traffic (BOAT)** – open to walkers, cyclists, horse-riders, horse-drawn vehicles and motor vehicles, waymarked with a red arrow.
-  **National Trail Acorn** – identifies 15 long distance routes in England and Wales and the England Coast Path. All are open for walking and some trails are also suitable for cyclists, horse-riders and people with limited mobility. Check the National Trail website at www.nationaltrail.co.uk for information including maps, trip planning tools and trail diversions.
-  **Open Access land** – 865,000 hectares of mountain, moorland, heathland, down land and registered common land (mapped under the Countryside and Rights of Way Act 2000) is available to people to walk, run, explore, climb and watch wildlife, without having to stay on paths. Similar rights are being extended in stages on coastal land in England (identified under the Marine and Coastal Access Act 2009). Check the Open Access web pages at www.openaccess.naturalengland.org.uk/wps/portal/oasys/maps/MapSearch for maps, information and any current restrictions in place.
-  A 'negative' access symbol – may be used to mark the end of area-wide access although other access rights may exist, for example public rights of way.

Countryside Code – advice for land managers

Know your rights, responsibilities and liabilities

People visiting the countryside provide important income for the local economy. Most like to follow a visible route, prefer using proper access points like gates, and generally want to do the right thing – but they need your help.

- The Ordnance Survey's 1:25,000 maps show public rights of way and access land. These maps are not 'definitive'. If in doubt you can check the legal status of rights of way with your local authority. You can find out which areas of Open Access land are mapped under the Countryside and Rights of Way Act 2000 on the Open Access web pages at www.openaccess.naturalengland.org.uk/wps/portal/oasys/maps/MapSearch.
- For guidance on your rights, responsibilities and liabilities, contact your local authority or National Park authority. The Country Land and Business Association, www.cla.org.uk, 020 7235 0511 and the National Farmers' Union, www.nfuonline.com, on 024 7685 8500 can also offer advice.
- For specific queries about Open Access land, check the Open Access pages on GOV.UK at www.gov.uk/guidance/open-access-land-management-rights-and-responsibilities or contact the Open Access Contact Centre, on 0300 0602091.

By law, you must keep rights of way clear and not obstruct people's entry onto access land – it's a criminal offence to discourage rights of public access with misleading signs.

- Trespassing is often unintentional – for advice on tackling trespass contact your local authority (www.gov.uk/find-your-local-council).

Make it easy for visitors to act responsibly

Most people who visit the countryside are keen to act responsibly and problems are normally due to a lack of understanding. There are a number of ways you can help them to realise their responsibilities:

- Keeping paths clear and waymarks and signs in good order and up to date will help people stick to the right routes and access points. Contact your local authority or National Park Authority to find out what help is available.
- Where there is public access through a boundary feature, such as a fence or hedge, create a gap if you can – or use an accessible gate or, if absolutely necessary, a stile. When installing completely new gates and stiles, make sure you have the permission of the local authority.

- Encourage people to respect your wishes by giving clear, polite guidance where it's needed. For example, telling visitors about your land management work helps them to avoid getting in your way.
- Rubbish attracts other rubbish – by getting rid of items such as farm waste properly, you'll discourage the illegal dumping of rubbish and encourage others to get rid of their rubbish responsibly.

Identify possible threats to visitors' safety

People come to the countryside to enjoy themselves. They have the first line of responsibility to keep themselves and their children safe while there, but you need to ensure that your activities do not knowingly put them at risk.

- Consider possible man-made and natural hazards on your land and draw any 'hidden' risks to the public's attention.
- Try to avoid using electric fencing or barbed wire where people may accidentally touch it, particularly alongside narrow paths and bridleways.
- If electric fencing is used, ensure warning signs are visible.
- Use and store any chemicals or poisonous substances responsibly on your land. They may kill wildlife or cause harm to people or pets. Any pest control you undertake must be planned with this risk in mind.
- Animals likely to attack visitors should not be allowed to roam freely where the public has access – you may be liable for any resulting harm.
- Your duty of care under the Occupiers' Liability Acts of 1957 and 1984 depends on the type of access right people have – so it's important to know what rights, if any, apply to your land. By voluntarily dedicating land for permanent public access you may be able to reduce this liability.

Natural England is here to secure a healthy natural environment for people to enjoy, where wildlife is protected and England's traditional landscapes are safeguarded for future generations.

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Catalogue Code: NE326

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Produced jointly with Natural Resources Wales.

www.gov.uk/natural-england



The Countryside Code

Respect Protect Enjoy

Respect other people

- Consider the local community and other people enjoying the outdoors
- Leave gates and property as you find them and follow paths unless wider access is available

Protect the natural environment

- Leave no trace of your visit and take your litter home
- Keep dogs under effective control

Enjoy the outdoors

- Plan ahead and be prepared
- Follow advice and local signs

Fish Anatomy

Vertebral column

It's similar to our backbone. The muscles which the fish needs to swim are attached to it.

Mouth

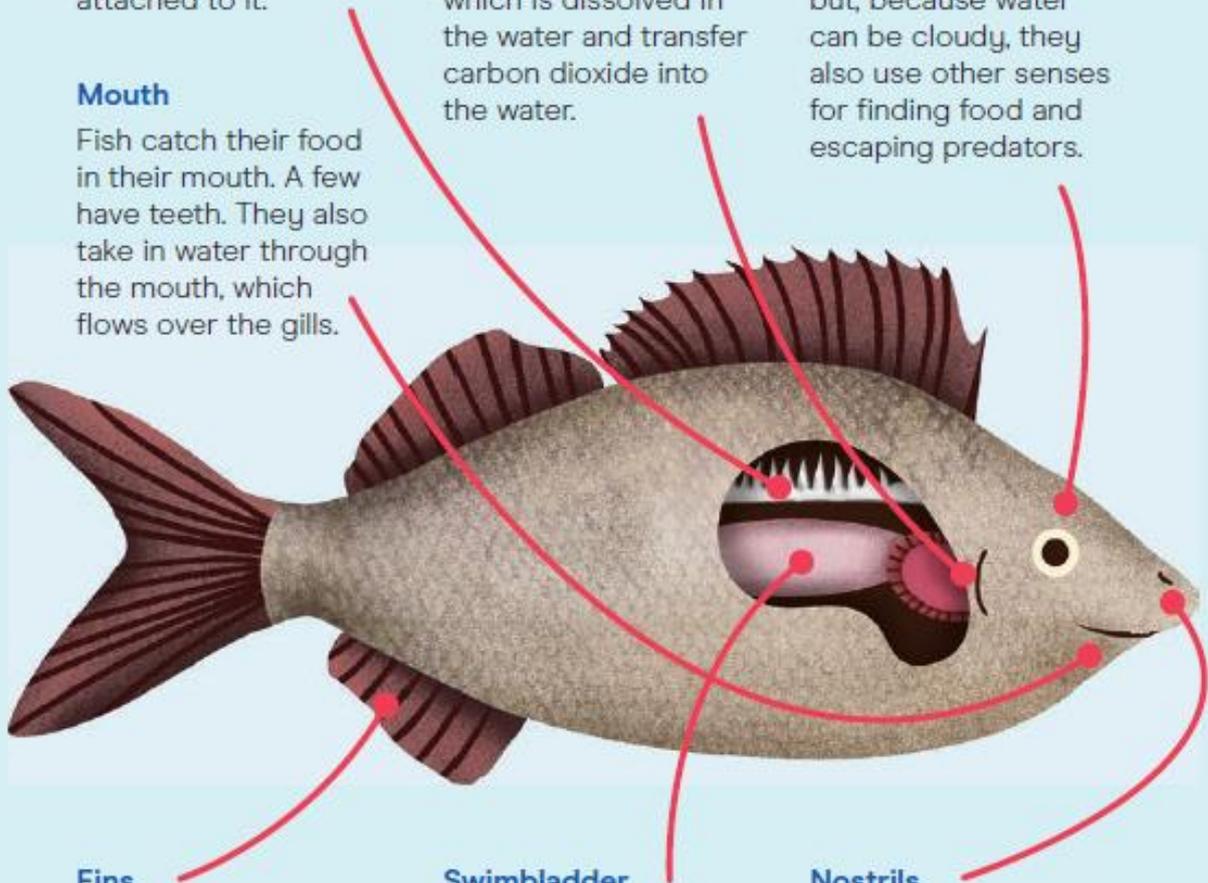
Fish catch their food in their mouth. A few have teeth. They also take in water through the mouth, which flows over the gills.

Gills

Fish breathe with their gills. As water passes over the gills, they absorb the oxygen which is dissolved in the water and transfer carbon dioxide into the water.

Eyes

Fish have no eyelids so their eyes are always open. A fish sees best at close range but, because water can be cloudy, they also use other senses for finding food and escaping predators.



Fins

Fish swing their caudal fin (or 'tail') from side to side to push themselves through the water. The other fins help it steer.

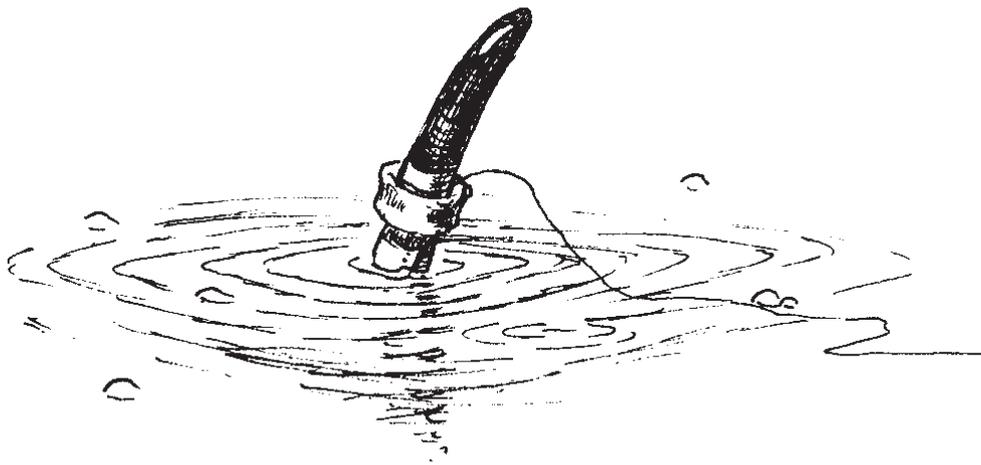
Swimbladder

Like a balloon, it helps the fish to stay buoyant. The fish can fill it with air to float upwards or release the air to go down.

Nostrils

The two nostrils on its head are not used for breathing but for smelling. The sense of smell is very important because it helps fish find their food and warns them of danger.

NOTES



VERSION CONTROL

This section should be removed from all final “distribution” versions.

Date	Version	Change	Changed by
12.05.2020	0.1	Initial Draft	C. Presland
13.05.2020	0.2	Initial Draft – Extended	C. Presland
13.05.2020	0.3	Initial Draft – Extended	C. Presland
14.05.2020	0.4	Initial Draft – Extended	C. Presland
14.05.2020	0.5	Initial Draft – Extended	C. Presland
15.05.2020	0.6	Initial Draft – Extended	C. Presland
16.05.2020	0.7	Initial Draft – Extended	C. Presland
29.05.2020	0.8	Initial Draft – Extended	C. Presland
03.06.2020	0.9	Initial Draft – Extended	C. Presland
10.06.2020	0.10	Edition 1 – Final draft before distribution for review by coaches	C. Presland
11.06.2020	0.11	Addition to Fish Care / Basics and replaced crucian carp picture.	C. Presland