

Why go fishing?

Fishing is a fun and healthy activity available to everyone, regardless of your gender, culture, ability or age

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Target One Million
More Victorians fishing, more often



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It is a good way to:

1 Challenge yourself

- get the grey cells working learning new skills
- reverse gender stereotypes
- experience new thrills and excitement

2 Become healthier

- get moving by walking, bending and stretching
- top up your vitamin D levels
- eat fresh organic fish

3 Destress

- unplug from the busy frenetic world
- tune into nature and relax and recharge
- spend quality time with friends and family, creating lifelong memories

Fishing is a simple, affordable way to reconnect with nature, enjoy the company of family and friends and explore Victoria. This Guide will help you get started.



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Glossary

Tackle box – a box or container with compartments to hold your hooks, swivels sinkers and other fishing gear

Fishing line – specialised “string” used for fishing

Hand line – is fishing line wrapped around a spool (without a rod) and which you wind on by hand

Rod – is a pole used to catch fish. Most rods have a reel holding clamp and guides through which the fishing line is threaded

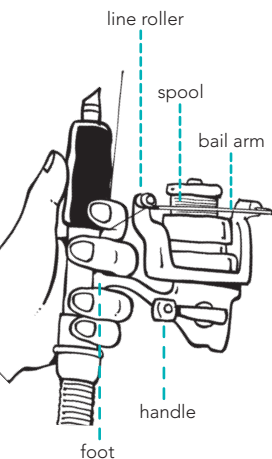
Reel – a device for holding and winding line. Reels have a spool that the line wraps round, a line roller that guides the fishing line onto the spool, a bail arm that stops the line running off the spool, a handle to wind in the line in and foot which attaches to the rod

Sinker – a weight designed to make a baited hook sink towards the bottom

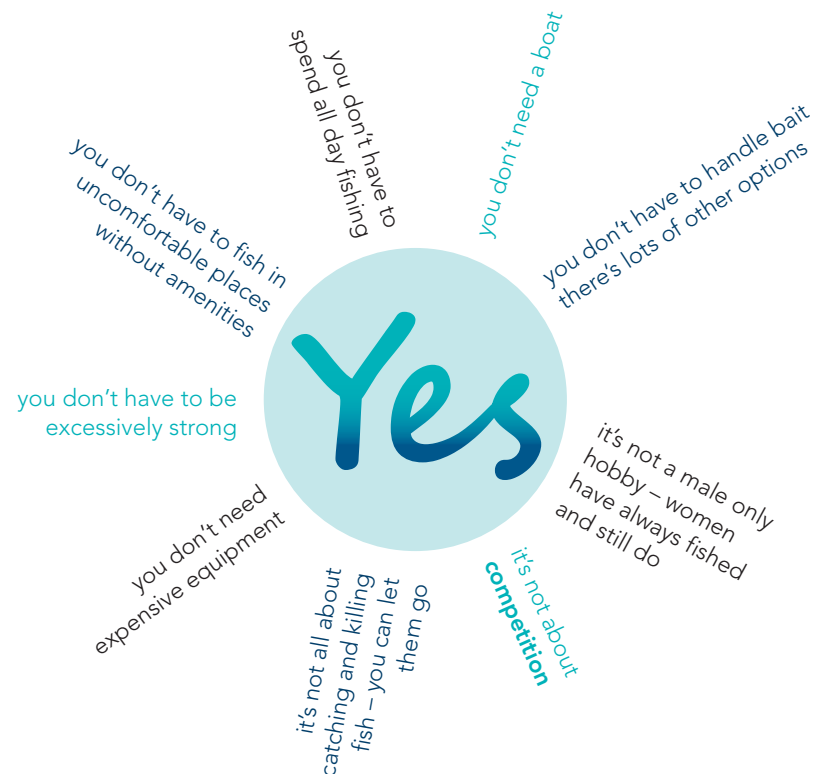
Swivel – a small device that is placed between the sinker and the trace to prevent the line becoming tangled

Trace – a short length of line in between the hook and the swivel

Bait – things fish like to eat and which are put onto the hook



Common myths about fishing exploded!



“The funny thing is, women are naturally good at fishing.”

Al McGlashan
Fishing Writer
Daily Telegraph



Fishing is about...

Connections:

- To yourself (it can be meditative increasing your self-awareness and mindfulness)
- To nature
- To new friends, old friends and family
- To new abilities
- To new places

Fishing is a hobby and a skill. One that you determine how skilful you want to become and one which is enjoyable at any skill level.

All you need is:

- Patience
- Persistence
- Lightness of touch
- The spirit to try new things



Need more help...

Many fishing organisations run clinics to help novice anglers

Search on-line for fishing clinics run by:

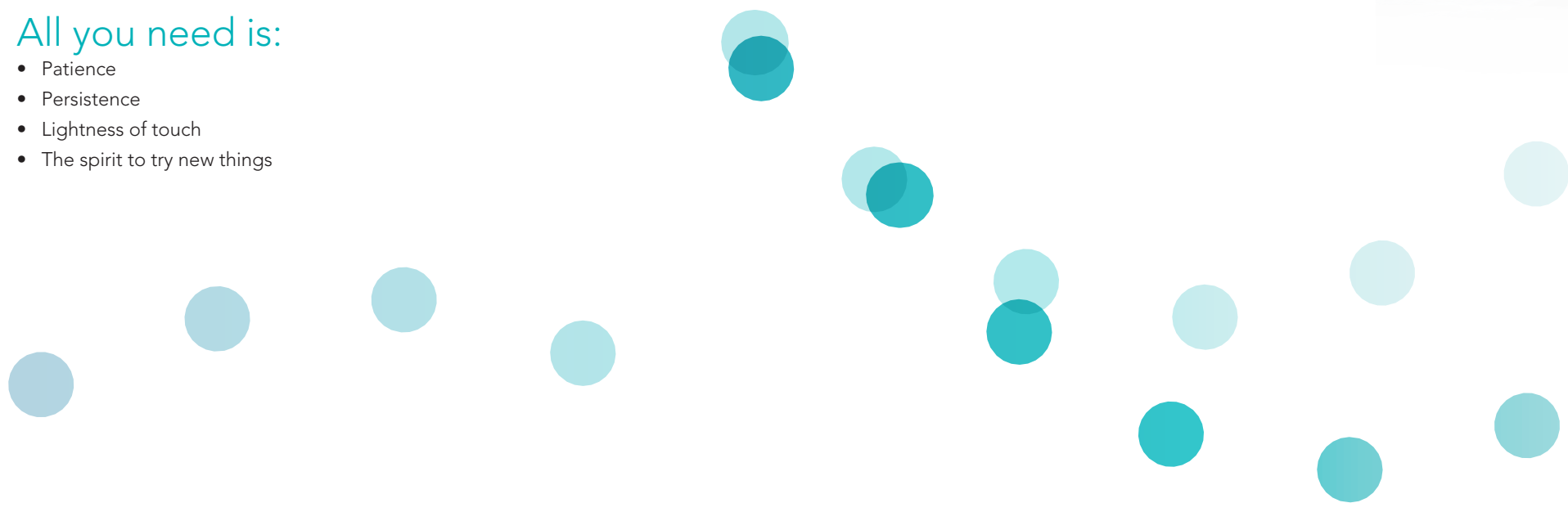
- the Victorian Fisheries Authority
- Fishcare Victoria

Make contact with your local tackle shop

Many tackle shops have information nights for beginner anglers that will help you get started

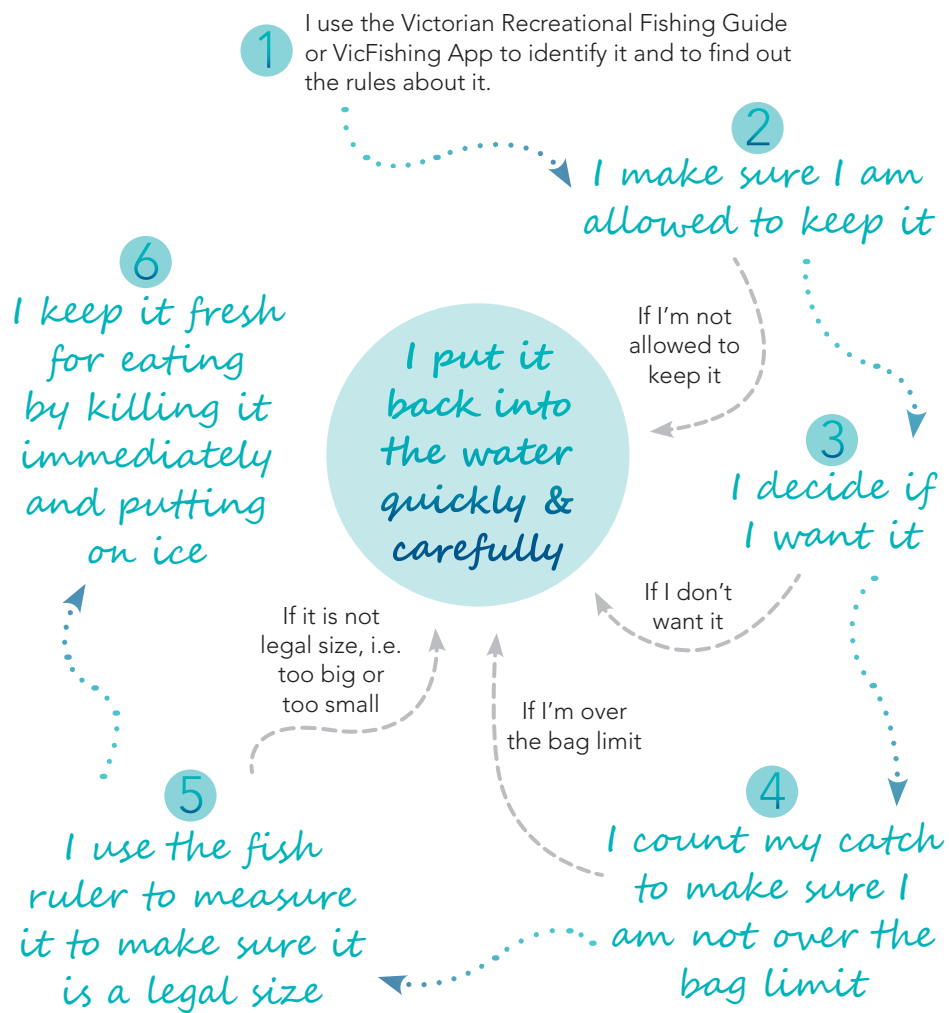
Make contact with your local angling club

A list of Victorian angling clubs can be found on the VFA webpage vfa.vic.gov.au/recreational-fishing/clubs-and-associations





When I catch a fish...



The basic gear

It's as easy as 1, 2, 3, 4, 5...

- 1** General purpose fishing rod & reel or hand line
- 2** Hooks, sinkers, swivels and a trace
- 3** Knotless landing net, towel or gloves (wet towels or gloves are used to handle live fish)
- 4** Hook remover or long nose pliers, a knife
- 5** Grab an esky/bucket, bait, ice (and take some friends!)



Top tip:

Inexpensive entry level fishing gear can be found in any good tackle shop. The staff will be eager to help you.

Help the environment by asking for green tackle options!



What else?

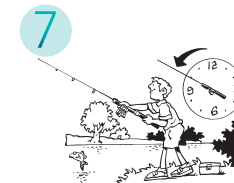
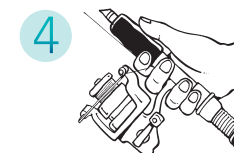
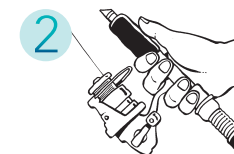
6, 7, 8, 9, 10...

- 6 Get the Victorian Recreational Fishing Guide or VicFishing App and a fish ruler
- 7 Read the rules about the fish you could catch
- 8 Find out if you need to buy a fishing licence
- 9 Be safe! Take your safety gear and go fishing in good weather
- 10 Find a location, take some friends and
Have fun! Fish responsibly!

Casting

Eight steps for casting:

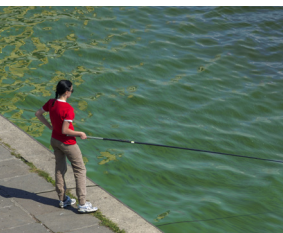
1. Hold your rod at waist level parallel to the ground. Wind out the line until there is 30-40 cm hanging from its tip.
2. Hold the rod in your casting hand near the reel. Place two fingers either side of the reel foot.
3. Move the line roller so the fishing line is directly under and parallel to the rod.
4. Hold the line against the rod with your index finger.
5. With your other hand flip open the bail arm.
6. Make sure the line isn't tangled around the rod tip. Look behind, make sure the area is clear. Take the rod to the 2 o'clock position.
7. Look where you want to cast. Smoothly bring the rod forward. When the rod reaches the 10 o'clock position take your finger off the line.
8. Close the bail arm with your free hand. Wind in the slack line.



Casting is all about timing – not brute strength!
So if:

-The bait went straight up into the air.
You released the line too early.
Wait a little longer to release the line.

-The bait ended up at your feet.
You released the line too late.
Release the line sooner.



Rigging your rod

Line, sinker & hook

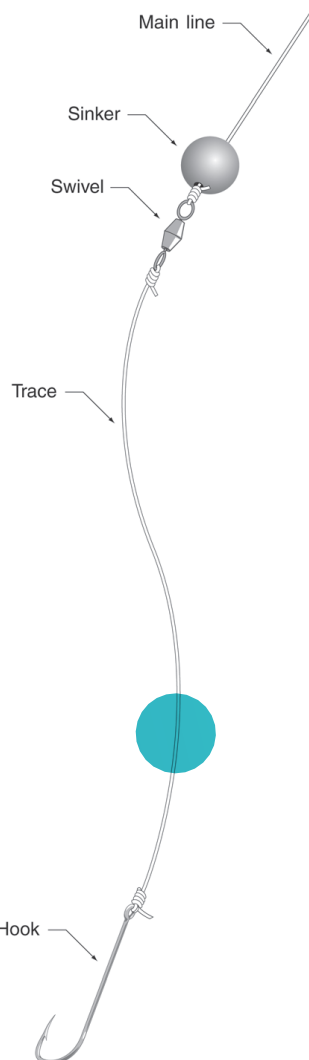
1 Thread a small sinker onto the main fishing line

2 Tie a small swivel underneath the sinker

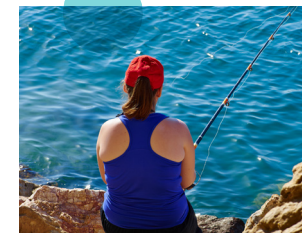
3 Tie one end of the trace to the swivel

4 Tie the other end of the trace to the hook

5 Put some bait on the hook



Where do I get...



A Licence

A Recreational Fishing Licence is usually required when fishing in Victoria. Recreational fishing licence information, can be found:

- In the Victorian Recreational Fishing Guide
- On the VicFishing App
- On the VFA website
vfa.vic.gov.au/recreational-fishing/fishing-licence

Victorian Recreational Fishing Guide

This free booklet contains pictures of fish and the fishing rules.

Get it from most tackle shops or call the Customer Service Centre on 136 186.

It is also on VFA's website

vfa.vic.gov.au/recreational-fishing/recreational-fishingguide

VicFishing App

This digital version of the Victorian Recreational Fishing Guide is free and suitable for Android and iPhones.

Recreational fishing licences can be bought using this App.

Get the App from VFA website

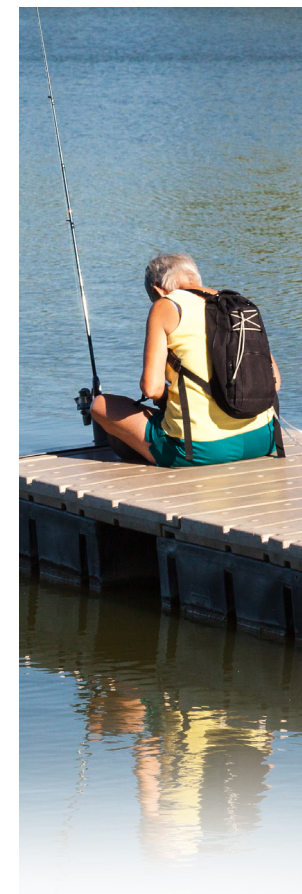
vfa.vic.gov.au/recreational-fishing/recreational-fishingguide/recreational-fishing-application-for-smartphones

Rulers

Stick-on rulers are used to measure fish.

The rulers feature colour pictures of fish and information about size and bag limits.

Get them from most tackle shops or call the Customer Service Centre on 136 186.



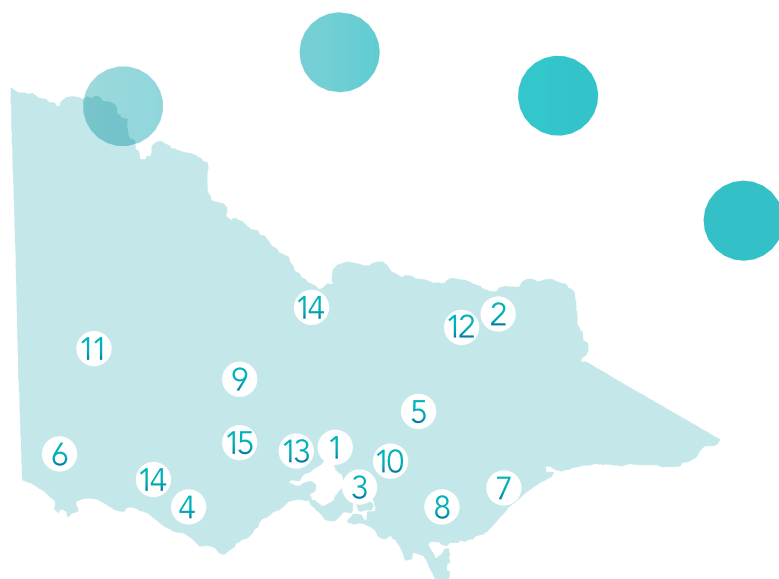


Find a location

Family Fishing Lakes are a good place to start.

These lakes are located in or nearby population centres throughout Victoria. The Victorian Fisheries Authority puts rainbow trout and other fish into these lakes to provide great fishing for beginners.

Family Fishing Lakes are close to amenities (toilets, coffee shops and other recreational activities) and in regional Victoria close to accommodation.



- | | | |
|----------------------------|-------------------|-------------------------|
| 1. Albert Park Lake | 6. Ess Lagoon | 11. Police Paddock Dam |
| 2. Allans Flat Dredge Hole | 7. Guthridge Lake | 12. Sambell Lake |
| 3. Casey Fields Lake | 8. Hyland Lake | 13. Spavin Lake |
| 4. Cobden Lake | 9. Jubilee Lake | 14. Tea Tree Lake |
| 5. Eildon Pondage | 10. Lilydale Lake | 15. Victoria Park Lakes |

Preparing to go fishing

Check the forecast on the BOM website
BEFORE you go fishing —
be aware of any current weather warnings

Make sure someone knows your plans —
what your contact number is, where you are going and when you will be back

Always fish with a friend —
never fish alone

Take your safety gear and keep it close by —
phone, first-aid kit, rope, esky/bucket

Always wear —
covered non-slip shoes and SLIP, SLOP, SLAP & SLIDE (shirt, sunscreen, hat, sunglasses)

Always WATCH —
the water

