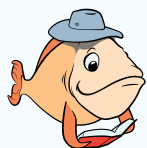




WA Educational Fishing Guide for Beginners



Fishability trained and experienced volunteers assist children and adults requiring support to experience the joy of fishing and by using purpose-built motorised rods, reels and fishing rod holders.



The Fishability Program provides;

Organised shore, jetty and boat based fishing activities.

Wheelchair accessible vessels for guided river, ocean and estuary fishing trips.

Advice on universally accessible fishing locations and facilities.

Acts in an advocacy role, promoting inclusive participation in recreational fishing.



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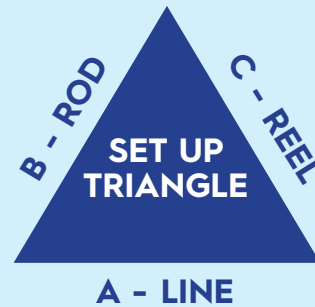


Take this book with you when you go fishing
- it will help you catch more fish!

GUIDE 1

Lines, Rods and Reels

Always choose the type of line first. It's important to match your line choice with the right rod and reel. If heavy line is used on a light-weight rod and reel combo, it will be very difficult to cast. Balance your triangle!



Tell your local tackle store expert what you want to catch; they will advise you of what line you should start with.

Then you need to choose a rod and reel to match your line choice (3-6kg line should see you pull in most fish from the beach or your favourite jetty).

Fishing Line

Good quality line will help in avoiding tangles.

Types:

Monofilament – inexpensive, great general-purpose line, easy to tie good knots.

Braid – quite expensive and hard to tie knots in. Very strong and thin, but not much stretch. You'll need lots of practice to tie good knots in braid!

Line terms:

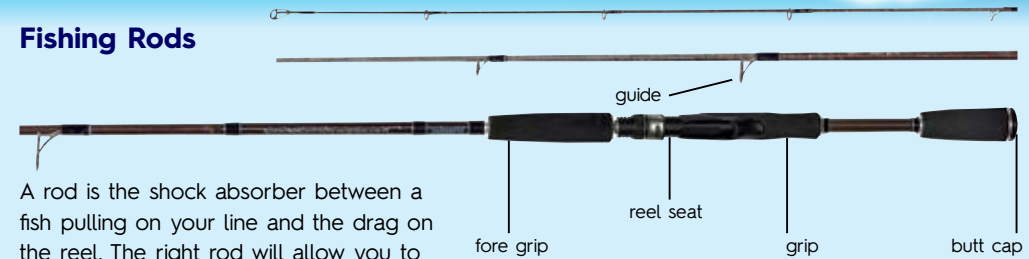
Strength: Measured in 'breaking strain' as pounds or kilograms. Higher numbers are stronger lines. Most rods and reels will note the suitable 'breaking strain' to use.

Visibility: How visible the line type is underwater; High, Low, or Invisible.

Line thickness can vary greatly, but the strength can be the same. Thin line sizes cast further, whilst thicker line has more abrasion resistance (won't break as easily in a snag).



Fishing Rods



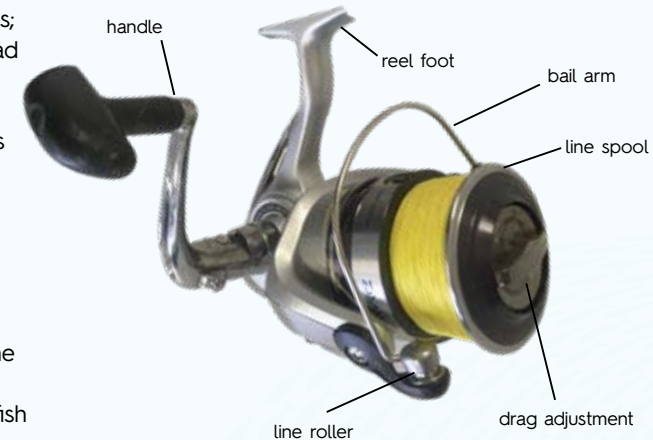
A rod is the shock absorber between a fish pulling on your line and the drag on the reel. The right rod will allow you to catch heavy fish on light line.

Fishing Reels

There are many types of fishing reels; hand line, fly reel, spin reel, overhead reel and side-cast (or center pin).

We will cover spinning reels here, as we use them in all our activities and they are easy to use and learn with.

Spinning reels store line on a spool. They have an adjustable friction system known as 'drag' which maintains constant tension on the line as it's pulled off the spool. Proper adjustment of the 'drag' prevents a fish from breaking your line or your rod.



Note your fave combo here – take a photo or write down what you use and what you catch on it

GUIDE 2

Tackle and Accessories

Hooks

Use circle hooks as they cause less harm to the fish and are easier to remove. Circle hooks and long shank hooks are great options for novice fishers to use. You can crush barbs down to make them safer for you and easier to remove from the fish. Don't worry, you will still catch fish!

Fishing Line

3-6kg line will work for most fish from the beach or your favourite jetty.

Sinkers and Swivels

Always carry a few different sizes of sinkers and swivels in your tackle box.



Draw a picture of some of the tackle you used at the Fishability activity.



What to bring

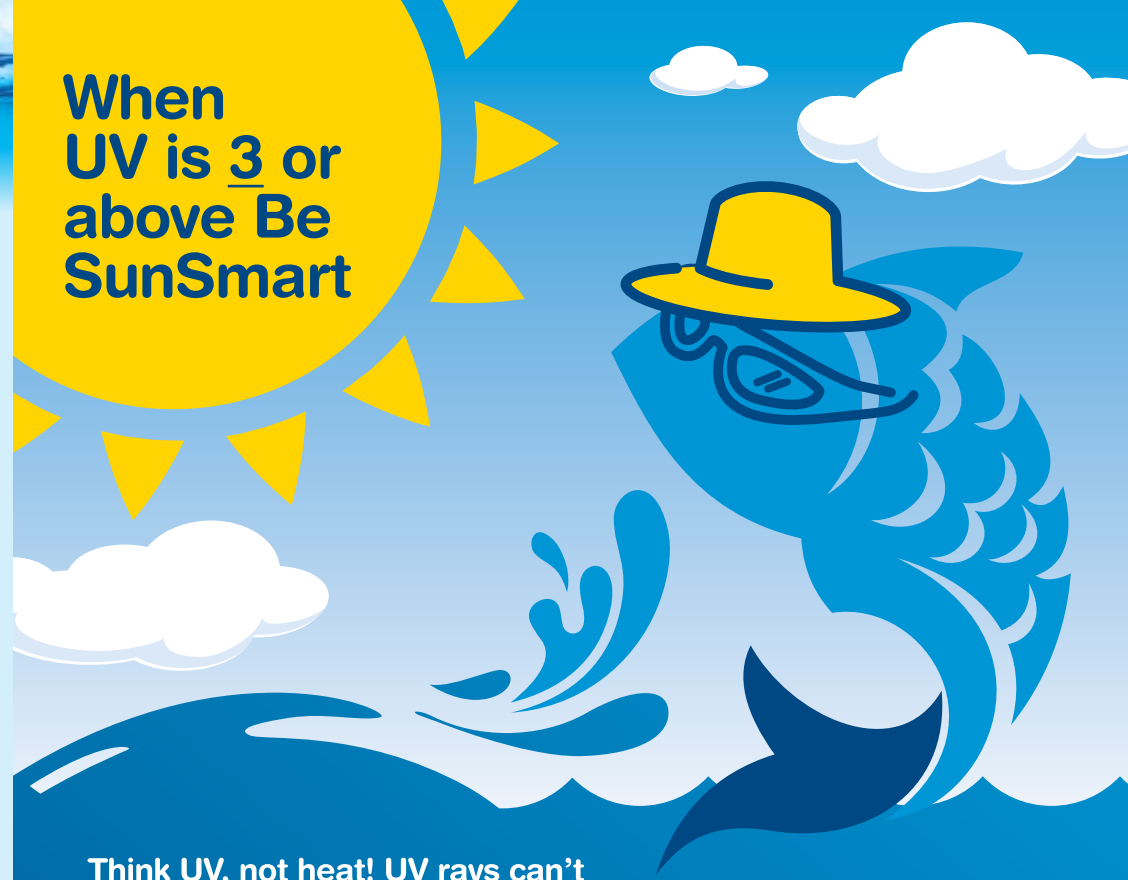
- ☐ A ruler to measure your catch.
- ☐ A rag or cloth to wipe your hands.
- ☐ Your camera so you can get some photos of you and your monster fish!
- ☐ If you intend to keep your catch, bring an esky with ice to keep your catch fresh and tasty.



You don't need expensive gear to get into fishing! A handline is a cheap, simple and effective way to start catching fish.



When UV is 3 or above Be SunSmart



Think UV, not heat! UV rays can't be seen or felt and can damage your skin on cool or cloudy days.

Download the SunSmart App for sun protection times, and don't forget to;



Slip



Slop



Slap



Seek



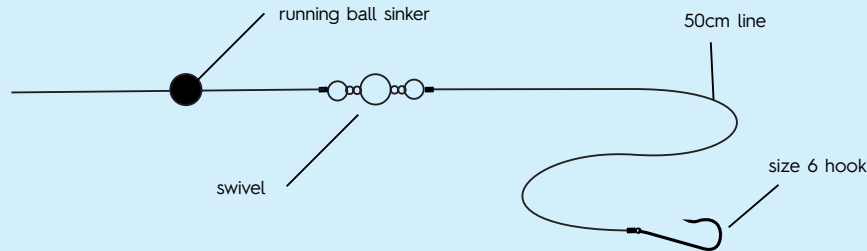
Slide

Download
the SunSmart
app now at
myUV.com.au

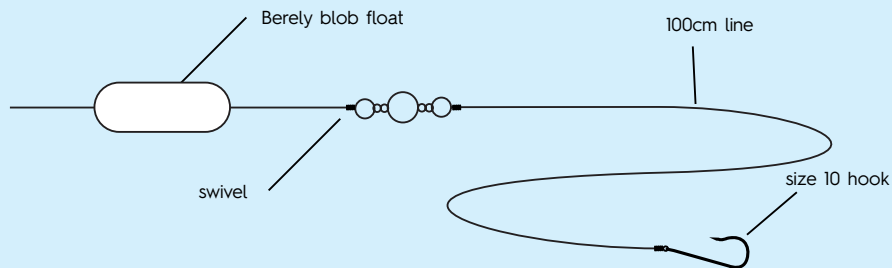


GUIDE 3 Knots and Simple Rigs

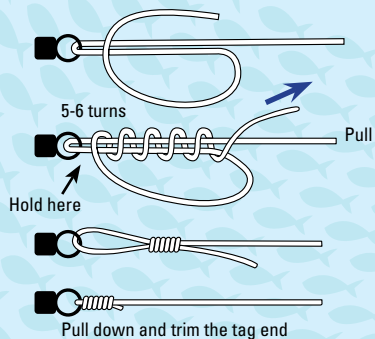
Whiting / Skippy / Bream / Flathead



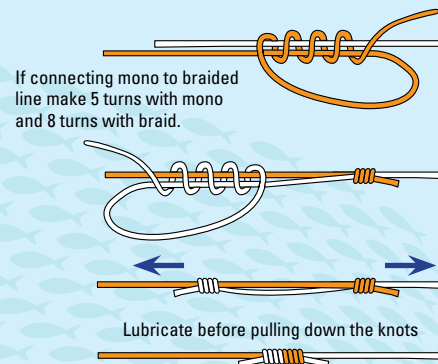
Herring



Uni knot - Attaching hooks & swivels



Double Uni Knot - Joining two lines



GUIDE 4 Bait to Use

Prawns

Coral prawns - skippy, whiting, herring, flathead, flounder, silver bream, garfish.

River prawns - black bream, whiting, flathead, flounder.

Only use Australian wild-caught prawns purchased from a bait supplier, or catch your own. Only prawns bought from a quality bait supplier are certified safe to use.



Do not use imported, raw prawns (such as prawns that are purchased from the supermarket meant for human consumption). **These should not be used as bait as they may carry viruses which could be introduced into Australian waterways.** These diseases have devastating consequences on prawn populations, both farmed and in the wild.

Squid

Squid are hardy baits that can catch the majority of fish species. Due to its hardy nature, squid is a great bait to cast as it will not fall off the hook as easily. Cutting small strips of squid is a good way to give it some action, leaving a small tail when threading it onto the hook.



Mulies

Mulies are great bait for all types of fishing. Mulies also work excellently as berley. Cutting them up into small pieces and throwing them from the jetty, beach or boat is a great way of attracting a variety of fish to your area. Don't leave this bait in the sun for too long as it will go mushy. Ideally you want to get a only couple of mulies out of the pack at a time and keep the rest cold.



Berley

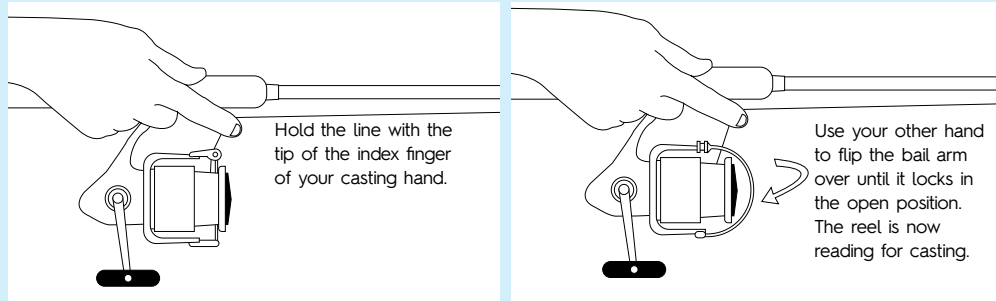
Berley comes in many different types; pollard, bread and pellets for herring, to mulie cubes and fish frames for larger fish. Pollard is great for attracting surface fish as it is slow sinking and small enough for the fish to get a taste but not a feed. Pellets are great for deeper water when you want the berley to attract bottom dwelling species such as whiting.

Berley hint: Try adding fish oils to the berley such as pollard and pellets and combine with bread crumbs or left over bread from the pantry at home.



GUIDE 5 Casting and Retrieving

Casting correctly opens up so many more options when out fishing, especially in tricky rivers or around close structures like bridges or large trees.

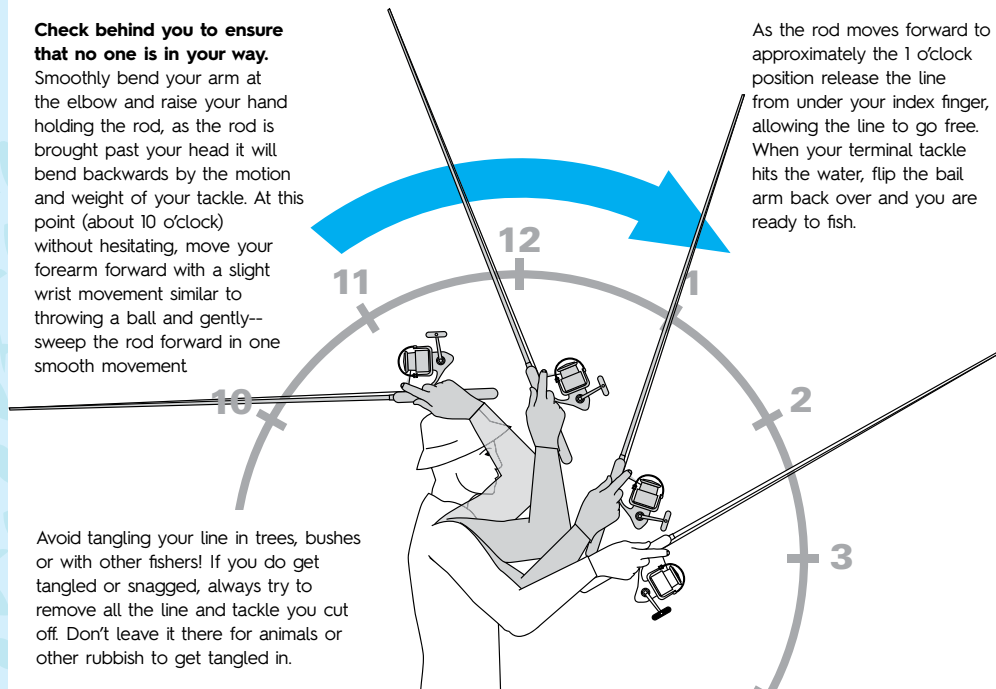


Check behind you to ensure that no one is in your way.

Smoothly bend your arm at the elbow and raise your hand holding the rod, as the rod is brought past your head it will bend backwards by the motion and weight of your tackle. At this point (about 10 o'clock) without hesitating, move your forearm forward with a slight wrist movement similar to throwing a ball and gently--sweep the rod forward in one smooth movement.

As the rod moves forward to approximately the 1 o'clock position release the line from under your index finger, allowing the line to go free. When your terminal tackle hits the water, flip the bail arm back over and you are ready to fish.

Avoid tangling your line in trees, bushes or with other fishers! If you do get tangled or snagged, always try to remove all the line and tackle you cut off. Don't leave it there for animals or other rubbish to get tangled in.



Practice your casting in the back yard with a bucket for a target. Make sure you have clear room in front and behind you and use a small sinker instead of a hook.

Be aware of other people enjoying the water. Don't go fishing in a popular swimming spot.

GUIDE 6 Safety - Fish and Survive

Fishing is great, but there's a few other things you need to know to make sure you come home safe after a day's fishing;

Check the weather before you head out and dress for the conditions



Wear layers and light clothing or a fishing shirt and non-slip shoes



Always fish with a friend and be sure to tell someone where you are going and what time you will be back



Only fish where you feel safe and confident (avoid rocks, bad weather and big waves). Never turn your back on the ocean – waves can come out of nowhere!



Comfortable, affordable and durable lifejackets for the whole family

SHOP OUR FULL RANGE AT
fishandsurvive.com.au



Abalone



There are three main species of abalone found in Western Australia, green lip, brown lip and Roe's abalone. The WA abalone fishing season is only four hours long! Between December and February there are only four days you can take abalone; and for only one hour on each of those days!

WHERE TO CATCH

Roe's abalone is found on shallow reef from 0 to 5m of water. Green lip and brown lip abalone are more commonly found in deeper water from 5 to 25m.

WHERE THEY LIVE

They're found clinging to rocks, reef and other hard surfaces under the water level.

HOW TO CATCH

You have to have a licence first! Make sure you have all the basic safety and collection gear. To remove them from their rocks, slide an abalone knife under the shell before they have a chance to suck down to the spot they are clinging on.

The fishing techniques and rigs vary from one species to another. Before you head out, decide which species you want to target so you can make sure you have the right gear and location.

Banded puffer fish (blowies)



Blowfish are actually a native species. They are fun to catch but not to keep. Always return them to the water as humanely as possible because they play an important part in the marine environment. If they are left to rot on a jetty or beach, they can also be dangerous to other animals (like dogs, which may try to eat them!). Just because you can't eat them, doesn't mean they shouldn't be treated with just as much respect as any other fish.



Not sure what type of fish you caught or if it's good to eat?

Just download the Recfishwest app!

It has the most up to date fishing rules and regulations, a handy fish ID tool and heaps more, so get it free today from iTunes or Google.



Bream



There are three main types of bream in WA: black bream, yellow fin and tarwhine (or silver bream).

WHERE TO CATCH

Black bream and tarwhine from Kalbarri South; yellow fin bream are found right throughout northern parts of WA.

WHERE THEY LIVE

Tarwhine and yellowfin bream are caught in coastal marine environment and black bream are caught in estuary areas (try fishing around jetty pylons, or trees in the water - 'snags').

HOW TO CATCH

Same as Whiting; or just run a sinker straight to your circle hook. You can use prawns, fresh mussels, squid or worms as bait

Crabs



Blue swimmer crabs are the most commonly caught crabs in WA. They are also known as blue manna crabs or sand crabs.

WHERE TO CATCH:

From Augusta in the south to Dampier in the north.

WHERE THEY LIVE:

Estuaries, shallow in-shore waters when the water is warm (they come out in the early mornings or late in the evening).

HOW TO CATCH:

You can use a scoop net when walking in shallow water with your friends and family. Or drop a crab net off a boat or jetty with a fish skeleton in the net remember to always take a crab gauge with you!

Fishability
Fishers with Disabilities

We'd love to see your fishing photos

Send them to the Fishability Friends Facebook page
<https://www.facebook.com/pg/fisherswithdisabilities/posts/> or Twitter with #Fishability



Flathead



Flathead are sneaky, but a great fighting and superb eating fish. **CAUTION!** When handling these fish be VERY careful as they have four barbs behind their head on their gill plates. These spikes are also coated in a toxin that will make the wound throb with pain for a number of days. Using a rag to hold them is a good way to prevent being spiked, and if you are spiked, running the wound under hot water, as hot as the patient can bare, can reduce the effects of the toxin. Rubbing the wound on the belly of the fish that spiked you is also known to relieve the pain.

WHERE TO CATCH

Fishing along shallow sand flats and in areas that drop off into deeper water is a great place to target these fish.

WHERE THEY LIVE

In river estuaries and the ocean. Swan River, Mandurah inlet, all over WA!

HOW TO CATCH

Using a running ball sinker on you mainline, tied to a swivel and then a 40cm leader to a small circle hook is a great rig and allows the bait to sit naturally on the bottom. Retrieving this slowly along the sand flats and up the steep drop-offs is a great way to fish for flathead. Flathead wait in one location for their prey, so cast to different spots each time to cover ground and find this fish. Whitebait and prawns are great bait for flathead.

Herring



Australian herring are fun to catch and love to jump out of the water. Make sure you keep your line tight when reeling these fish in!

WHERE TO CATCH

From Shark Bay all the way down to the south of WA.

WHERE THEY LIVE

Almost everywhere, near reefs, open ocean and even in the waves.

Similar in looks to a juvenile (baby) Australian salmon, herring have a white pectoral fin (side fin) and black tips on their tail; herring also have a larger eye and a much rounder head.

HOW TO CATCH

Herring will bite almost anything, but try a float full of stinky burley down to a swivel.

Tie about 50cm of line from the swivel down to a small hook and use prawns or squid as bait. Unweighted baits on a hook tied to some fluorocarbon can also work well but can be difficult to cast.

When the fishing is hot, using a small metal slice such as a Halco slice (10 - 20g) does a great job and is a good way to teach older kids how to cast and retrieve.

Salmon, Australian



It is popular, but very dangerous to fish for Australian salmon off the rocks! It's just as easy to catch them from the beach, so keep the sand between your toes!

WHERE TO CATCH

When in season, Australian salmon can be caught from Esperance all the way to Fremantle depending on the stage of the migration and the size of the run.

WHERE THEY LIVE

Southern ocean areas from Perth all around to the south coast of Victoria. Adults form large schools along surf beaches and rocky reefs, while juveniles inhabit shallow bays and estuaries.

HOW TO CATCH

Bait such as mulies, herring, gardies or mullet are all great choices. Try tying a three way swivel onto your line with a 10cm line coming off the first loop of the swivel to a sinker (sinker size depends on how windy it is and how far you need to cast), and off the third swivel loop 40 - 60cm of line to a gang hook.

This is what's known as a tailor rig and is great for most beach fishing. Salmon go for lures (retrieved at a moderate pace across the surface) such as stick baits and metal slices.

Skipper



Skipper are one of the most exciting fish to have on your hook. They don't jump around like herring, but they will put up a really good fight, so be ready!

WHERE TO CATCH

All the way up and down WA.

WHERE THEY LIVE

Mostly in waters just off the coast

A good place to catch them is usually off your local jetty.

HOW TO CATCH

Same as whiting in shallow water a herring float type rig also works very well, but these fish will most likely eat prawns, whitebait and mulies cut into cubes.



Two recommended Western Australian fishing resources, available at any good tackle shop.

GUIDE 7 Species - Popular WA Catches

Squid



WHERE TO CATCH

From Dampier all the way down to the south of WA.

WHERE THEY LIVE

Inshore marine and estuary areas. Try seagrass areas and areas of sand and clear water.

HOW TO CATCH

Use a plastic squid jig (this is a prawn lure with no bait). Cast the jig out, let it sink for a few seconds then twitch the rod a few times to move the jig up and wind up the slack, repeating this process until the jig needs to be cast again.

Be careful not to wait too long as the jig may sink too far and become stuck on the seagrass. Try to think how a prawn would twitch around!

Whiting



There are four main types of whiting that you'll probably catch: western school whiting, sand whiting, yellowfin whiting and King George whiting (King George have small brown spots on the side).

WHERE TO CATCH:

You can catch most whiting types all over WA.

WHERE THEY LIVE:

Estuaries and shallow, sandy, in-shore waters (fish where there is some sand and sea grass around).

HOW TO CATCH:

Try a small sinker running down to a swivel. Tie about 30cm of line from the swivel down to a small, long shank hook. You can use prawns or squid as bait (use smaller pieces of fresh mussels or worms for even better fishing). Whiting only have very small mouths and using smaller pieces prevents them from pulling chunks off the hook and stealing all your bait!

GUIDE 8 Proper Fish Handling

If you are just fishing for fun and not for a feed, always leave any fish you catch in the water as much as possible and release it as soon as you can.

Catch and Release

You can identify your catch using the free Recfishwest App on Apple or Android. This handy app will also tell you what the legal size and bag limits are for each fish.

Always handle your fish with a wet rag or wet hands to avoid removing the slime off their bodies. If the hook is too far down to remove, cut the line as close to the hook as possible. The hook will either dissolve or the fish will eventually work it out naturally. For bigger fish, use a suitable landing net made of wide mesh and soft material.



HOOKS AND HANDS

Use circle hooks (or crush down any barbs) to minimise the harm to the fish or yourself. Have some 'needle-nosed' pliers handy to help remove hooks from your fish.

HEALTHY RELEASE

Return the fish to the water as soon as possible! If fish appear exhausted upon returning to the water (struggling to swim or remaining upright), 'swim' them before release by pushing the fish backwards and forwards through the water or holding it into the current to increase water flow over its gills. This is also called 'Fish CPR'.

Keeping your catch

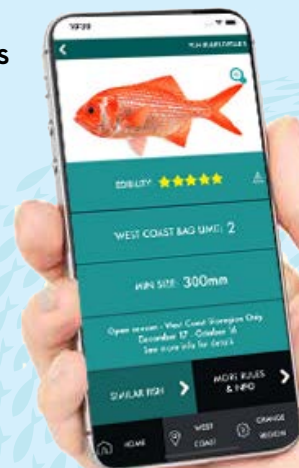
If you want to keep your catch, the best option is on ice, and plan to eat it as soon as possible. Fish will last longer on ice than in a fridge!

Before you go fishing, prepare an ice-slurry in an esky. The slurry is about three parts seawater to two parts ice (if you only have ice then place it right into the ice). The scales trap moisture in the flesh and do a good job of keeping the meat moist and fresh. As long as you keep the fish moist and do not let it dry right out, the scales will still be easy to remove later. They only become difficult to remove once the skin has dried right out.

KNOW THE RULES

Know the rules and have a fish ruler handy.

Refer to the free Recfishwest App for regulations, catch limits and eating quality.



KILLING KINDLY

Put your catch straight into an ice-slurry as described above. The fish will die very quickly and humanely while staying fresh and tasty for later. This way there is no need to use knives or force, or to perform 'Iki-Jime' (see <http://www.ikijime.com/> for more info).

Check the SunSmart App to protect yourself from UV damage

Download the SunSmart app now at myUV.com.au

Slip Slop Slap Seek Slide

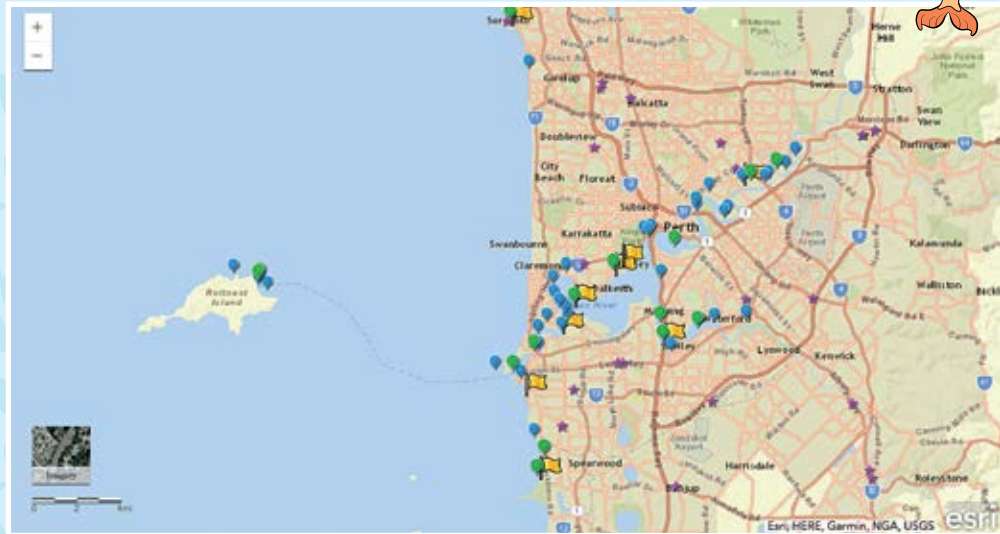
SUNSMART recfishwest

GUIDE 9 WA Locations

The Fishability map was first developed in 2015 and updated in 2017. The map identifies "Fishability" friendly fishing locations across Western Australia, categorised according to accessibility. There are nearly 150 locations for people to go fishing regardless of whether they are elderly, have poor balance or mobility, are families with young children, use a wheelchair, or are carers looking after persons with a disability.

There are also more than 20 locations identified with a yellow flag where Fishability conducts its jetty and boat fishing programs.

Our special thanks to Department of Primary Industries and Regional Development and also Recfishwest, government authorities, tackle shops and lots of local fishers for their help with collecting information and providing valuable local knowledge. The creation and maintenance of the Fishability Map was made possible by the Recreational Fishing Initiatives Fund.



Zoom in on the online map to your desired fishing location and click on the pin. A pop-up window will appear with essential information, photos and links. Find the map here: <https://fishability.org.au/go-fishing-yourself-using-our-fishability-map/> or scan the QR code to take you directly to the map.



GUIDE 10 Fish For The Future

Be Environmentally Thoughtful

Always take your rubbish with you and put it in the rubbish bin.

Even if you see rubbish that isn't yours, collect it safely and put it in the rubbish bin.

Try as best as possible to remove any fishing line and hooks from snags.

Try not to walk over reefs and rocks where there are corals and animals that could be damaged.

Always return all undersized fish back to the water quickly and carefully.

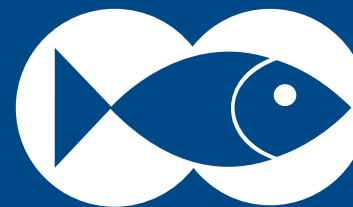
Return banded puffer fish (blowfish) back to the water quickly and kindly.

Only keep what you need for a feed or two. Limit your catch, don't catch your limit!



Made of 100 percent recycled materials, line bins provide the best way to dispose of unwanted fishing line and tackle. There are over 44 dedicated fishing line bins at popular jetties, fishing platforms, traffic bridges and foreshores as part of the partnership with nine riverfront local governments.

FISHWATCH



REPORT ▶ Illegal Fishing
▶ Aquatic Pests
▶ Aquatic Diseases

1800-815-507



Photo credit: RichCarey_Shutterstock

Draw a picture of your Fishability experience.



Tell us a story about your Fishability experience.

What was the weather like?

.....

.....

How many fish did you catch?

.....

.....

What other wildlife did you see today?

.....

.....

What was the best part of your fishing experience?

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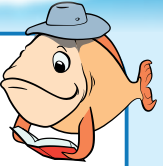
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ACTIVITIES

My Achievements - Word search

Tie a Knot <input type="text"/>	Bait the Hook <input type="text"/>	Cast a Rod <input type="text"/>	Catch a puffer fish <input type="text"/>
Catch a whiting <input type="text"/>	Catch a herring <input type="text"/>	Catch a flathead <input type="text"/>	Catch a bream <input type="text"/>

b	r	e	a	m	x	s	t	a	c	k	l	e	r	w	h	c	n
k	l	i	n	e	n	i	a	o	y	r	o	d	e	h	o	a	n
k	v	s	i	n	k	e	r	l	v	f	x	k	t	u	c	s	k
f	l	a	t	h	e	a	d	r	m	x	g	b	r	v	m	t	j
u	p	z	j	h	o	o	k	s	e	o	d	e	i	h	e	i	o
n	x	w	o	s	w	i	v	e	l	e	n	r	e	e	y	n	s
n	a	u	w	p	m	u	l	i	e	a	l	l	v	r	b	g	k
j	o	l	g	s	p	r	a	w	n	d	c	e	i	r	r	q	i
m	o	n	o	f	i	l	a	m	e	n	t	y	n	i	a	t	p
a	w	h	i	t	i	n	g	v	h	a	t	m	g	n	i	u	p
w	p	g	f	s	q	u	i	d	p	v	t	d	z	g	d	y	y

Find the following fishing words in the puzzle. Words are hidden → ↓ and ↘ .

- | | | | |
|----------|--------------|------------|-----------|
| bait | hat | prawn | skippy |
| berley | herring | reel | squid |
| braid | hooks | retrieving | sunscreen |
| bream | line | rod | swivel |
| casting | monofilament | salmon | tackle |
| flathead | mulie | sinker | whiting |

Thank you to all of our Fishability fishing activity supporting partners.





Belong

Spend time with others,
why not take your family
and friends fishing



Keeping mentally healthy Is just as important as staying physically healthy

Act
Join a fishing club
and try a new
activity

actbelongcommit.org.au



Commit

Do something meaningful
and volunteer with
Fishability

Fishability
Fishers with Disabilities

