

## **HISTORY OF CARE**



#### Welcome to the CONNECTICUT AQUATIC RESOURCES EDUCATION PROGRAM!

The CONNECTICUT AQUATIC RESOURCES EDUCATION (CARE) Program is part of the Connecticut Department of Energy and Environmental Protection (DEEP) – Bureau of Natural Resource's Inland Fisheries Division. The DEEP Bureau of Natural Resources conserves and manages the state's natural resources (particularly fish, wildlife, and forests) through regulation, research, and public education. Your participation in the CARE program supports the mission of the Inland Fisheries Division: To Advance the Conservation, Enhancement, Restoration, Use, and Appreciation of Connecticut's Inland and Diadromous Fisheries and Fish Habitats. We thank you for your support.

About CARE: Since 1986, CARE has been introducing children and families to the fun of fishing! The CARE program trains and certifies volunteers from around the state to teach Family Fishing Courses. CARE instructor volunteer time is documented and used as state in-kind match for federal sport fish restoration funding, which allows CARE to function with little to no state funding.

Local Certified CARE Instructors and biologists provide expert instruction, fun demonstrations and hands-on activities. CARE is a science-based package of environmental, ecological, and angling information. During our Family Fishing Class you will learn to cast, identify your catch, select the right bait and tie a strong knot. You will be on your way to become an interested, knowledgeable, and skilled angler!

This workbook will introduce you to the basics of fishing and teach you how to become a responsible "ANGLER". An angler is someone who fishes and is a key component in the way we manage our state's fisheries. Well-informed and educated anglers have a better understanding of the resource and the role they play in its management. Fishing is a fun, family sport that we hope you will adopt as an activity of choice for your family!





# **SPORT FISH** RESTORATION

America is home to large numbers and varieties of wild creatures. Yet, only a few decades ago, wildlife's survival was very much in doubt. Early settlers harvested an abundance of wildlife, wiping out some species and reducing others to just a fraction of their original numbers.

Because of this, Congress passed the Wildlife Restoration Act (Pitman-Robertson) in 1937 and the Sport Fish Restoration Act (Dingell- Johnson 1950 / Wallop- Breaux 1984) enabling the U.S. Fish & Wildlife Service through the Wildlife and Sport Fish Restoration Program (WSFR) to conserve, protect, and enhance fish, wildlife, their habitats, and the hunting, sport fishing and recreational boating opportunities they provide.

These laws provide legislation to collect tax on motor boat fuels, excise taxes on fishing equipment, hunting arms (guns, bows, ammunitions, and arrows), and import duties on yachts and pleasure craft. The money collected from these taxes is deposited into a national trust fund (one for fish and one for wildlife). The U.S. Fish & Wildlife Service manages these trust funds, awarding grants to state fish and wildlife agencies so they can improve fish, wildlife, and boating. (For more detailed information visit www.wsfrprograms.fws.gov).

Since then, the populations and ranges of numerous species have been extended far beyond what they were in the 1930s.

Federal funding from WSFR pays for up to 75 percent of project costs, with the Connecticut Department of Energy and Environmental Protection (DEEP) paying at least 25 percent. A steady source of funding lets the Bureau of Natural Resources make a lasting impact on species populations. DEEP receives about \$7 million each year from federal excise taxes for sport fish and wildlife restoration.

WSFR has greatly aided in a nationwide effort to enlist science in the cause of wildlife conservation. About 26 percent of WSFR funding to states is used for surveys and research.

Surveys provide solid information on the numbers and activities of species, which helps biologists make management decisions. This includes season dates, bag limits, habitat improvements, etc.

Research findings have enabled managers to keep wildlife in balance with their environments and to permit more people to enjoy fish and wildlife without endangering the future of any species.

Aquatic Education is designed to make each angler aware of how his or her behavior affects others and the resource. It also helps introduce new anglers to the sport of fishing by teaching the basic knowledge an angler needs to get started.



The cycle of natural resource management success

### **YOUTH FISHING PASSPORT**

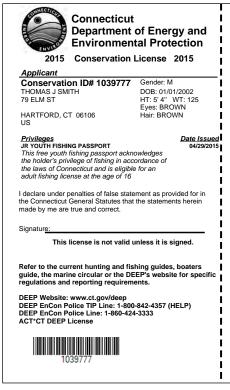
Youth Fishing Passport: Welcome to the angling community. The Youth Fishing Passport is the perfect way to instill a sense of pride in your aspiring young angler, 15 years old and younger. Registration is free through the CT DEEP online sportsmen licensing system (www.ct.gov/deep/ sportsmenlicensing). As a passport holder you have joined the hundreds of thousands of people who enjoy fishing and being outdoors. Your Conservation ID, printed on your passport, will remain with you for life. Each time you renew or register for a fishing, hunting, or boating license you will use this number.



Your Youth Fishing Passport provides access to 2 great fishing activities, "geo-catching" and the "fishing challenge." Each encourage families to work together to try and catch a list of fish from around the state. Email a photo of your catch to deep.inland.fisheries@ct.gov and we will keep track of your success.

Passport holders also can receive a discount or free items from passport sponsors.

For more information or assistance contact Mike Beauchene at 860-424-4185 mike.beauchene@ct.gov or visit the Youth Fishing Passport Web Page at: www.ct.gov/DEEP/YFP.



The Youth Fishing Passport comes in 2 formats depending upon the angler's age. Those who are 12 to 15 receive the printout similar to adult licenses (above), those under 12 receive the 4-fish version (left).



"The YFP gave me the framework, structure, and confidence to take my children fishing. Prior to this I was too intimidated to take them fishing." Barbara G., Newington

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#### **CARE Family Fishing Manual**

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Fishing tackle, supplies and equipment are essential to the success of any angler. This doesn't mean you need to buy the most expensive product on the shelf. But knowing what equipment is needed will help you succeed on your fishing trip.

The basic equipment any angler uses is nothing more than a rod and reel with line, hook and weight. The type of rod and reel, size of the line, hook and weight will all depend on the species of fish you intend to catch.

#### Reels

All fishing reels typically consist of some sort of spool that holds the line, with a handle to reel in the line. There are different types of reels that vary in form and function, and have varying degrees of difficulty in their use.



Spincast reels are the most basic and easiest to use. A spincast reel is the recommended choice for any beginning angler since it is easy to operate and difficult to tangle. It is also very versatile in that it can be used in just about any form of fishing.

Spinning reels are one of the more common reels used by experienced anglers. This reel is different from the



spincast reel in that the spool is open, and the reel hangs underneath the rod instead of sitting on top. The reel is a bit more difficult to use, and inexperienced users will easily tangle the line. But, with practice, a spinning reel provides a much better option than a spincast reel.



Baitcast reels are sort of a hybrid between the spincast and spinning reel. The line is exposed on a spool similar to the spinning reel, but the reel is back on top of the rod, and the line is released by pushing a button with the thumb on the back similar to the spincast reel. This is a more advanced reel used by experienced anglers and without practice the line can easily become tangled.

Fly fishing reels are associated with a specific type of casting and rod. This reel is used for fly fishing. Like the spinning reel, the fly reel hangs underneath the rod, but is designed so that instead of your bait and tackle being the weight, the line is the weight used to cast the fly. A fly reel is not as complex as compared to other reels since the spool itself is merely a storage device to hold and retrieve line.



www.CT.GOV/DEEP/FISHING



#### Rods

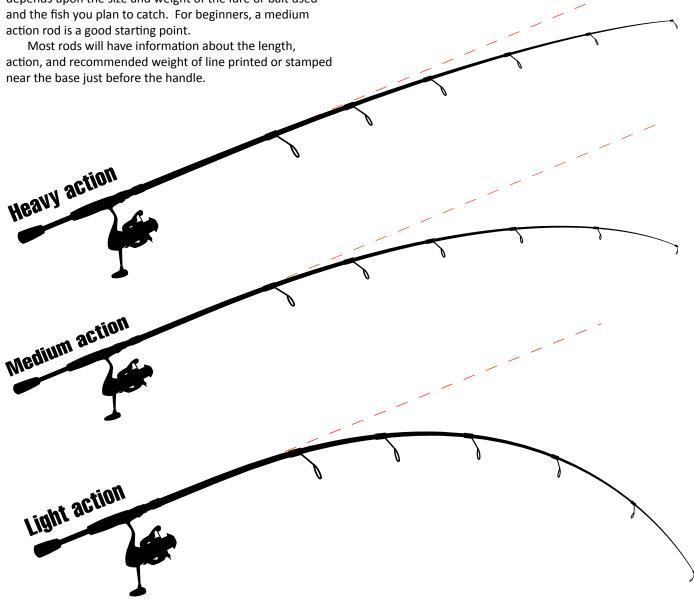
The type of rod you use will depend upon the type of tackle you plan to use and which type of reel you have. The length of a rod can vary from 5 to 6.5 feet for spinning

and casting rods for freshwater fishing. The length depends upon user preference. But for beginners, 5.5 feet is a good starting point for most freshwater fish found in Connecticut.

Rods can be described by their "action", or the amount of flexibility the rod has. The lighter the action, the more flexible the rod will be. A rod with heavier action will be stiffer and more resistant to bending. Your preferred action depends upon the size and weight of the lure or bait used and the fish you plan to catch. For beginners, a medium action rod is a good starting point.

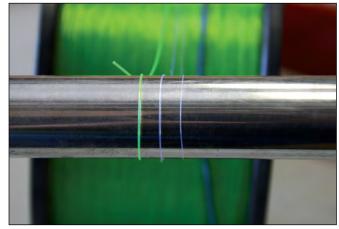
Most rods will have information about the length, action, and recommended weight of line printed or stamped

Fly rods are different in that they are longer, usually 7 to 10 feet, and vary in action depending upon the weight of line you are using. They are normally in two pieces, with the reel sitting below the grip, keeping it out of the way.





#### The Line



Different sizes of monofilament line in pound-test. Shown are 30 pound, 14 pound, and 4 pound-test line (from left to right)

Fishing line is typically monofilament material that is designed to be nearly invisible in the water. Fishing line is classified in "pound-test". This measurement is a reference to the amount of force, in pounds, that is required to break the line. The larger the pound-test number, the stronger the line. As the strength of the line increases so does the thickness, a disadvantage as thicker line is easier for the fish to see. Finding the right balance of pound-test diameter for the type of fishing you are doing is important. For a beginner, and with most spincast reels, 6 to 8 pound-test line is recommended.

#### The Weight

Weights, also called sinkers, are an important part of your fishing rig. Weights come in different shapes and sizes for different uses. The weight of the fishing line and hook is not enough to hold your bait down in the water. A



Split shot weight

sinker helps hold your bait down in the water. The weight also provides additional casting support to help get your bait into the water. One of the most common weights is the split shot. A split shot is usually a round lead or steel ball with a groove on one side and 2 tabs on the other. The fishing line is placed in the groove and then pinched shut with pliers. To remove the split shot all you need to do is squeeze the two tabs towards each other, opening the groove. The benefit to split shot over other types of weights is that it is very easy to adjust how much weight you need by adding and removing pieces without having to tie and untie.

#### Hooks



Hooks come in different shapes and sizes. The basic parts of a hook are the eye, shank, bend,

point, and barb. The purpose of the hook is to pierce the mouth of the fish and keep the fish from getting away. The barb is an important feature that keeps the fish from sliding back off of the hook. Some hooks do not have a barb, because certain fishing regulations require barbless hooks. Some hooks may have more than one point and they are referred to as a double or treble hook (often found on



many types of lures). The most common hook, and a good hook to start with, is a simple Aberdeen hook. The Aberdeen hook is usually J-shaped, with a U-shaped bend at the base of a longer shank. The longer shank makes it easier to remove the hook from the fish.

Once the type of hook is selected, then the size of hook is chosen. Hook sizes are generally referred to using numbers. The smallest hook size is 32, and the largest is 20/0 (twenty aught).

Size 6-8 is perfect for freshwater fishing in Connecticut. Using a hook that is too large might not allow a smaller fish to get the hook in its mouth. Using a hook too small could allow a larger fish to bend or break the hook. Most anglers usually have a few hook sizes on hand so they can switch should they believe the current hook being used is too small or too large.

#### Float/Bobber

A float, generally called a bobber, is a plastic bulb that attaches to your line and floats in the water.

> The bobber is placed above the hook and weight on the line, and can usually be adjusted up or down on the line to allow your bait to remain at a certain depth below the surface. Another purpose is to indicate to the angler when a fish has taken the bait.

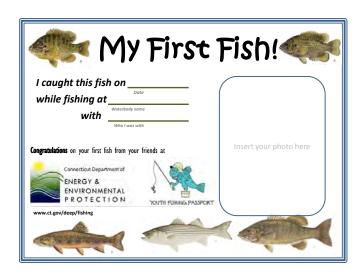
A bobber, about the size of a quarter, is a great tool for a beginner angler, since it will help to indicate when the angler should reel in the fish. Bobbers come in many shapes and sizes.



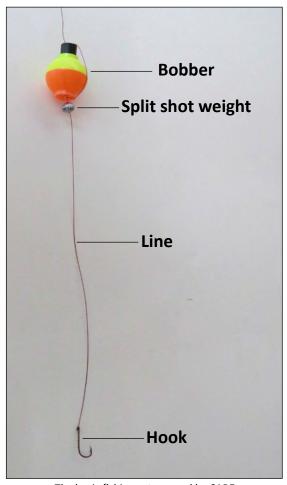


**Getting Started:** While many think of fishing from a boat, the majority of anglers will start off fishing from a dock or from shore. One of the simplest fishing rigs to use is a spincast rod and reel, with a small hook (size 6-8), split shot weight, and bobber (see below). When used with live bait, typically a worm, this method is guaranteed to bring success if fish are present and biting!

To get started, tie on a hook, attach the bobber about 1-2 feet above the hook and then add the split shot directly below the bobber. Once the tackle is set, thread a worm on to the hook. Following safe casting technique (chapter 7), cast your bait into the water and reel in any excess line. Keep an eye on your bobber. When it starts to bounce, move or goes under the surface of the water, set the hook by quickly and sharply lifting the rod tip up into the air. Begin to reel in your fish. Eventually you will see your fish coming to the water's surface. Be careful not to jerk the fish out of the water, but gently pull it up. For larger fish, using a dip net is recommended.



**My First Fish:** Congratulations! Catching the first fish is a significant milestone you and your young angler will never forget. Have your camera ready to capture the beaming smile and then preserve your memory by downloading this certificate from <a href="https://www.ct.gov/deep/yfp">www.ct.gov/deep/yfp</a>.



The basic fishing set up used by CARE.

#### Knots

A good fishing knot designed specifically for monofilament line is critical to the success of any angler. Tying a fishing knot takes practice to learn but will help reduce the chance of losing a fish because of the line breaking or the knot coming undone. The purpose of a fishing knot is to provide a strong connection between the hook and line, without degrading the quality of the fishing line. If you are using 12 pound-test line, and tie a simple knot in the line, the strength of the line at the knot will be much less than 12 pounds. An improper knot will easily result in a broken line and loss of the fish, bait or lure, and much frustration and disappointment.

An improved clinch knot is one of the easiest fishing knots to tie and is a knot many anglers learned when they were beginners. Before starting, inspect your line for damage like cuts or abrasions. Remove any damaged line. Read on for instructions on how to properly tie an improved clinch knot.

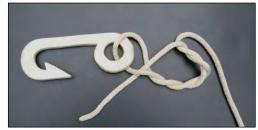
#### How to tie an improved clinch knot:



**Step 1:** Run the end of your line through the eye of the hook.



Step 2: Twist the line around 5 or 6 times.



**Step 3:** Run the end of the line through the loop above the eye of the hook, but notice the new loop you are creating as you run the line through the loop.



**Step 4:** Now run the end of the line through the new loop you created in the previous step.

**Tip:** When using monofilament line it helps to wet your line before pulling it tight. To wet your line dip your fingers in some water or spit, then rub the line. The moisture provides a lubricant to help the knot slide tight against the hook.



**Step 5:** With the end of the line and hook in one hand, gently pull the other end of the line away from the hook. Remember you have a hook in your other hand, so be care ful not to pull too hard or you could hook yourself.



**Step 6:** Once your knot is pulled down tight, you should have a series of tight coils. If you have excess line hanging from the knot, you can trim it close to the knot. Don't cut too close or the knot will come undone.

#### **How to videos**

#### www.animatedknots.com

Learn to tie knots the fun and easy way from the creators of the web's #1 knot site. Animated Knots by Grog is simply the best, most comprehensive teaching and reference tool for fishermen. Watch knots tie themselves in simple step-by-step photo animations, or go frame-by-frame as you learn each knot. Tap the info button to get detailed descriptions about each knot's correct use, advantages and disadvantages, and other information.

# RESPONSIBLE AND ETHICAL ANGLERS



Anglers are responsible for everything they do. It is the individual's responsibility to follow the rules and regulations and to make good ethical decisions when fishing.

Ethical angling means doing what is right at all times, even when no one is watching.

#### **Angler Responsibilities**

- Always think of safety when around the water and dealing with tackle
- Follow the rules and regulations published in the Connecticut Angler's Guide
- Value the resource and treat it with respect
- Respect other anglers and be courteous to others on or near the water, giving them the space to fish
- Practice proper fish handling techniques and release fish immediately back to the water if you decide not to keep them
- Take only the fish you intend to use
- Carry out more than you carry in (pick-up any garbage left behind by other anglers)

#### **Angler Code of Ethics**

It is important as an angler to have a personal code of ethics. Ethics are not always rules or regulations that we are required to follow by law, but they are beneficial to the sport of fishing and its future.

#### **An Ethical Angler**

- Supports conservation efforts
- Does not pollute and disposes of trash
- Practices safe angling and boating
- Obeys fishing laws and regulations
- Respects other angler's rights
- Respects property owner's rights
- Shares fishing knowledge and skill
- Does not release live bait into waters
- · Promotes ethical sport fishing
- Takes only the fish intended for use



Always carry out what you carry in and if others have left trash behind take theirs as well. Loss of access can result when fishing trash is left behind.

Catch and release fishing is the practice of returning fish unharmed immediately back to the water. Some waters like Trout Management Areas require catch and release fishing. Here are some tips to help ensure the fish are released unharmed:

- \* Consider barbless hooks or pinch down the barb to facilitate a guick hook removal.
- \* Carry a pair of fine needle nose pliers or hemostats to help remove a deep set hook.
- \* Wet your hands before picking up the fish and handle as little as possible.
- \* If you plan on taking a photograph, have your camera ready to go. Avoid placing the fish on the ground (this is a good reason to fish with a buddy).
- \* When holding the fish, please support it horizontally by the tail and belly. A large fish held vertically could experience some internal organ damage and later die.

For more information check out <a href="www.Takemefishing.org">www.Takemefishing.org</a> specifically the link for "Catch and Release".



Good catch and release technique will ensure little harm to the fish.



# **GOING FISHING**

#### **Preparing for a Successful Fishing Trip**

The definition of a successful fishing trip varies from one person to another. For many people, just having an opportunity to get away and enjoy the outdoors is enough. Some may measure success of the trip by the number of fish caught, or the size of fish caught. Whatever your definition, preparation is important if you want to come home with a great story to share and memories to last a lifetime.

#### Tips for a successful fishing trip

- Watch the weather
- Know the regulations
- Check your gear
- Let someone know where you will be fishing and when you plan to return
- Take a friend to share the experience

#### Where to fish

One of the first things to do is decide where you want to go fishing. Finding a new body of water close to home is more convenient, but there are many places to go fishing all across the state. The best resource for finding nearby places to fish is the Connecticut Angler's Guide or our web page at www.ct.gov/DEEP/fishing. There you can find a listing of

the publicly accessible and stocked bodies of water. If trout is your fish of choice, review our trout stocking maps, also found on the DEEP fisheries web page.

#### Where are the fish?

Fish don't just randomly swim around in the water. There are places they prefer to be at specific times. As an angler, knowing where fish prefer to be is good information to have. Finding "structure" in the water or changes in depth are key places to look for fish. Structure can be anything that helps to hide the fish such as a log or rocks underwater, aquatic plants, and docks. Downed trees or other objects hanging over the water can be a focal point for fish. Fish will typically congregate around these objects for cover or shelter. A change in depth can also be a focal point for fish, so fishing along a drop off or near a deep spot can be successful. Maps are a useful tool for any angler to find places where fish may be found. Maps may show contours, changes in depth, or boat ramps. A great resource is the book, "A Fisheries Guide to Lakes and Ponds of Connecticut" available from the DEEP book store at www.ct.gov/DEEP/store. Bathymetric maps (maps of the depth) for many of Connecticut's public lakes are available in this book and on the fisheries web site at www.ct.gov/DEEP/fishing.



## **GOING FISHING**



### Where Fish Live in Lakes, Rivers and Streams

Before you can catch fish, you have to find where they live. There are places in lakes, rivers and streams where fish prefer to live. The areas where fish find conditions suitable to their needs – food, cover and enough oxygen in the water – is called *habitat*. Fish often live where they are protected from natural enemies such as bigger fish, birds and some mammals.

#### akes

Fish wait in deep waters, but come up in to the shallower water to feed. Usually fish will stay close to cover along weed beds, under downed trees, docks or lily pads. Cover not only helps protect fish from predators, it also gives them a hiding place to ambush their own prey.

#### Hump -

an uprising on the bottom; fish swim up and down the sides of a hump in search of food.

#### Hole

fish hang out in deep water to hide from their predators.

#### **Drop Off** -

the edge of a hole is called a drop off. Fish often hang around the drop off.

#### Streams

Upstream

Downstream
Rundeeper, slower water.

Pools or gravel and the water flows
swiftly.

Pools wide and deep areas where sish seek out places where they don't have to fight the current.

Eddyrocks, logs or a fingel of land which deflects the current.



# FISH IDENTIFICATION

Connecticut has over 50 common species of freshwater fish, of these, just over half are usually sought after by anglers. Rules and regulations differ depending upon the species of fish and the waterbody. You must be able to quickly identify the type of fish you have caught to determine if you can keep or need to release the fish.

In general, when viewed from the side, fish can be divided into those with streamlined bodies (longer than it is tall) and those with more rounded bodies (almost as tall as long). Examples of fish with streamlined body forms are trout, bass, pike, perch, walleye, and catfish. Examples of fish with a rounded body shape are sunfish, rock bass, and crappie. Being familiar with the basic parts of a fish will help you to understand the many differences between our different species of fish.

Parts of a Fish

Spiny dorsal fin

Opercle
(gill cover)

Snout

Nostril

Upper jaw
(maxilla)

Lower jaw
(maxilla)

Cheek
(preopercle)

Pectoral
fin

Pelvic fin
(thoracic)

Dorsal fin

Lateral line

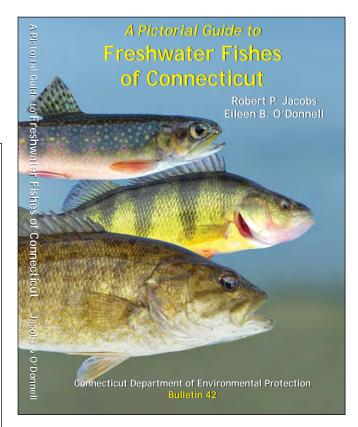
Adipose fin

Caudal fin

Rounded tail

Rounded tail

A hint to the identity of the fish can be the type of water you are fishing. The majority of freshwater fish prefer to live either in flowing waters (brooks, streams, and rivers), still waters (ponds and lakes) or can be commonly found in both. The Inland Fisheries Division stocks many waters with fish, so reviewing the Connecticut *Angler's Guide* to see the list of species likely caught in the waters listed is good practice.



For information specific to Connecticut's freshwater fish, get "A Pictorial Guide to Freshwater Fishes of Connecticut" by Robert Jacobs and Eileen O'Donnell. Available at the DEEP bookstore www.ct.gov/DEEP/store

**Need information on a particular type of fish? Go to** <u>www.Takemefishing.org</u> or <u>www.vamosapescar.org</u> the official web page of the Recreational Boating and Fishing Foundation. These pages contain excellent resources about fish and fishing. Visit the "fish-o-pedia" section to get the fish habits, fishing tactics, and general information about many of the recreational fish you can catch in Connecticut.

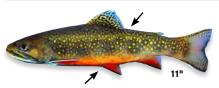
# FISH IDENTIFICATION



Not sure about your catch? Subtle differences between fish include the shape of the body-long vs. round, whiskers, shape of the mouth, and if there is a small fleshy lobe-like fin on the back near the tail. Determine which of these traits match your fish, then look to the photos and specific details to make a positive identification. If you would like a professional opinion, email a clear photo of the entire fish to deep.inland.fisheries@ct.gov.

The approximate size of the fish pictured is provided.

#### **Trout**



**Brook Trout** have a dark body with light spots and a worm-like pattern on back, head, and sides. The lower fins are typically red-orange with a white leading edge. Stocked Brook Trout are typically less colorful than wild Brook Trout.



Brown Trout have a light body with dark spots. The lower fins are typically brown, tan, or nearly colorless and may have a white leading edge. Wild Brown Trout may have bright red and orange spots and an orange adipose fin. The tail is more rounded than forked. Brown Trout and Atlantic Salmon look very similar.



**Tiger Trout** (hybrid) have worm-like markings covering the entire body. They usually do not have spots. Tiger Trout are a sterile cross between a male Brook Trout and a female Brown Trout.



Rainbow Trout have a light body with dark spots on the head and the tail. There is usually a pink band along each side.

#### **Bass, Perch & Walleye**



Largemouth Bass have a dark stripe along the side of the body. The end of the jaw typically reaches past the eye.



**Smallmouth Bass** may have vertical stripes on the side of the body. The end of the jaw typically reaches to the center of the eye.



**Striped Bass** have a light body, somewhat silver in color with a series of horizontal black bands along the side.



White Perch have a silver body and lack any spots or hands.



**Yellow Perch** have a yellow body with dark vertical bands and orange lower fins.

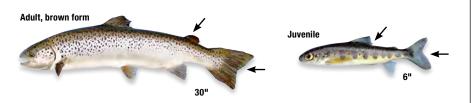


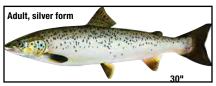
**Walleye** generally have a greenish or brownish back fading to a white belly. They may have irregular dark green blotches on the body. They have very large and sharp teeth.

#### **Salmon**



**Kokanee Salmon** are silver without spots until spawning season when they undergo significant changes and turn red. Males often develop a large hooked jaw (kype). The Kokanee Salmon die after they spawn.





© Joseph Tomelleri

Atlantic Salmon have a light body with dark spots. The adipose fin is brown or dark brown. The lower fins are brown with no color on the leading edge. There may be spots on the head and tail. Wild Atlantic Salmon recently entering freshwater typically are silver, turning brown after being in freshwater for a while. Small Atlantic Salmon will have a deeply-forked tail. Atlantic Salmon are stocked as fry into many tributaries of the Connecticut River. All Atlantic Salmon must be immediately released, unless it is from one of the areas the Inland Fisheries Division stocks with surplus adult Atlantic Salmon.



# IDENTIFICATION D

#### **Sunfish & Bass**



Pumpkinseeds have turquoise markings on the face and have a red dot on the gill cover.



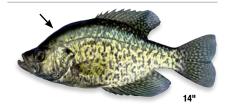
Bluegills do not have turquoise markings on the face and do not have a red spot on the gill cover.



Redbreast sunfish have some turquoise markings on the face. The gill cover has a long oval dark "ear". The belly is usually a bright orange-red.



Rock Bass have a very large red-colored eye. The pattern on the side of the body resembles camouflage print.



Calico Bass (crappie) have a distinct curved profile from the head to the dorsal fin. The body is very thin when viewed looking from head on. The body is silvery or brass colored with dark spots.

#### **Bullhead & Catfish**



Yellow Bullhead have a rounded tail and the chin whiskers are light colored. Both the belly and chin are usually yellow.



Brown Bullhead have a rounded tail and the chin whiskers are dark colored. Both the belly and chin are light colored and usually white.



Channel Catfish have a forked tail (pointed tips), very long whiskers on the side of the mouth, and dark chin whiskers. Compared to the white catfish, the channel catfish has a narrow head.



White Catfish have a forked tail (rounded tips), very long whiskers on the side of the mouth, and light chin whiskers. Compared to the channel catfish the white catfish has a broad head. The eyes may have a light blue band around the iris.

#### **Pike & Pickerel**



Northern Pike have a dark colored body with light spots. The entire cheek and only ½ of the gill cover is covered in scales. The mouth has large and sharp teeth.



Chain Pickerel have a yellow colored body with a dark "chain-like" pattern. Both the cheek and gill cover are completely covered with scales. Typically there is a dark vertical band below the eye. The mouth has large and sharp teeth.

#### **Carp & Sucker**



White Sucker has a streamlined body with a round mouth. The body is usually dark brown on top and bronze color on the side.



Common Carp can be a very large fish (up to 40 pounds) and have large scales. Carp have a small whisker on each side of the mouth.

This guide is intended to provide some general descriptive information and a photo typical of each species featured. These represent fish that are most often caught in freshwaters of CT. The approximate size of the pictured fish is listed. For more detailed information please refer to the "A Pictorial Guide to Freshwater Fishes of Connecticut" by Robert P. Jacobs and Eileen B. O'Donnell. Available at the DEEP store www.ct.gov/DEEP/Store.

For questions about fish or fishing in Connecticut, please contact the Inland Fisheries Division at 860-424-Fish or email: deep.inland.fisheries@ct.gov or visit our web page at **www.ct.gov/deep/fishing**.

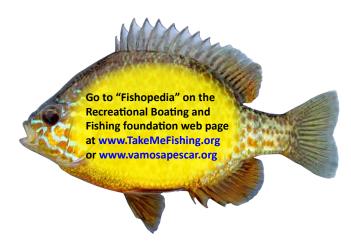
All photographs by Robert P. Jacobs, CT DEEP IFD

# **BAITS AND LURES**



#### **Natural Baits**

Connecticut's fishing regulation defines bait as any animal or vegetable, or their parts, living or dead, used with a hook for the purpose of attracting and catching a fish.



Selecting the type of bait is one of the most important decisions an angler makes. This decision depends upon the type of fish you are trying to catch. When selecting your bait, it is important to understand how the fish finds its food and what it prefers to eat. Bait can be live, such as worms, crickets, or minnows or things such as cut pieces of fish, chicken livers, and corn or dough balls. Worms are the most common bait and can be used to catch just about any species of fish. The CARE program recommends worms as the bait of choice for beginning anglers.

Your local bait and tackle shop has a wide selection of worms, mealworms, minnows, and specialty baits to help you have a successful fishing trip. A list of bait and tackle shops is found in the CT angler's guide and on our web site (www.ct.gov/DEEP/fishing).

Finding your own bait is another option. Digging worms, picking night crawlers, or catching minnows with a seine net or minnow trap are viable options.

The great night crawler hunt: Gathering your own earthworms is a fun activity for the whole family. Earthworms (the large ones are commonly called night crawlers) often surface onto moist grassy surfaces during the spring and summer. Using a flashlight, slowly scan the ground for a night crawler stretched out from its hole. Once you spot one, quickly grab the worm near as close to the hole as possible, apply gentle but firm pressure until you successfully pull the worm from the hole. Place your collected worms into a container with some soil. Keep the worms in a cool location until you are ready to use them.

#### **Baiting Your Hook**

To rig a mealworm (which is actually a beetle larva) gently thread the larva onto the hook starting with the head and gently sliding the hook through the body.





To rig an earthworm gently thread the worm onto the hook starting near the head (the end of the worm

closest to the thick band) and gently sliding the hook through the body. Leave some of the tail end of the worm to wiggle free of the hook.

When using live minnows as bait, either insert the point of the hook just before or under the dorsal fins or gently through both lips.



Minnows





# BAITS AND LURES



The selection of artifical lures is enormous. Picking the right size, type, color and action (how the lure moves) can help increase your fishing success.

#### **Artificial Lures**

The choice of lures is almost unlimited. The size, color combinations and types are difficult choices the angler has to make when choosing which lure to use. The purpose of a lure is to trick the fish into striking something that it thinks is good to eat. An advantage of lures over bait is that lures can last many years.

Plugs/Crankbaits have the shape and action of a baitfish or other aquatic food. Some plugs are made to stay on top of the water, some designed to swim just below the surface, and some dive deep. The depth they travel will depend upon the size of the bill or lip on the front of the lure. The larger the bill or lip, the deeper the lure will swim when pulled through the water. Topwater crankbaits usually have a cup at the front to create more splashing and action in the water, which draws the fish's attention. Crankbaits are usually made of plastic and sometimes contain small metal beads inside to create a vibration, felt by the fish, as it is pulled through the water. Lures are designed to stimulate interest by the fish, ultimately getting them to strike. Plugs and crankbaits usually have at least 1 and up to 3 treble hooks.



Crankbait with lip. Targeted species: Largemouth Bass, Smallmouth Bass, Walleye, Chain Pickerel, and Northern Pike.



Spinnerbait with a skirt and two blades. Targeted species: Largemouth Bass, Smallmouth Bass, Chain Pickerel, and Northern Pike.

#### Spinners/Spinnerbaits

are metal lures that have spinning blades that rotate through the water. This metal blade imitates another fish swimming through the water. Spinnerbaits, primarily used for bass fishing, have a weighted head with a skirt to hide the hook.

Buzzbaits are similar to spinner baits. They are used primarily for bass fishing as a topwater lure. A buzz bait has a propeller like blade that creates a surface disturbance as it is pulled across the water. The disturbance on the suface draws the fish's attention, just like a crankbait.



Bass, Smallmouth Bass, Chain Pickerel and Northern Pike.

# **BAITS AND LURES**



**Soft Plastics** come in many sizes and shapes. They are designed to imitate a natural food for the fish. Plastics require a little more work on the angler's part since they do not have the action of other artificial lures. More skill and finesse are required to properly imitate the natural food source mimicked by the lure.



**Jigs** are very simple lures. Jigs consist of a hook with a weighted head and a soft plastic skirt over the hook. Similar to soft plastic lures, jigs do not have built in action, so they require some additional skill on the angler's part to work the lure.





Flies and poppers are small lures commonly made from feathers, thread, fur, wool, and hair. They are associated with fly fishing where the angler is using these small lures to imitate some sort of insect or other prey. Fly fishing requires a specialized reel, line and rod, as well as different casting skills. Fly fishing is a great way to enjoy fishing, but requires additional skill and much practice.



Bee and grasshopper flies and poppers. Targeted species: Sunfish, Trout, Largemouth Bass and Smallmouth Bass.

#### The Tackle Box

The tackle box is every angler's best friend. It holds all of your tackle and helps to organize the fishing gear an angler acquires. Tackle boxes and tackle bags come in a variety of shapes, sizes, colors and functions. For the beginner, something small and simple is all that is needed.





# CARE OF THE CATCH

While many people enjoy fishing for sport, many others catch fish to use as food. As part of a healthy diet, fish provide a good source of protein and omega-3 fatty acids and are low in fat and cholesterol. Being able to clean and cook a fish that you have caught is great, especially for those who enjoy the taste of fish! If you plan on keeping your fish be prepared to keep the fish cool by having a cooler with ice available. Allowing a fish to be exposed to warm temperatures will probably cause the fish to spoil.





Filleting a Bluegill Sunfish

**Tip:** When learning how to fillet a fish, you can also wear metal-mesh or rubber-mesh fish cleaning gloves to protect your hands from an accidental cut.

#### Filleting a Fish

Filleting means removing the meat of the fish from the bones. Larger fish like bass, catfish, and walleye are usually filleted. A filleted fish has its skin and all of its bones removed before cooking.

Fillet knives have a long thin flexible blade that is very sharp and specifically designed for filleting fish. To work properly, the knife must be really sharp. If you have any slime on your hands or the fillet knife handle, wash it off to prevent the knife from slipping and causing an accident.

#### Steps to fillet a fish

#### Removing the meat from the bones:

- 1. Place the fish on its side on a flat surface.
- 2. Cut the fish behind its gills and pectoral fin down to, but not through, the backbone.
- 3. Turn the fish so that its back (dorsal fin) is facing you. Make a long slice along the back of the fish from the cut you just made behind the head all the way to the tail.
- 4. Repeat this slicing motion until you can lift the meat part way away from the back bone with your thumb.
- 5. Once you can lift the meat partially away, continue to run the tip of the knife along the ribs of the fish until you lift the fillet most of the way off of the carcass.
- 6. Push the blade of your fillet knife all the way through the body of the fish from the dorsal side through to the belly at the anal vent, and pull the knife towards the tail to separate the fillet from the rest of the fish.
- Flip the fish over and repeat steps 1-6.

#### Removing the skin from the fillet:

- Put the fillet knife on the table with the skin side down.
  Insert the knife blade about a half-inch from the tail,
  gripping the skin firmly, and put the blade between the
  meat and the skin at an angle.
- 2. Using gentle pressure and a sawing motion, cut against, but not through the skin.
- 3. Remove the fillet from the skin.
- 4. Feel for and remove any small bones.
- 5. Rinse each fillet in cold water.
- 6. Pat dry with a paper towel. The fillets are ready to cook or freeze.



#### **Fish Cooking**

Cooking is the next-to-last step in finishing a great fishing trip. Below is a simple recipe for cooking your fish fillet.

#### **Pan Frying Fish**

Pan frying is a popular way to cook a variety of fish, and it is the quickest and easiest way to cook your catch at a campsite, at a picnic area, or on the shoreline. Here are the basic steps.

**Step 1:** Coat the fish fillet with flour. Feel free to add your favorite spices to the flour before coating.



Step 2: Dredge the flour-covered fillet into a beaten egg.



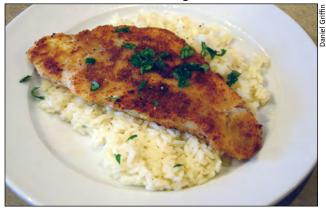
Step 3: Coat the fillet with bread crumbs



**Step 4:** Heat some cooking oil in a skillet. Test heat by dropping a small piece of fish into the skillet. If it sizzles, the oil is hot enough to cook the fish.



**Step 5:** Add your fish to the skillet, cooking on each side for 3 or 4 minutes or until the coating is brown.



**Step 6:** Enjoy your fish with fellow anglers or family and friends.



#### Casting

Knowing how to properly cast is important. There are many different ways to cast, but the simplest and easiest to do is the overhand technique using a spincast reel. The key thing to remember when casting is safety! Remember, you have a sharp hook swinging from the other end of the line. Always make sure nobody is in the way, to avoid hooking them and the potential for a serious injury. Also be aware of objects like trees, branches, or shrubs that could be hooked and cause you to lose your gear.

Anyone who can drink a cup of water can cast. Before casting, practice the simple motion of drinking from a cup.

#### **Learning to Cast**



Just like picking up a cup from a table, your elbow should be at your side and bent at a 90-degree angle.



Keep your elbow pointed down at your side, then bring the cup to your mouth.

Now using a spincast rod and reel, repeat the same motion.



 Hold the rod pointed out in front of you, and be sure your feet and toes are pointed in the direction you wish to cast.



2. Push and hold the button on the back of the reel, slowly bring the rod over your shoulder. (Notice how your elbow should remain pointed down and at your side.)







3. Look behind you to see if the area is clear of people and or objects. When you are sure the area behind you is clear bring the tip of the rod backwards to almost level.



4. To cast: Swing the rod forward while keeping your elbow down, and release the button right after the rod tip passes vertical.



# FISHERIES MANAGEMENT



The Department of Energy and Environmental Protection's Bureau of Natural Resources is responsible for fisheries in the state. Fisheries biologists determine when to stock, sample, and collect data on our fish populations in waters across the state. These data are used to help manage the fisheries by creating rules and regulations that improve angling for everyone.

#### **Data collection methods**

#### **Electrofishing:**

Sometimes referred to as electroshocking, electrofishing is a quick and efficient way for biologists to collect a sample of fish. This can be performed using a variety of gear types, from an entire boat to an electrofisher carried like a backpack. The voltage and amperage are controlled to ensure



Backpack electroshocking

the fish being collected are not harmed. Fish of all sizes are collected allowing the biologists to evaluate the fish community of the particular water being sampled.



Boat electroshocking

**Nets:** Fisheries biologist commonly use nets when trying to catch fish. The three most popular types of nets used are the trap net, hoop net, and gill net.

**Trap net:** This net is a rectangular shaped box, having a fence or lead on the front. The net is set perpendicular to the shoreline on a preferred 30-degree slope to a depth no greater than 20 feet. Anchors are attached to both ends to hold it in place. As a fish swims into the fence or lead it is

directed into a retangular box. This trap is most often used in CT for catching large adult Northern Pike and Kokanee Salmon.



Trap netting kokanee or pike

**Hoop Net:** Similar to the trap net, but lacking a fence or lead, the hoop net is a funnel-shaped trap. Hoop nets are usually set in shallow water, and a bait bag is inserted into compartments to attract the fish. The hoop net is most commonly used to catch catfish.



Hoop net

**Gill net:** This is a net made out of monofilament line (fishing line). Gill nets have varying size mesh depending upon the size of fish the biologists need to capture. The net is set in the water with weights on the bottom and floats at the top. When set properly, it forms an invisible wall in the water. As fish swim into the net (if they are of the right size), they become tangled. Gill nets can be used to catch a variety of species.



Fisheries biologist measuring length of captured fish

# FISHERIES MANAGEMENT



#### Angler surveys:

Another way fisheries biologists can measure the quality of the angling in a particular body of water is to interview the anglers. Fisheries staff develop a short list of questions to help determine how long the person has been fishing and the numbers, sizes, and species caught.

Angler surveys provide a direct measure of the success of the fisheries management programs and angler attitudes towards fisheries management and regulations. If you happen to be interviewed one day, feel honored that you are helping to improve fishing for everyone.



Angler interviews are an important tool to evaluate fishing success.

## Careers related to fish and fisheries management:

If studying fish sparks your interest, there are many types of career opportunities. Each requires different levels of education and offer different experiences. All will require a passion and desire to work with fish.



Fisheries biologists collect data about fish populations to help manage fisheries.

**Fisheries biologist** – a person who uses fish population data to make decisions on how to conserve and protect fish while also enhancing recreational fishing. Employment can be found within state or federal government or by private environmental consulting companies. Major topics of study include: biology, ecology, statistics, and computers.

**Fish culturist**- a person who raises fish. Fish culture can be to support state and federal government stocking efforts, be a business selling fish to people for bait or for stocking their waters, or can be to grow fish for people to eat. Employment can be found within state or federal governments or at privately owned businesses.

Law enforcement (environmental) - An Environmental Conservation (ENCON) police officer is a person whose job is to enforce the fish and game rules and regulations of the state. ENCON police officers keep a look out for those who may be violating the laws making sure everyone has fair access to the natural resources of the state. Employment can be found within state or federal government.

**Fishing Guide** – a person who is very knowledgeable about the types of fish, how and when they feed, and where they are likely to be found in a particular area. Fishing guides are hired by anglers who desire to catch a particular type of fish or may not be familiar with the fishing in an area. Guides are usually privately employed.



Good fisheries management leads to lots of fish for people to catch.

### **ICE FISHING**





Fishing in Connecticut is a year-round activity, especially once our lakes and ponds freeze over with a safe thickness of ice. Many anglers continue to fish all winter long, by drilling holes through the ice. Ice fishing is a great family activity and a perfect way to enjoy the out of doors during winter. Ice fishing does have some special requirements to ensure a safe and successful trip.

**Ice Thickness:** Ice fishing is extremely safe and rewarding provided that before heading out onto the ice you are confident the ice is safe. You can check with your local bait and tackle shops to find areas where safe ice thickness exists. Check the thickness of the ice starting from shore and as you make your way out onto the ice.

**Clothing:** Dress warm! Dress in layers avoiding cotton. The outermost layer should be wind proof. Waterproof insulated boots and thick wool socks will keep your feet warm and dry. Mittens are warmer than gloves, and be sure to wear sunglasses to dampen the sun's glare off of the ice and snow. Depending upon the conditions, slip on traction devices like creepers can help you walk on the ice without slipping and falling.



Safety Gear: It is good practice to carry safety gear while ice fishing so that you can either help yourself or another angler should the need arise. Basic safety gear includes, hand spikes, (pictured on right) a whistle, throw line, spiked footware, and a cell phone.



#### Ice Fishing Equipment:

Fishing on top of the water requires some specialized gear and gadgets. We recommend starting simple and as your appetite for ice fishing grows you can increase your investment and sophistication.

Making a hole: An ice chisel or an auger (manual or powered) are used to make a hole through the ice. A variety of different types exist; find one that will match your needs. Once the hole has been drilled, a skimmer, like a ladle with holes, is used to scoop out the little chunks of ice and helps to keep the hole ice free.





Power augurs quickly drill through the ice, but, nothing beats the workout of drilling your holes under your own power.

## **ICE FISHING**

Hooks, lines and sinkers: Two main types of gear used for ice fishing are Tip-Ups and Jigging Rods. Tip ups are simply a spool of line with a flag. The bait is set to the desired depth then the flag is set (like a mousetrap). To help find the depth of the water, a "sounder", a lead weight with a spring, is a handy piece of equipment.

**Bait:** Live bait such as insect larva (moussie and waxworms), and minnows are commonly used when ice fishing. A variety of specially designed artificial jigs are also available to diversify your ice fishing tackle box.

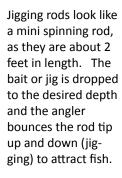




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Tip-ups can either lay flat on the ice (top) or have a pivoting base to support the flag. Either type are sure to get you excited when the flag pops up.

So come winter when many of Connecticut's lakes and ponds freeze solid, seize the opportunity to enjoy winter and fishing at the same time. With some simple gear and appropriate clothing you can begin to see why so many anglers claim "nothing beats fishing on the water".







### SALTWATER FISHING



Connecticut is fortunate to have excellent access to both freshwater fish species as well as saltwater species found in the Long Island Sound and our major tidal rivers. Saltwater fishing usually involves similar reels, rod and tackle, but at a larger size as many of the saltwater fish are much

bigger and stronger than the typical trout, bass or sunfish. Most saltwater fishing tends to occur from a boat, however, CT has a network of shoreline points that are open to the public. For a complete listing, see the CT Angler's Guide or visit our web page www.ct.gov/deep/saltwaterfishing.



These sites offer good shore based summer flounder and/or scup fishing opportunities in at least 18 different communities distributed from Stonington to Westport. At these sites, summer flounder may be taken at 16 inches (compared to 18 inches otherwise) and scup may be taken at 9 inches (versus 10.5 inches).



#### STRIPED BASS



#### Habitat

- · Large rivers in Spring and Fall
- · Estuaries and bays in Summer

#### **Fishing Method**

- Drifting with live bait
- Jigging and trolling
- Bottom fishing with bait
- Casting to fish

#### **Baits & Lures**

- Live bait, menhaden, eels, shad and sand worms
- All types of swimming lures, plastic and rubber baits

#### **BLACK FISH (Tautog)**



#### Habitat

- · Estuaries and Sound
- Rock piles/reefs
- Oyster and mussel beds
- Pilings and jetties

#### **Fishing Method**

- Anchored over structure, reefs
- · Bottom fishing
- · Fishing with bait

#### **Baits & Lures**

 Sand worms, conch, shrimp, mummichogs, silversides, mussels/clams and baited jigs or jigs with plastic/rubber bodies or trailer

#### FLUKE (Summer Flounder)



#### Habitat

- Estuaries and bays
- Lower sections of rivers
- Hard bottom and channels preferred

#### **Fishing Method**

- Drifting with bait
- Jigging up and down
- Casting and slowly moving jig with bait

#### **Baits & Lures**

Live/dead bait (bunker, mummichogs, shiners & silversides), cut squid strips, baited jigs and plastic baits

#### SCUP (Porgy)



#### Habitat

- · Estuaries and bays
- · Rock piles/reefs
- · Oyster and mussel beds
- Pilings and jetties

#### **Fishing Method**

- Anchored over structure/reefs
- Bottom fishing
- Live or dead bait

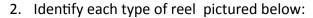
#### **Baits & Lures**

 Squid or conch strips, sand worms, shrimp, and mussels/clams

Looking for a place to fish, launch a boat, a bait and tackle shop or a party/charter vessel to go fishing on? Check out the Saltwater Fishing Resource Map at **www.ct.gov/deep/saltwaterfishingresourcemap** 

## **ACTIVITY GUIDE** —

1. What is the name of the agency responsible for conserving and enhancing Connecticut's fisheries?











- A.\_\_\_\_
- B.
- C.\_\_\_\_
- D.
- 3. What do you add to your line to allow it to cast further?
- 4. Which baits or lures could be used to catch Largemouth Bass? Circle one or more.









5. Who is responsible for an angler's behavior and actions?

- 6. Responsible anglers know all of the rules and regulations associated with fishing. You plan on taking a friend bass fishing but can't remember how many fish you are allowed to keep. Based on Connecticut's rules and regulations, found in the Connecticut *Angler's Guide*, how many bass can you keep per day? \_\_\_\_\_\_ Is there a minimum size? \_\_\_\_\_\_ If yes, what is it? \_\_\_\_\_\_
- 7. Name the types of methods used by fisheries biologist to capture fish?







- A.\_\_\_\_ B.\_\_\_\_
- 8. This manual describes how to tie the improved clinch knot. Visit <a href="www.animatedknots.com">www.animatedknots.com</a> and find 3 other commonly used fishing knots and write the names below.

A.\_\_\_\_

3.\_\_\_\_

C.\_\_\_\_

- 9. What is the sequence for a successful and safe cast?
  - a. Cast
  - b. Look behind you
  - c. Press and hold the button
  - d. Pick up your rod

1	2	2	1
1.	۷.	э.	4.
			• • • • • • • • • • • • • • • • • • • •

- 10. What piece of tackle is used to help suspend your bait in the water?
  - a. Hook
  - b. Reel
  - c. Bobber/Float
  - d. Bait
- 11. What is the closest body of water to your home that is listed in the CT Angler's guide?
- 12. The whiskers (barbels) on the catfish are used for what?



13. Which sunfish species is identified by a red spot on the gill cover?



14. True or False: You are allowed to keep 5 trout when fishing at a CT trout park.

15. Name the 3 species of trout or charr commonly stocked by CT DEEP?





- 16. What is the state fish of Connecticut?
- 17. Which fish is most often found in fast moving streams and rivers?



- 18. What is one thing you learned from the CARE fishing class that you did not know about fish or fishing before?
- 19. What is the address for CT DEEP's fishing web site?
- 20. When is the opening day for trout season?
  - a. Thanksgiving
  - b. 4th of July
  - c. 2nd Saturday of April
  - d. Memorial Day
  - e. All of the above

## **ACTIVITY GUIDE** –

Being able to tell what type of fish you have caught is important to make sure you are following fishing regulations and can keep the fish if you desire. Using the photos on pages 10 and 11 and the names of types of fish in the box below, write the type of fish into the correct spaces to complete this identification guide.

	Trout	Trout Salmon Bass, Perch & Walley		h & Walleye	Sunfish & Bass
		Bullhead & Catfish	Pike &	Pickerel	Carp & Sucker
1.	When looking at the fish from the side, is the body of the fish rounded or elongated?  Elongate or elongated means the body is much longer that it is high. An example of elongate object is a paper towel tube.  a. Has a rounded body  b. Has an elongate body		d? dy is much elongate	adipose fin is dorsal fin an  a. Yes  Go to 3-1.  b. No	n have an adipose fin? An s a small fleshy fin between the d the tail.
	on its chin?	fish have many whisker	s (barbels)		e of fish has a forked tail.
	•			b. No, t	ail is not forked

4. Does the mouth look like a duck bill? 5. Is the mouth at the front of the head or under the head? a. Yes \_\_\_\_\_ a. Mouth is at the front of head b. No b. Mouth is under the head

Perch & Walleye), (Carp & Sucker). 5a- (Bass, Perch & Walleye). 5b- (Carp & Sucker). (Pike & Pickerel), (Carp & Sucker). 3-1-a- Salmon. 3-1-b- Trout. 4a- (Pike and Pickerel). 4b- Bass, Walleye), (Pike and Pickerel), (Carp & Sucker). 3a- Trout, Salmon. 3b- (Bass, Perch & Walleye), (Pike & Pickerel), (Carp & Sucker). 2a- (Bullhead & Caffish). 2b- Trout, Salmon, (Bass, Perch & Answers: 1a- Sunfish & Bass. 1b – Trout, Salmon, (Bass, Perch & Walleye), (Bullhead & Catfish),

## **BECOME A CARE INSTRUCTOR**

Join CARE: They need YOU! We need YOU! Becoming a State Certified CARE Fishing Instructor is simple\*:

- 1) Contact us (860) 663-1656
- 2) Register for training held twice annually
- 3) Complete the training
- 4) Start teaching!

#### Once certified you can:

- Organize classes on your schedule
- Work in your hometown
- Share your passion for fishing
- Create the next generation of anglers
- Be responsible for unlimited smiles and grateful students
- Be a part of the "First Fish"
- Become a local fishing hero



# Fishing: Pass it on!

<sup>\*</sup>Must pass a state police background check











