You may have heard of the old saying, “Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime.” Fishing serves as a great source of healthy protein, and not to mention a wonderful recreation event. It is a necessity for wildlife management if done in the correct way.

**Requirements**

1. Do the following:
   1. Explain the most likely hazards you may encounter while participating in fishing activities, and what you should do to anticipate, help prevent, mitigate, and respond to these hazards. (.5 hours)
   2. Discuss the prevention of and treatment for the following health concerns that could occur while fishing, including cuts and scratches, puncture wounds, insect bites, hypothermia, dehydration, heat exhaustion, heatstroke, and sunburn. (.5 hours)
   3. Explain how to remove a hook that has lodged in your arm. (.5 hours)
   4. Name and explain five safety practices you should always follow while fishing. (.5 hours)
2. Discuss the differences between two types of fishing outfits (freshwater, salt water, fly fishing, etc). Point out and identify the parts of several types of rods and reels. Explain how and when each would be used. (1 hour)
3. Demonstrate the proper use of two different types of fishing equipment by using video or pictures. (.5 hours)
4. Demonstrate how to tie the following knots: improved clinch, Palomar, turle, blood loop (barrel knot), and double surgeon’s loop. Explain how and when each knot is used. (1 hour)
   1. You can complete this by creating a video of you tying the knots or show a step by step guide of your tying the knots.
5. Name and identify five basic artificial lures and five natural baits and explain how to fish with them. (1 hour)
6. Explain why baitfish should not to be released if not all used. (.5 hours)
7. Do the following: (1.5 hours)
   1. Explain the importance of practicing Leave No Trace techniques. Discuss the positive effects of Leave No Trace on fishing resources.
   2. Discuss the meaning and importance of catch and release. Describe how to properly release a fish safely to the water.
8. What are the laws in regards to fishing in NC? (2 hours)
   1. Who needs a fishing license? How old do you have to be?
   2. How much do fishing license cost in different situations?
   3. Choose five species of inland fish and list the size limits for each.
   4. Are there “fish consumption advisories” in any body of water near Wake County (ex. Stanly Co.), or statewide? Where and why?
   5. Research and explain what the North Carolina Angler Recognition Program is.
9. Catch at least one fish and identify it (picture or video). (2 hours)
   1. What are the regulations for that particular fish in NC?
   2. If regulations and health concerns permit, clean and cook a fish you have caught. Otherwise, acquire a fish and cook it.