



# HERON'S CATCH FISHING GUIDE!

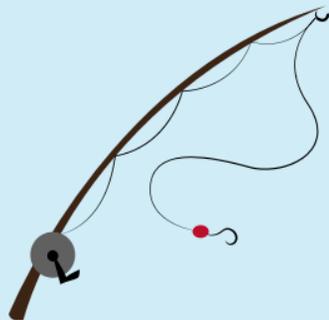


SAN FRANCISCO  
RECREATION  
& PARKS



# TOOLS OF A FISHERPERSON

- **Fishing Rods and Reels** (Find the one that you are most comfortable with)
- **Spin Casting Rods and Spinning rods**
- **A fishing License** (Though you can fish at a Municipal Pier without one)
- **Tackle boxes** (To hold all of your supplies)
- **Fishing line** (With the correct pound test meaning how much weight they can hold)
- **Sinkers** (Helps your hooks sink)
- **Hooks**
- **Bobbers**
- **Water & Snacks**
- **Bait/Lures**
- **First Aid Kit**
- **Fish Identification Book**



# FISHING SAFETY 101

## Personal Safety:

- Wear layers and check the weather before going to fish
- Bring a personal flotation device with you
- Wear sun protection: Hat, Sunglasses, and Sunscreen
- Be aware of your surroundings
- Research fishing regulations and season closures before heading out to fish.
- Set up a buddy system: Bring a buddy and let a buddy know where you are planning to fish
- Bring enough food and water before going to fish
- Take a first aid kit with you for any small injuries that might occur
- Bring the tools you need



# FISHING SAFETY 101



## Water Safety:

- Check tides and weather before fishing. California is an earthquake zone for be aware of Tsunami warnings
- Point your fishing rod towards the sky when walking
- Be aware of your surroundings when casting
- Wear a personal flotation device any time you are near water
- Wear layers and close toed shoes



# FISHING SAFETY 101

## A Fisherperson's Responsibility:

- Always check the California Department of Fish and Wildlife's Website for regulations and updates
- Buy a fishing license if you are 16 years old or older. Especially if you are planning to fish outside a pier.
- Respect other fisherfolk and property owners
- Only keep fish you want to eat and release unwanted fish
- Never litter or pollute
- Share fishing knowledge with others
- Learn about the different fish in your area



# FISHING KNOTS

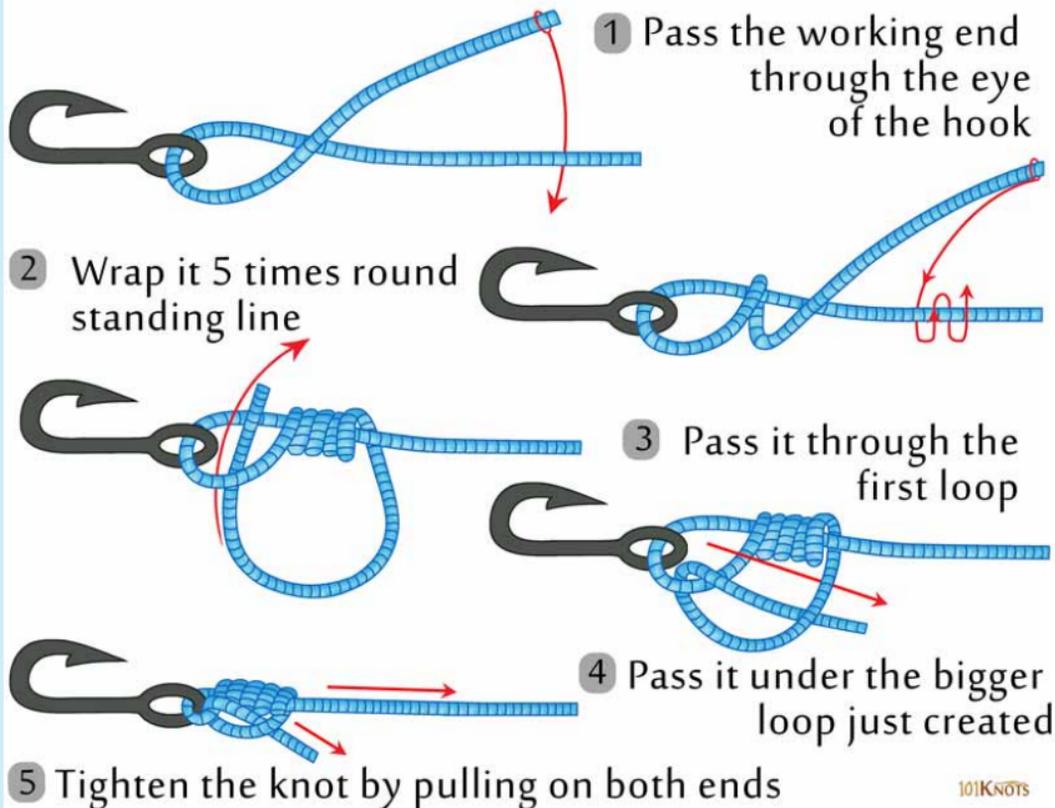
The Following knots are examples of the different types of knots you can use while fishing. Use the one that feels more comfortable to you!

The following website is a great resource to learn other types of knots:

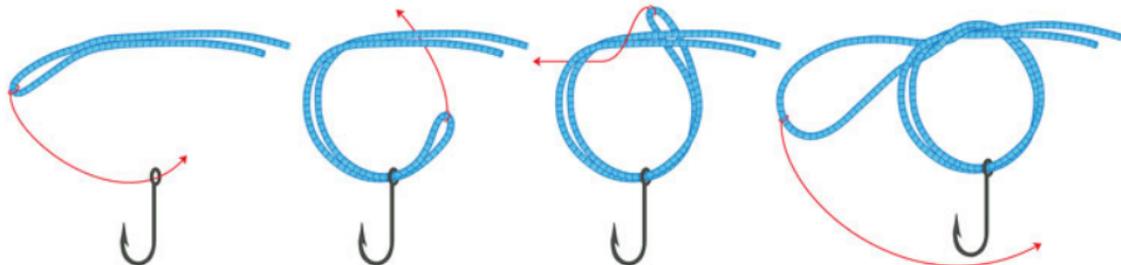
**<https://www.101knots.com/category/fishing-knots>**



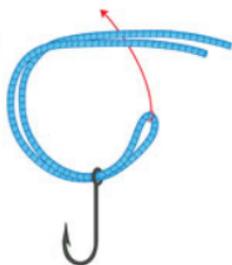
# Improved Clinch Knot Instructions



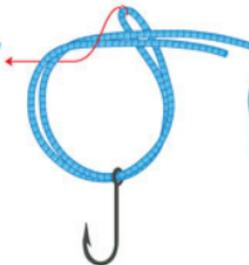
# Palomar Knot Instructions



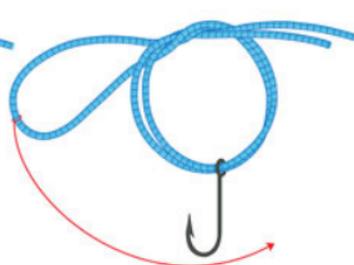
1 Pass a bight of rope through the eye of the hook



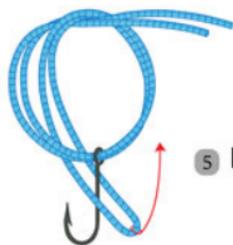
2 Pass it behind the standing part



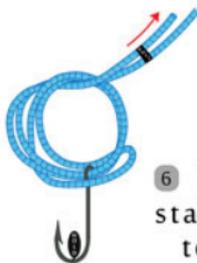
3 Wrap it around the loop



4 Pass it around the hook



5 Bring it up

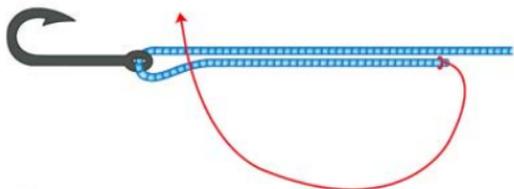


6 Pull the standing part to tighten

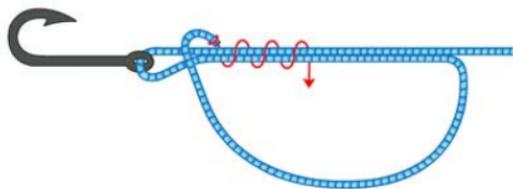


7 The knot is made

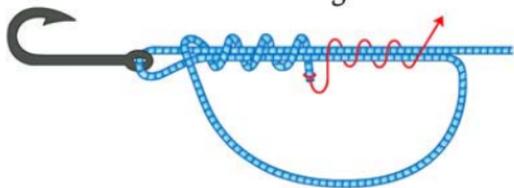
# Uni Knot Step By Step



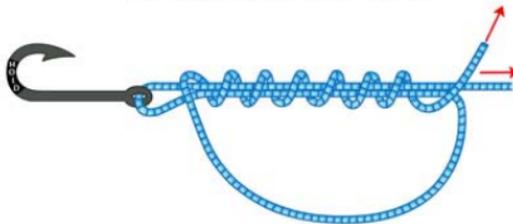
1 Pass the line through the eye of the hook and make a loop with the tag end



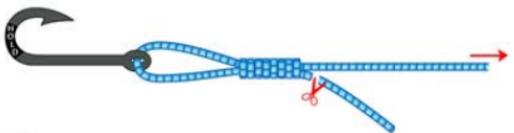
2 Wrap the tag end multiple times over the line



3 Take it out of the loop



4 Pull the tag end and the standing part

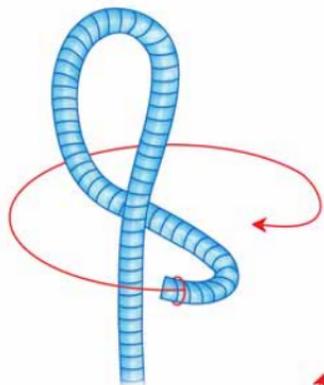


5 Make the loop of the desired size by pulling the standing part. Trim off excess tag end

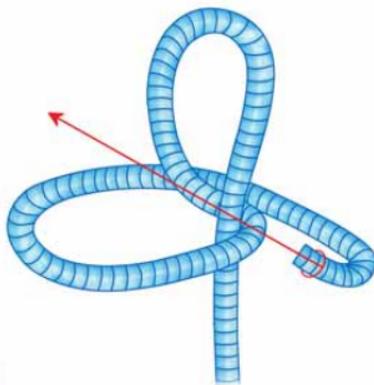


6 The finished knot looks like this

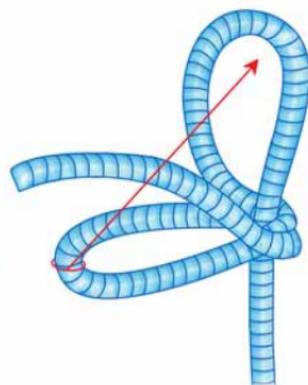
# Tying a Perfection Loop



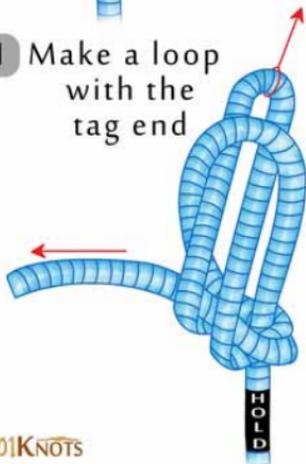
- 1 Make a loop with the tag end



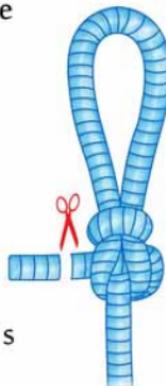
- 2 Loop once more and bring the tag end to the middle of the 2 loops



- 3 Pass the 2nd loop through the 1st one



- 4 Hold and pull in both directions to tighten



- 5 Cut off excess tag end if any

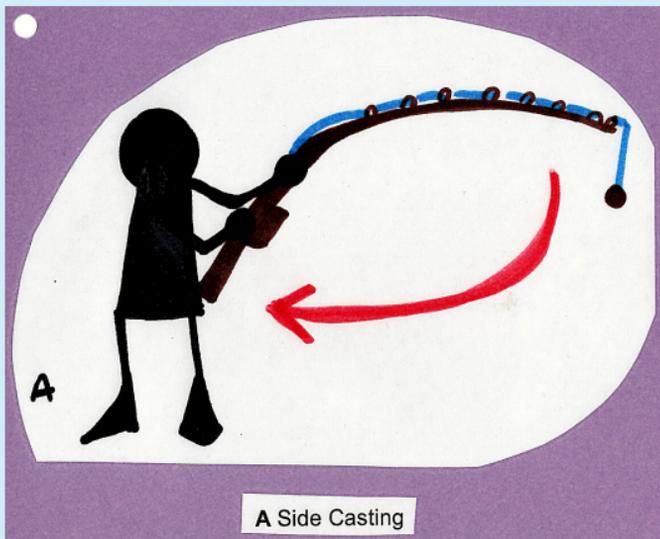
# CASTING METHODS

The following casting methods are used for different fishing locations. Please make sure you understand which type of casting is used in the location you are planning to fish at.

Make sure you yell **CASTING** when you are casting your line and that there is nothing in the way of your casting. *Injury may occur if you cast incorrectly so practice with a sinker before you tie a hook to your rod.*



# SIDE CASTING



**Side Casting** is a type of casting method that requires space, good aim and patience. Releasing too early can lead to your line going out a short distance and releasing too late will lead to your line going in the opposite direction. Practice is key for this type of casting.

**To cast**, keep your fishing rod parallel to the ground with the fishing guides facing the sky. then swing in counterclockwise motion and release your line just before the end of the rod faces the water.

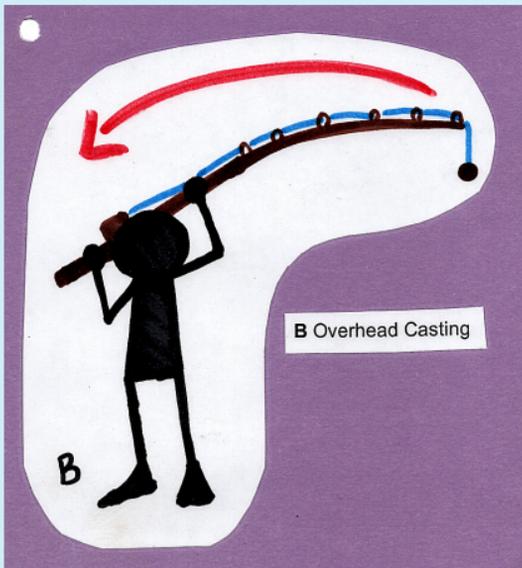


Can be used at bodies of water with low hanging trees



It needs a lot of space and it is not practical for piers or shorelines

# OVERHEAD CASTING



**Overhead casting** is a type of casting that requires good aim, timing and practice. Releasing too early or too late will result in your line only going a short distance. Practice on releasing your line is key for this type of casting.

---

**To cast**, bring your fishing rod over your head with the tip pointing behind you and the guides point to the sky. Before casting, make sure there is **NOBODY** behind you. When casting, swing your rod in an arc and release your line when your rod is at a  $45^\circ$  angle.

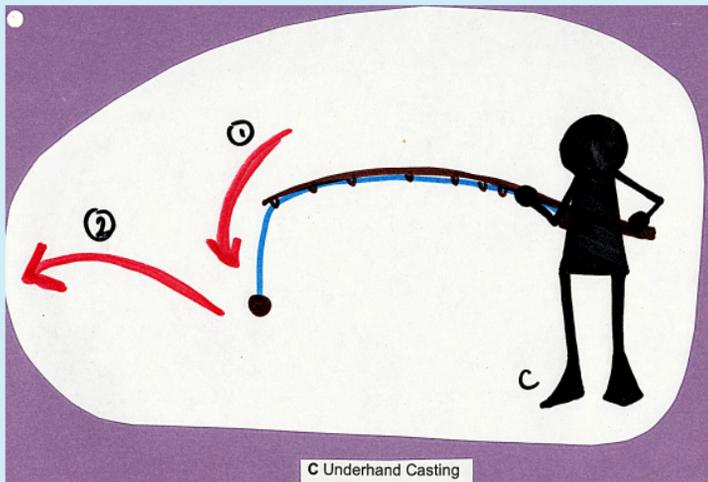


Helps you cast further and can be used at shorelines and boats



Needs a lot of practice to cast our straight and it is illegal on piers

# UNDERHAND CASTING



**Underhand casting** is a type of casting that needs a pier and some practice. This casting method is only used at piers. The only challenge is releasing your line on the upswing.

---

**To cast,** put your rod over the pier rail and make sure it is parallel to the water. Then, gently swing your line back and forth until you have enough momentum. Release your line when your line is going on the up swing.



It gives you more control on what direction you want to go



It can't cast very far and it can **ONLY** be used on piers

# CATCH AND RELEASE

- Flatten the barb of your hook with a pair of pliers
- Be careful and quick when reeling in your fish
- Keep the fish as long as you can in the water while you remove the hook
- If you need to handle a fish, wet your hand first and try to return the fish to the water as fast as possible.
- If you need to hold the fish, make sure to support it under the head and tail ends so that its mouth and gills are not damaged
- Carefully, release the fish head first into the water. NEVER throw a fish into the water.
- Hold the fish under its head and tail and move it forward through the water to get water into the mouth and gills.
- Let the fish swim out of your hands when it is ready.



**The National Park Service has a great video on how to  
Catch & Release fish:**

[https://www.youtube.com/watch?v=snKzEskc\\_OY](https://www.youtube.com/watch?v=snKzEskc_OY)

# FISH CONSUMPTION

Always check the California's Department of Fish and Wildlife's Website to check fishing seasons, updates on closures and species quarantines

The consumer guides will help you plan your next fishing trip and keep you safe from harm. For updates, check the **California Office of Environmental Health Hazard Assessment.**



# BAIT RECOMMENDATIONS

Always do your research on what type of bait the fish you are catching likes. The following are just some examples of bait you can use.

**Ghost shrimp**



**Bay mud shrimp**



Yum!



**Anchovies**



**Raw Chicken**



# FISHING SPOTS

Here is a list of places you can go to fish!

- Lake Merced (piers, bridges and shoreline)
- Pillar Point in Half Moon Bay
- Torpedo Pier
- Pacifica Pier
- Any Pier in California

**\*Remember that you need a fishing license if you are 16+ years and are planning to fish on a shoreline, bridge or lake/river.**

**\*\*Municipal Piers are the ONLY places where fishing licenses are not needed.**

# FOR MORE INFORMATION



## **The National Park Service**

<https://www.nps.gov/subjects/fishing/index.htm>



## **The Future Fisherman Foundation**

<https://futurefisherman.org/>



## **California Department of Fish and Wildlife**

<https://wildlife.ca.gov/>



## **The Wildlife and Sport Fish Restoration Program**

<https://www.fws.gov/wsfrprograms/home.html>



THANK YOU FOR  
SUPPORTING OUR FISHING  
PROGRAM!!

