

SAINTS GLOBAL ACTIVITY PLAN

FISHING

INTELLECTUAL CORE

Version 2026.1



Companion to the BRC: a series of one-hour activity sessions for use on weekly activity night or at home. Each session declares which requirements it contributes to.

THE CULMINATING EVENT

The fishing outing

Between Sessions 3 and 4, the group fishes a lawful water under leader and parent supervision. Each saint rigs his own setup, casts with safe spacing, lands and identifies at least one fish, and handles it ethically — released to the water or kept and stored under regulation. If conditions and rules permit, a kept fish is cleaned and cooked at the outing or shortly after. The outing is where the field requirements are earned; Sessions 1–3 prepare for it and Session 4 harvests what was done.

OUTDOOR — A LAWFUL LOCAL FISHERY (POND, LAKE, RIVER, OR SHORE)
WITH SHORELINE OR BOAT ACCESS APPROPRIATE TO THE GROUP

SESSION 1 · INTELLECTUAL CORE

⌚ 60 min target

Hazards, first aid, and the safety rules

Settle the safety questions before anyone touches a rod.

SESSION AIM

Run Step 1 end to end — the real fishing hazards, the first aid for the injuries that actually happen on the bank, the simulated hook-removal procedure, and the five safety practices each saint will follow. Saints leave with Step 1 marked on the BRC and a five-rule card in their hand for the outing.

🎯 WALK AWAY WITH

- Can name the fishing hazards and state how to prevent and respond to each
- Can demonstrate first-aid steps for the common bank injuries and heat or cold illness
- Can explain and demonstrate a safe simulated hook-removal procedure
- Has written and read aloud his own five safety practices for the outing

📦 BRING / SET UP

- A real shoreline, or the closest practical match, for the hazard walk
- Basic first-aid kit and a few props (gauze, tweezers, sting wipes, water bottle, sun hat)
- Training hook embedded in foam or cardboard for the hook-removal demo (no skin)
- Eye protection (one pair per saint) and a sample rod with a soft casting weight
- Index cards or a half-sheet per saint for the five-rule list
- BRC printouts and pens

🕒 THE HOUR

BLOCK 1 · DISCUSSION Opener — Hooks, water, weather

⌚ 5 min

Hold up a baited hook on a short line in one hand and a water bottle in the other. Ask the group: "Which of these has hurt more saints on a fishing trip — the hook, the water, or the sun?" Take three or four answers. The point is to put the three real risks on the table before anyone touches a rod. The work blocks settle each one.

SESSION 1 · HAZARDS, FIRST AID, AND THE SAFETY RULES (PAGE 2 OF 4)

THE HOUR — CONTINUED

BLOCK 2 · SKILL PRACTICE **Walk the bank, name the hazards**

⌚ 14 min

1. Walk the shoreline the group will use, or the closest practical match. Each youth calls out one hazard he sees: open water and footing, hooks in motion during casting, lines crossing other anglers, sun and heat, biting insects, wildlife, sharp tools at the cleaning table.
2. At each stage of the trip — arrival, casting, landing a fish, leaving — the group names one new hazard that appears or fades. Hooks become dangerous the moment a rod is moving; trash and snagged line become dangerous as people leave.
3. Lay out a simple safety briefing the leader will give at the outing: hands free at the water's edge, eye protection in the casting lane, a rod's length plus an arm of spacing between anglers, no running on the bank.
4. Each youth states one stop rule aloud — the condition under which the activity ends regardless of the bite (lightning within ten miles, a saint vomiting from heat, a hook in skin past the barb).
5. Leader confirms 1a: hazards named at each stage with concrete prevention and response.

REQ 1A

SESSION 1 · HAZARDS, FIRST AID, AND THE SAFETY RULES (PAGE 3 OF 4)

THE HOUR — CONTINUED

BLOCK 3 · SKILL PRACTICE **Fishing first aid and the hook-removal demo**

⌚ 22 min

1. Open the first-aid kit and lay the contents out. Each youth names what each item is for, then takes one bank injury and demonstrates the response: a cut from a fillet knife, a puncture from a hook past the barb, a sting on the back of the hand, the start of heat illness, the start of hypothermia in cold rain. Hands-on, not just discussion.
2. Teach the prevention layer plainly. Drink water before you are thirsty. Wear the brim and the long sleeve before the sun is high. A dry layer goes on the moment the wind picks up. Most bank injuries are prevented by habits, not bandaged.
3. Name the four signs that pull a leader off the bank for adult help or 911: a hook past the barb in eye, face, or hand; chest pain or fainting; a sting with swelling around the throat or mouth; confusion or stumbling from heat or cold. The rule is simple — call early, not late.
4. Demonstrate a safe simulated hook removal on the training hook in foam. State the three checks first: is the hook in a safe location (not eye, face, joint, or tendon)? Is the person calm and willing? Are clean hands and clean tools at hand? If any is no, stop and get qualified help. Show the line-pull technique: press down on the eye of the hook, loop a doubled line under the bend, pull sharply parallel to the skin while a partner holds the shank steady.
5. Each youth states the steps aloud and shows the technique on the foam. Eye protection during casting prevents most hook injuries; the line-pull is the response for when one happens anyway.
6. Leader confirms 1b and 1c: first-aid responses correct, prevention habits named, simulated hook removal demonstrated with the get-help rule stated first.

REQ 1B

REQ 1C

SESSION 1 · HAZARDS, FIRST AID, AND THE SAFETY RULES (PAGE 4 OF 4)

THE HOUR — CONTINUED

BLOCK 4 · CREATIVE The five safety practices

⌚ 14 min

1. Each youth writes his own five-point safety list on an index card. Concrete behaviors, not promises. Examples to start the thinking: eye protection on before any rod moves; one rod-length-plus-an-arm of spacing in any casting lane; "clear back" called aloud before every cast in a group; no fishing on private property without permission and no leaving line, hooks, or bait on the bank; respect regulations — license on you, limits checked, no keeping anything you don't legally can.
2. Pair up and read the lists aloud. Each partner asks: "What would you do if the saint next to you ignored that rule?" The answer is a specific sentence, not a frown — "clear back" before each cast, or "hold your cast, you're in my back-cast lane."
3. Pull the group together. Read each list once around the room — short, fast. The leader tracks any rule that no saint has written down (most often: trespass and littering) and adds it before the group leaves.
4. Each youth signs and dates his card. He brings it to the outing.
5. Leader confirms 1d: each saint has five concrete safety practices in his own handwriting, with reasons, and has spoken them aloud.

REQ 1D

BLOCK 5 · REFLECTION Close — Step 1 marked

⌚ 5 min

1. Confirm on each saint's BRC: 1a, 1b, 1c, and 1d are marked. Step 1 completes in-session and does not depend on the outing.
2. Bring the five-rule card and eye protection to every session and to the outing. Lost cards get rewritten before the outing — the writing is the point.
3. Read each prompt below in order and take short, plain answers. No group speeches.

AT THE CLOSE · DEBRIEF

1. Which of the five rules on your card is the one you are most likely to drop under pressure, and why?
2. What is one sign that would pull you off the bank and get a leader, and how would you say it out loud?
3. Walk me through the three checks before any hook-removal attempt — in order.

📋 Mark 1a, 1b, 1c, and 1d on each saint's BRC after this session. Step 1 completes here; the outing does not gate any Step 1 mark. Note any saint whose safety card is missing rules on trespass or littering and have him add them before Session 2.

SESSION 2 · INTELLECTUAL CORE

⌚ 60 min target

Outfits, regulations, and the tackle plan

Plan the outing on paper so decisions on the water are simple.

SESSION AIM

Hold a real rod-and-reel in two configurations and choose between them for the local fishery. Read the actual regulation source for the water the group will fish and find the rules that matter most. Each saint writes a tackle plan he will carry to the outing, with knots, hooks or lures, and the landing tools sized to one target species.

🎯 WALK AWAY WITH

- Can compare two fishing outfits side by side and justify a choice by water type and target species
- Can point to specific local regulations (license, season, limits, bait rules) and explain what each protects
- Has a written one-page tackle plan for the outing — target species, terminal tackle, two backup options
- Knows which off-meeting outing date, water, and required license are committed to before Session 3

📦 BRING / SET UP

- Two rigged outfits side by side — typically a spinning rod with light line and a baitcasting or heavier spinning setup
- Spare reel, line spool, and rag for the maintenance demo
- Printed copy or device with the official local regulations for the planned water (page-marked, not the homepage)
- Range of terminal tackle laid out: hooks (size 6 to 1/0), split shot, swivels, bobbers, a few common lures, a small bait container
- A blank tackle-plan sheet per saint (template printed in advance)
- BRC printouts and pens

🕒 THE HOUR**BLOCK 1 · DISCUSSION Opener — Where you'll fish**

⌚ 5 min

Place the printed regulation page and a map of the local water on the table. Ask the group: "What is one rule about this water that you do not know the answer to right now?" Take three or four. Write each gap on the board; every one gets answered before saints leave the room.

SESSION 2 · OUTFITS, REGULATIONS, AND THE TACKLE PLAN (PAGE 2 OF 3)

THE HOUR — CONTINUED

BLOCK 2 · SKILL PRACTICE Two outfits compared

⌚ 15 min

1. Set the two rigged outfits on the table side by side. Each youth names three differences he can see: rod length and action, reel type and where the line comes off, line weight, guide size, handle and grip.
2. Walk the use cases plainly. A light spinning outfit with 6-pound line is right for panfish in a still pond and small bass in clear water. A heavier setup — spinning with 12-pound line, or baitcasting — is right for moving water, larger bass, weeds and structure, and any place a saint may hook into something he did not plan for.
3. Each youth picks one setup and one local scenario (small pond, river run, weedy lake) and explains the match in one sentence. Wrong matches surface fast in the group and get corrected without shaming the saint who made them.
4. Demonstrate the three maintenance habits that matter most: rinse and dry the reel after every trip, check the line for nicks and abrasion before each session, replace line that has memory or rough spots. Five minutes of care prevents most bank failures.
5. Each youth names one maintenance habit he will adopt and where he will do it (after the outing, at the kitchen sink, before going inside).
6. Leader confirms 2a: each saint can compare both outfits, match each to a scenario, and name one care habit.

REQ 2A

BLOCK 3 · SKILL PRACTICE Read the regulations

⌚ 17 min

1. Each youth opens the official source — the state agency's page or printed booklet for the water the group will fish. The leader points to the section that applies and reads the heading aloud. Saints find the same place in their own copy.
2. Walk the five rules that drive the outing: who needs a license and how to get one; what season and dates apply; daily and possession limits for the target species; size minimums or slot limits; bait rules (live bait, baitfish transport, what cannot be released alive).
3. Run two scenarios. "You catch a fish at the size limit but you are not sure — what do you do?" Answer: measure on the spot, and when in doubt release. "You catch your second largemouth at 13 inches in a 14-inch-minimum water — what do you do?" Answer: release, immediately and gently.
4. Discuss what each rule is for in plain terms. Size minimums protect the fish that have not yet spawned. Bait-transport rules slow the spread of invasive species and disease. Possession limits keep the water healthy for the next saint who fishes it.
5. Each youth names the one rule he thinks will be hardest for him to follow at the outing, and the specific habit that will help him keep it.
6. Leader confirms 2b: each saint can point to specific local rules and explain the stewardship reason behind each.

REQ 2B

SESSION 2 · OUTFITS, REGULATIONS, AND THE TACKLE PLAN (PAGE 3 OF 3)

THE HOUR — CONTINUED

BLOCK 4 · CREATIVE **Build your tackle plan**

⌚ 18 min

1. Each youth picks one target species he expects to catch at the outing — bluegill, bass, perch, trout, catfish, whatever the local water actually holds.
2. Lay out terminal tackle on the table. Each saint chooses the hook size (small for panfish, larger for bass and catfish), the rig (bobber rig, slip-shot rig, weightless soft plastic, lure), and the landing tools (forceps for hook removal, a measuring tape, a wet rag or net).
3. Write the plan on the template: target species, primary rig with hook size and bait or lure, two backup options if the bite shifts, knots to be used (Palomar to the hook for most rigs; improved clinch as the backup), landing tools, safety items (eye protection, sun hat, water).
4. Pair up. Each partner reviews the other's plan with two questions: "What's overkill in here that you won't actually use?" and "What's missing if the bite stops and you need to change something?" Plans get edited, not defended.
5. Each youth writes one sentence at the bottom: what he will change in his plan if it rains, if the wind comes up, or if the first hour produces nothing. Decision rules made now are decisions he does not have to make tired and frustrated on the bank.
6. Leader confirms 2c: each tackle plan is coherent, suited to the target species and water, and free of overcomplication.

REQ 2C

BLOCK 5 · REFLECTION **Close — Confirm the plan**

⌚ 5 min

1. Confirm on each saint's BRC: 2a, 2b, and 2c are marked. Step 2 completes in-session.
2. The outing is two weeks out. Each saint who needs a license obtains it before Session 3 — that is the deadline the leader holds.
3. Read each prompt below in order. Plain answers.

AT THE CLOSE · DEBRIEF

1. Which two specific rules from the local regulations did you not know an hour ago that you know now?
2. What is the one item in your tackle plan you most want to add — and what would you cut to make room?
3. What is your decision rule if the bite stops cold in the first hour, and how will you actually do it on the bank?

☒ Mark 2a, 2b, and 2c on each saint's BRC after this session. Confirm any saint who needs a license has a date to obtain it before Session 3 — that deadline matters more than the plan itself.

SESSION 3 · INTELLECTUAL CORE

⌚ 60 min target

Knots, lures, and the dry-cast rehearsal

Practice the techniques in the room before trying them on the water.

SESSION AIM

Tie all five required knots until each one is clean and slip-free. Match lures and natural baits to scenarios and run through safe hook-handling at every change. Rig a complete setup from arbor to terminal and dry-cast it. The session closes by committing the outing — water, date, time, roles, license check.

🎯 WALK AWAY WITH

- Can tie the improved clinch, Palomar, uni, uni-to-uni, and arbor knots cleanly without slipping
- Can name and present at least five lures and five baits and match each to a real scenario
- Has rigged one complete setup from spool to terminal and made a controlled dry cast
- Has the outing date, water, roles, and license check confirmed on a written sheet

📦 BRING / SET UP

- A length of fluorocarbon or monofilament leader per saint (4–6 ft, 8–12 lb), plus a spool of backing for arbor knots
- Practice hooks (barbs filed or pinched) and a few snap swivels for tying
- Five or more lures (in-line spinner, soft-plastic worm with jig head, crankbait, topwater popper, weighted swimbait) and five common baits (worm, minnow, cricket, corn or dough, salmon eggs — adjust to local rules)
- One rod and reel per saint or pair (spinning okay), backing, and a soft casting weight (no hook) for the dry-cast lane
- A safe casting lane — outdoor field, gymnasium, or long indoor space — marked with cones or tape
- Knot reference handout printed and laminated, one per saint
- BRC printouts and pens

🕒 THE HOUR**BLOCK 1 · DISCUSSION Opener — One week out**

⌚ 5 min

Hold up the printed outing logistics — the date, the water, who is driving, what time the group leaves. Ask: "What is the one thing about the outing that is not yet locked in for you?" Take three or four answers. The list goes on the board and gets closed by the end of the hour.

SESSION 3 · KNOTS, LURES, AND THE DRY-CAST REHEARSAL (PAGE 2 OF 4)

THE HOUR — CONTINUED

BLOCK 2 · SKILL PRACTICE Tie the five fishing knots

⌚ 22 min

1. Set the knot reference handout on the table. Walk the group through each knot once with a slow demonstration: improved clinch (most line-to-hook ties), Palomar (the strongest line-to-hook for small to medium gear), uni (versatile line-to-hook and line-to-line), uni-to-uni (line-to-line or leader-to-main-line joins), arbor (backing or main line to the reel spool).
2. Saints sit in pairs with a length of line and a practice hook. Each saint ties the improved clinch three times in a row — slowly, narrating each step. The partner watches and calls out anything skipped: the five wraps, the loop through the eye-end opening, wet the line before pulling, trim the tag.
3. Repeat the pair drill for the Palomar (the doubled line through the eye, the overhand, the loop over the hook), then the uni (the loop, six wraps inside it, snug and trim), then the uni-to-uni (each line uni-knotted around the other, then pulled together).
4. Each saint ties the arbor knot to a reel spool — the overhand on the standing line, a second overhand as the stopper, snug both down to the arbor and trim.
5. Stress-test each finished knot. Pull until either the line breaks below the knot (correct) or the knot slips (re-tie, do not adjust). Correct by re-tying rather than fixing — a knot that slips on the lawn slips on the bank.
6. Each saint names which knot he will use for the hook at the outing and which he will use as the backup, and ties both one more time onto live rigs that will be packed into his tackle.
7. Leader confirms 3b: each saint has tied all five knots cleanly and has at least two of them in his actual outing rig.

BY TIER

ENTRY Pair with an established or mentor saint and tie each knot two extra repetitions while he watches. Skip the uni-to-uni stress test if time runs short — bring it to the leader before the outing.

MENTOR After your own knots pass the stress test, pair with an entry saint and run the pair drill again as the watcher. Your job is to catch the wraps and pulls he is skipping, not to tie his knots for him.

REQ 3B

SESSION 3 · KNOTS, LURES, AND THE DRY-CAST REHEARSAL (PAGE 3 OF 4)

THE HOUR — CONTINUED

BLOCK 3 · SKILL PRACTICE **Lures, baits, and what each is for**

⌚ 15 min

1. Lay out the five lures and five baits in two rows. Each youth names each item — out loud — and one situation where it is the right choice. In-line spinner for clear, moving water and active fish. Soft plastic worm for weeds and a slow presentation. Crankbait for covering water and hitting structure. Topwater popper at dawn or dusk on calm surface. Weighted swimbait when fish are deep.
2. Walk the bait side. Live worms work nearly everywhere panfish swim. Minnows are for bass, walleye, and big panfish — but check the regulations on transport before using them. Crickets are excellent for bluegill and bream. Corn or dough is appropriate for trout where it is legal. Salmon eggs are for trout in flowing water. Some baits are restricted in some waters; the regulations from Session 2 are the test.
3. Run a fast scenario set: clear water and a sunny afternoon — what do you tie on? Stained water after rain — what changes? Heavy weeds along the bank — what do you not throw? Saints answer in one sentence each.
4. Demonstrate safe hook control while changing lures or baits. The point of the hook is always controlled — pinched between two fingers, dropped into a foam pad or a tackle compartment, or facing into the lid. Hooks never sit free on a thwart, a thigh, or a shirt.
5. Cover the baitfish rule plainly. Unused live baitfish are not released into the water at the end of the day — they are bagged, taken home, or discarded as the regulations require. Doing this protects the water from invasive species and from spreading disease between waters.
6. Each youth states which lure or bait he will start with at the outing and his next move if the bite stops in the first hour.
7. Leader confirms 3c: each saint can name and present the lures and baits, match them to scenarios, and explain the baitfish rule.

REQ 3C

SESSION 3 · KNOTS, LURES, AND THE DRY-CAST REHEARSAL (PAGE 4 OF 4)

THE HOUR — CONTINUED

BLOCK 4 · PHYSICAL **Rig a setup and dry-cast**

⌚ 13 min

1. Mark a casting lane outdoors or in a long indoor space — at least 40 feet of clear distance, cones or tape every 10 feet, one rod-length plus an arm of spacing between casters. State the lane rules aloud: eye protection on, "clear back" called before every cast, no walking forward of the casting line until "clear" is returned.
2. Each youth rigs one full setup at the lane: arbor knot to the reel if needed, line spooled clean without twist, a swivel and a soft casting weight tied on with the Palomar from Block 2. No live hooks for this drill.
3. Each youth makes five controlled casts to a target zone — a circle of cones at 30 feet. The leader watches the back-cast, not the splash. "Clear back" before each cast; rod tip stops at one o'clock on the forward cast; release the line on the way forward, not at the top.
4. Run one variation. Each youth makes two casts seated (boat or pier simulation), two casts standing on uneven footing (a rock, a curb, a slope), and one cast with the partner walking behind him at five feet. Watch the spacing and the "clear back" call, not the casting distance.
5. The leader watches the slowest caster in the group. That saint is the one who sets the pace at the outing; the rest of the group matches his casting cadence.
6. Leader notes: 3a is not marked here. The setup-rigging and casting safety rehearsed here are the foundation; the requirement is earned at the outing when each saint runs both his setups in the field.

BLOCK 5 · REFLECTION **Close — The outing: when, where, who**

⌚ 5 min

1. Read the outing logistics aloud — water, date, time, the meet-up point, who is driving, who has the first-aid kit, who has the regulations and the group license records. The leader writes any missing piece on the board and assigns it before the saints leave.
2. Each saint confirms his license is in hand or has a date by which it will be. No license means no fishing at the outing — the leader holds that line.
3. Each saint says aloud the one piece of his own gear he is least sure about for the outing and his fix before Saturday.

AT THE CLOSE · DEBRIEF

1. Which of the five knots gave you the most trouble — and what step did you skip the first three times?
2. What is your first lure or bait at the outing, and what is your move if you have nothing in the water at the one-hour mark?
3. Who in the group is the slowest caster, and what is the leader's plan for matching the pace to him?

☒ Mark 3b and 3c on each saint's BRC after this session. Do NOT mark 3a, 3d, or 3e — those are earned at the outing and the leader marks them in the field. Record the outing date, water, roles, and each saint's license status in the trip log.

SESSION 4 · INTELLECTUAL CORE

⌚ 60 min target

Outing report and BRC sign-off

Walk through the catch and finish the badge requirements.

SESSION AIM

Debrief the outing — each saint reports what he rigged, what he caught, how he identified and handled the fish, and (where it applied) how he cleaned and cooked one. Connect the outing to Leave No Trace, sportsmanship, and the saint's role as a steward of the water. Close with BRC sign-off for everything earned in the field.

🎯 WALK AWAY WITH

- Has reported on the outing — equipment used, knots tied, fish caught, identification and handling
- Can connect a specific moment from the outing to Leave No Trace, sportsmanship, or regulation-keeping
- Has named one way he will use patience, self-control, or gratitude from fishing to serve someone else
- Has the BRC fully marked or has a dated deadline for any outstanding off-meeting requirement

📦 BRING / SET UP

- Each saint's tackle plan, safety card, and any field notes from the outing
- Photos of the fish each saint caught, if the group took any (phones fine)
- A whiteboard or large pad for the catch summary
- BRC printouts and pens

🕒 THE HOUR**BLOCK 1 · DISCUSSION Opener — Outing report**

⌚ 5 min

Each saint names one thing he caught — fish, sunburn, a snagged line in a tree, a question he could not answer. Two short sentences. The full debrief is in the next block; this is the room-warmer that gets everyone speaking before the work.

SESSION 4 · OUTING REPORT AND BRC SIGN-OFF (PAGE 2 OF 3)

THE HOUR — CONTINUED

BLOCK 2 · CREATIVE **Walk through the catch**

🕒 18 min

1. On the board, the leader writes each saint's name and three columns: rig used, fish caught (species and approximate size), handling — released or kept.
2. Each saint reports for two minutes: which of his two setups he used and what changed during the outing; which knots he tied on the bank; the fish he caught, and how he identified it (the two physical traits he used — fin shape and mouth, markings and habitat, mouth and color); and how he handled it — hands wet, minimum time out of water, hook removed safely or line cut, released gently or kept and stored.
3. If a saint did not catch a fish, his report covers what he tried, what he changed, what he believes was the limiting factor (water, weather, presentation, location). No saint is teased for not catching — the integrity test of the badge is in the handling, not in the count.
4. The group asks two questions per saint: one practical ("why that lure first?"), one specific to the handling ("how long was the fish out of the water?"). Saints answer with numbers and moves, not generalities.
5. Leader confirms 3a and 3d for every saint whose performance in the field met the requirement: two equipment types used safely with adjustments explained; at least one fish caught lawfully, identified, and handled ethically.

REQ 3A

REQ 3D

BLOCK 3 · SKILL PRACTICE **Clean, cook, or the report-out**

🕒 15 min

1. Three short reports from saints who cleaned and cooked a fish (their own catch or a legally acquired fish per 3e). Each saint covers the cut sequence he used, the cleanliness checkpoint, the cooking method, and how he checked doneness.
2. Each reporting saint names one hygiene practice he followed and one thing that was harder than he expected — the knife angle, the rinse, getting an even cook on a thin fillet.
3. Saints who did not clean or cook walk through what they would do — the cuts, the temperature, the surface cleaning — and the leader confirms their understanding. Where the regulation or health condition did not permit cooking, the leader notes 3e is satisfied by the approved preparation method described.
4. Cover one safety reminder plainly. A whole, raw fish from any water carries some risk if mishandled. Wash hands and surfaces before and after; cook to a flaky, opaque flesh (about 145°F internal). If a saint is preparing a fish at home with a parent, he carries this rule with him.
5. Leader confirms 3e: each saint has either cleaned and cooked a fish safely at the outing or shortly after, or can describe the full procedure he would follow with the right opportunity.

REQ 3E

SESSION 4 · OUTING REPORT AND BRC SIGN-OFF (PAGE 3 OF 3)

THE HOUR — CONTINUED

BLOCK 4 · SERVICE **Leave No Trace and the saint as steward**

⌚ 15 min

1. Each youth names one thing he saw at the outing that another angler — or his past self — did wrong: line left on the bank, a beer can in the weeds, a fish kept under the legal size, trespass across a fence line, a hook thrown back with the bait still on. Specific moments, not categories.
2. Each youth names one thing he did at the outing that protected the water: line policed, trash carried out, a fish released gently because the size was uncertain, a permission asked at the gate.
3. Walk the connection plainly. Leave No Trace and the regulations are the same idea on two scales — what you do at the water decides whether the saint who fishes there next year finds water worth fishing. Good sportsmanship means keeping the safety habits and the rules even when no one is checking.
4. Each saint names one specific way he will use patience, self-control, or gratitude from this badge to serve someone else: teach a younger saint his first knot, take a parent to the water and clean the catch, organize a shoreline cleanup for the troop, prepare a fish dinner for a family that needs the help.
5. Leader confirms 4a and 4b: each saint connects an outing moment to stewardship and respect, and names a concrete service step he will take in the next month.

REQ 4A

REQ 4B

BLOCK 5 · REFLECTION **Close — BRC sign-off**

⌚ 7 min

1. The leader walks each saint's BRC. Step 1 should be marked from Session 1; Step 2 from Session 2; 3b and 3c from Session 3; 3a, 3d, and 3e from this session's debrief.
2. 4a and 4b are marked tonight. Anything not yet marked — typically 3e if no fish was cleaned or 3d if a saint did not catch a fish at the outing — gets a dated deadline written on the BRC and a specific path to completion (a make-up outing, a meal cooked at home with a parent witness).
3. Each saint reads aloud the one service step he committed to in Block 4 and the date he will do it.
4. BRC is signed by the leader for every saint who is complete.

AT THE CLOSE · DEBRIEF

1. How long was your fish out of the water — name the number — and what would you change about that next time?
2. Which rule from the regulations was hardest to keep at the outing, and what specifically did you do to keep it?
3. Who are you teaching, taking out, or feeding with what you learned — and when?

☑ *Mark 3a, 3d, and 3e (or its alternative path) in Block 2 and Block 3 of this session, and 4a and 4b after Block 4. Sign off the BRC tonight for every saint who is complete; write a dated deadline for any saint with an outstanding requirement and the leader-witnessed path to close it.*

HANDOUT 1 OF 2

FROM SESSION 2 — BUILD YOUR TACKLE PLAN

Regulations & ethical-catch field card

Print and bring to the outing. Use to walk the regulation check at the trailhead and the handling sequence at the water's edge.

FISHING · FIELD CARD

Check the rules before you cast.

Walk the five rules at the trailhead. Wet hands and short time out of water on every fish.

CHECK THESE BEFORE THE FIRST CAST

official source — agency page or printed booklet

1

LICENSE

Every saint old enough to need one carries it on him. No card, no rod in the water — the leader holds that line.

2

SEASON

Confirm the dates the species is in season here. Out-of-season fish are released, regardless of size.

3

LIMITS

Daily, possession, size minimum, slot. Measure on the spot — in doubt about size, release.

4

BAIT RULES

Some waters restrict live bait. Unused live baitfish are bagged out, never dumped — biosecurity.

5

ACCESS

Public or private? If private, ask permission first. Line, hooks, and trash go home in your pack.

HANDLE THE FISH — IN ORDER

wet hands · minimum time out of water

1

WET HANDS



Soak hands first.
Dry hands strip slime —
the fish's first defense.

2

IDENTIFY



Name two traits.
Fin shape and mouth,
or markings and color.

3

UNHOOK



Forceps, then back.
Deep hook — cut the line.
The hook rusts out.

4

KEEP OR LET GO



Decide on the spot.
Within limit and law: keep,
store cold. Else: release.

KEEP-OR-RELEASE DECISION

KEEP — ALL THESE TRUE

Species and water permit harvest right now.
Length meets the minimum or sits inside the slot.
Daily limit not yet reached for the species.
You can store it cold and prepare it within hours.
Dispatch quickly, store on ice, log the catch.

RELEASE — IF ANY IS TRUE

Closed season or out of legal range for the water.
Under minimum size or outside a protected slot.
Daily limit already met for the species.
In doubt about size, species, or storage capacity.
Hands wet, hook out, support the body, back to water.

Read the regulations before the first cast and handle every fish you touch with wet hands.

Print this handout for in-person reference during session 2 — build your tackle plan.

HANDOUT 2 OF 2

FROM SESSION 3 — TIE THE FIVE FISHING KNOTS

Five fishing knots — field reference

Print and bring to the outing. Use during rigging and any time a knot slips and a re-tie is needed on the bank.

FISHING · FIELD CARD

Tie the knot slowly. Wet it. Trim it.

Re-tie any knot that slips on the stress test. Adjustments do not fix a bad knot.

1 IMPROVED CLINCH

Line to hook — the everyday tie



STEPS

1. Run the tag through the hook eye, leaving a foot of line.
2. Wrap the tag around the standing line five turns.
3. Pass the tag through the loop next to the eye.
4. Pass the tag through the big loop you just made.
5. Wet the line. Pull standing and tag tight. Trim close.

2 PALOMAR

Line to hook — strongest for small and medium gear



STEPS

1. Double a foot of line and run the loop through the eye.
2. Tie a loose overhand with the doubled line.
3. Pull the loop down over the hook.
4. Wet the line. Pull standing and tag together, tight.
5. Trim the tag close — leave the standing line clean.

3 UNI

Line to hook or line to swivel — versatile tie



STEPS

1. Run the tag through the eye, double back along the line.
2. Form a loop alongside the standing line.
3. Wrap the tag six times through the loop and around both.
4. Wet the line. Pull the tag to snug the wraps.
5. Pull the standing line to slide the knot to the eye. Trim.

4 UNI TO UNI

Line to line or leader to main — the join knot



STEPS

1. Lay the two lines parallel, tag ends pointing opposite.
2. With one tag, tie a uni knot around the other line.
3. With the other tag, tie a matching uni around the first.
4. Wet both. Pull standing ends to slide the knots together.
5. Snug tight against each other. Trim both tags close.

5 ARBOR

Backing or main line to the reel spool



STEPS

1. Pass the line around the reel arbor twice.
2. Tie an overhand in the tag, around the standing line.
3. Tie a second overhand in the tag as a stopper.
4. Pull the standing line — the knots seat against the arbor.
5. Trim the tag. Spool the line on with even, firm tension.

! STRESS TEST

Run on every knot before any rig goes in the water

1. Wet the line before the final pull.

Dry friction burns the line and weakens the knot.

2. Pull steady, not in jerks.

Standing line in one hand, hook or tag in the other.

3. Pull until it breaks or it holds firm.

Break below the knot is correct. A slip means re-tie.

4. Trim the tag close — not flush.

Leave a tag the width of a fingernail so the knot does not work loose under load.

A slipped knot is re-tied, never adjusted.

Tie each knot until it is clean, wet it before the last pull, and re-tie any knot that slips.

Print this handout for in-person reference during session 3 — tie the five fishing knots.