

BC FISHING CHALLENGE

AN ENVIRONMENTAL AWARENESS CHALLENGE
FROM THE BC PROGRAM COMMITTEE



This challenge was collaboratively created by Tanya Laird and the BC Program Committee. The crest was designed by the 2nd Abbotsford Brownies.

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BC FISHING CHALLENGE

Welcome to the BC Fishing Challenge!

This challenge was created to encourage girls and Guiders to explore nature and learn about the diverse fishing opportunities that our beautiful province has to offer. This challenge is for members from all branches of Guiding, and the purpose of this challenge is to introduce Girl Guides to the fun of fishing!

Through this challenge, girl members will learn about our fisheries and resources in BC, fishing methods and techniques, and how they can take action to protect fish habitats in their own communities. As a Guider using the challenge with your unit, we want to encourage you to use a variety of methods when presenting these concepts to your girls. Some ideas include using skits, discussions, guest speakers, displays and other visual aids.

Have fun!

Objectives

The objectives of this challenge are:

1. To learn about environmental awareness of our fish and freshwater resources;
2. To learn about different fishing techniques and methods; and,
3. To experience nature and participate in a low impact, outdoor sport that all ages and abilities can participate in!

Challenge Requirements

To earn the BC Fishing Challenge, girls need to earn “challenge credits” and complete at least one activity from each of the following three sections: Fish & Their Habitat, All About Fishing, and Take it Outside. You can complete these activities in one meeting, or go more in depth and complete them over a series of meetings or during a camp.

The total minimum number of activities to be completed, as required by each branch, is as follows:

Guiding Level	Sparks	Brownies	Guides	Pathfinders	Rangers
Activities Required	4	5	6	7	8

When you have completed the activities, complete the [BC Challenge Crest, Pin, and Camp To Go Order Form](#) which can also be found on the [BC Girl Guides](#) website (click on Girl Engagement > Program > Program Challenges). Before filling out the Order form, please read the [BC Challenge Crest, Pin, and Camp To Go Information](#) document in order to understand the pricing and payment for the various crests, pins and merchandise.

BC FISHING CHALLENGE TRACKING SHEET

Complete at least one activity from each section, and the minimum number of activities required for your branch. Sparks need to complete 4 activities, Brownies need to complete 5 activities, Guides need to complete 6 activities, Pathfinders need to complete 7 activities, and Rangers need to complete 8 activities.

FISH & THEIR HABITAT

Objective: To learn about fish and their habitats, as well as conservation and management practices. Try one or more of the following activities:

- | | |
|--|--|
| <input type="checkbox"/> Habitat Here, Habitat There | <input type="checkbox"/> All Different Species |
| <input type="checkbox"/> Salmon in BC | <input type="checkbox"/> Invasive Fish |

ALL ABOUT FISHING

Objective: To learn about different fishing equipment, techniques and methods. Try one or more of the following activities:

- | | |
|---|--|
| <input type="checkbox"/> A Brief History of Fishing | <input type="checkbox"/> Know Before You Go |
| <input type="checkbox"/> Pack Your Gear | <input type="checkbox"/> Fishing in the Winter |
| <input type="checkbox"/> It Takes Practice | |

TAKE IT OUTSIDE

Objective: To take your knowledge outdoors and try fishing! Try one or more of the following activities:

- | | |
|---|---|
| <input type="checkbox"/> Go Fish! | <input type="checkbox"/> Keep It Clean |
| <input type="checkbox"/> Visit a Hatchery | <input type="checkbox"/> Yellow Fish Road |
| <input type="checkbox"/> Run Salmon, Run! | |

FISH & THEIR HABITAT

Habitat Here, Habitat There

1. Discuss the components of habitat that make a good home for fish (e.g. cool, clean water). What are some things or activities that could have a negative effect on fish habitat?
 2. What is the purpose of a fish hatchery? Do you have any hatcheries in your community?
-

Salmon in BC

1. Name the five different types of Pacific Salmon and share at least one distinct trait for each.
2. The salmon run is an important event that takes place each year where salmon travel from the ocean back to BC's rivers to lay their eggs. When is the next "dominant" salmon run? How often to



3. Draw a poster or put together a visual presentation tool illustrating the lifecycle of a salmon.

Supplies

- Poster board/ paper
- Colouring/ drawing materials

All Different Species

1. There are lots of different species of sport fish in BC. Name and identify at least 3 different species. What physical characteristics can you use to help identify these fish? What type of habitats do they prefer and where do they most commonly live?
2. The white sturgeon is an endangered species in BC. What are some cool facts you can learn about these prehistoric fish (Hint: how long do they live for and how big can they grow)? What is being done in BC to protect these fish and their habitats?



Invasive Fish

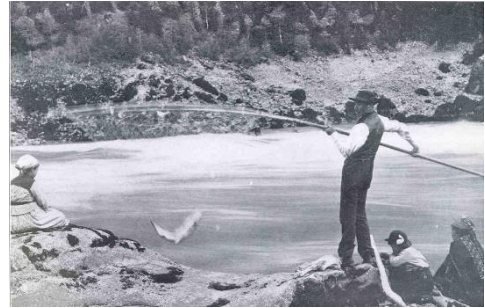
1. What does it mean if a fish is a non-native introduced, or invasive, species? What affect do non-native species have on the ecosystems they invade?
2. Can you find an example of a fish that is not native to BC but now exists in some lakes or rivers? Is there anything being done to control this invasive species?
3. Demonstrate the dangers of an invasive species by playing a version of Tag, or some other physical game or activity, that simulates how an invasive species can take over a native ecosystem.

For more invasive species games, activities and crafts, check out the “Alien Invaders” BC Provincial Challenge.

ALL ABOUT FISHING

A Brief History of Fishing

1. Fish have been an important source of food for people living in British Columbia for thousands of years. Learn about the different techniques, methods and tools used by First Nations peoples in BC when fishing.
2. How has fishing changed in the past 100 years? Name at least two different fishing methods that are still popular today.

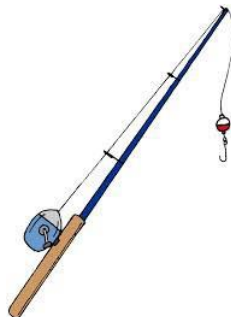


Pack Your Gear

1. Name 2 different kinds of fishing rods. Which water bodies are they used in (lake, river or ocean)? What are the different parts of a fishing rod and what is their purpose (ie. reel, handle, drag, line, guides)?
2. Some common tackle you'll need to use while fishing are: floats, weights, hook, swivel, lure and fishing line. Identify different types of these tackle and what you would use them for.
3. There are 2 different types of bait used to attract fish: natural and artificial. Can you name some examples of each? Pay attention to which ones attract a fish by scent, sight and/ or movement.
4. Set up a basic tackle box. What are some of the items you may need? Make a list, or use the one included at the end of this challenge, and visit a local outdoors or sporting goods store to find your fishing equipment.

Supplies

- Two different types of fishing rod
- Tackle (floats, weights, hooks, line)
- Examples of bait



It Takes Practice

1. Learn how to safely cast a fishing rod. What are some of the consequences if you are not safe? In a large, open space, practice a few casts! Hint: Try using a ball or large bobber/ float on the end of the line instead of a hook for practice.
2. What knot would you use to tie the hook onto the fishing line? Using cord or small rope with a large split ring (or similar circle), practice the clinch knot.
3. Treating fish with respect is a very important component of fishing. Learn how to properly handle a fish without harming it. What are some sensitive areas of the fish?
4. Demonstrate what you've learned when you go fishing and catch a fish, or act out a skit that shows the DOS and DON'TS when casting and handling a fish.

Supplies

- Fishing rod
- Whiffle ball or large bobber
- Cord/ rope
- Split Ring

Know Before You Go

1. Learn about some of today's rules and regulations for fishing in BC and your region. Do you need a license to go fishing in BC?



Fishing in the Winter

1. Ice fishing is a popular form of fishing used in the winter months. What extra gear or tools would you need to bring if you went ice fishing, in addition to rods, tackle and bait?
2. Safety is very important when planning to go out on a frozen lake. How thick should the ice be before you can stand on it? How thick should the ice be before a large group of people stands on it? How should you check?



3. What are some other hazards associated with ice fishing and what can you do to be prepared for them? Act out skits of potential hazards (ie. falling through the ice, becoming extremely cold, unexpected weather), what could be done to prevent it, and what should be done if they happen.

TAKE IT OUTSIDE!

Go Fish!

1. Go fishing! Plan a fishing outing to a lake/waterbody near you. Make sure you have all the equipment you need and that you check the regulations and weather before you go.
2. Be safe and have fun!



Visit a Hatchery

1. Visit a hatchery and see how/ where the fish are raised!
2. What is the difference between a fish hatchery and a fish farm? What species of fish does that hatchery raise? How many fish are released from that hatchery each year?

Run Salmon, Run!

1. Visit a local river or creek during the Salmon Run. What species of salmon are running there? How is the Salmon Run important to both the salmon and to the surrounding environment?

Keep It Clean

1. Participate in a river, lake shore, or beach clean-up.

Yellow Fish Road

1. Host an event for, or volunteer with, Trout Unlimited Canada's Yellow Fish Road program.

Pack Your Gear: Tackle Box Kit List

Here are a few things you might want to keep in your tackle box:

- Tackle Box
- Fishing Line
- Hooks
- Bobbers
- Sinkers or Weights
- Lures
- Needle Nose Pliers
- First Aid Kit



Program Connections

The Girls First program is girl-driven and designed to be highly flexible and agile. We encourage you to visit the [Digital Platform](#) to best determine how this challenge fits into the Program Areas and Themes.

You may want to start exploring the following Program Areas:

- Into the Outdoors
- Take Action
- Connect and Question

This is not a comprehensive list, and remember that you can apply your activities to the Girls First program as you see fit.

Links & Resources

Freshwater Fisheries Society of BC

<http://www.gofishbc.com/How-to-Fish.aspx>

Fisheries and Oceans Canada Sport Fishing Guide

<http://www.pac.dfo-mpo.gc.ca/index-eng.html>

BC Ministry of Environment Fishing

<http://www.env.gov.bc.ca/fw/fish/>

BC Ministry of Environment Freshwater Fishing Regulations

<http://www.env.gov.bc.ca/fw/fish/regulations/>

BC Ministry of Environment Tidal Fishing Regulations

<http://www.pac.dfo-mpo.gc.ca/fm-gp/rec/index-eng.html>

BC Ministry of Environment – Fish & Habitats - White Sturgeon in BC

<http://www.env.gov.bc.ca/wld/fishhabitats/sturgeon/>

Yellow Fish Road

<https://tucanada.org/yellow-fish-road/>

Learn to Fish Programs

<http://www.gofishbc.com/How-to-Fish.aspx#section3>