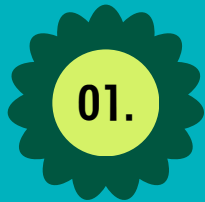


CATCH & RELEASE - CADETTE+ LEVEL

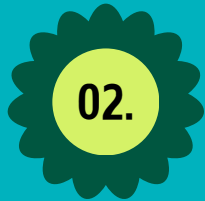
GSCSNJ PATCH PROGRAM

Purpose: To help Girl Scouts develop outdoor skills while learning the art of fishing, aquatic conservation, and responsible stewardship of natural resources. Scouts will explore fishing techniques, freshwater ecosystems, outdoor ethics, and careers related to fisheries and wildlife management.

To earn this Patch, complete 6 activities. The starred activity is required.



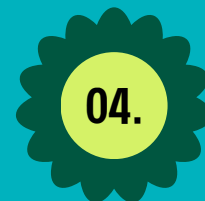
Practice good outdoor ethics by learning and following the principles of Leave No Trace while fishing. Discuss responsible angling, respect for wildlife, and how your actions help protect lakes, rivers, streams, and ponds for future generations.



Learn about fishing safety. Identify common fishing-related injuries, demonstrate basic first aid for minor emergencies, and discuss ways to prevent accidents while handling fishing equipment or spending time near the water.



Explore fishing equipment and techniques. Learn about different rods, reels, fishing line, tackle, hooks, bobbers, sinkers, and landing nets. Practice tying basic fishing knots and compare natural bait with artificial lures, including when and why each is used.



Research the freshwater fish found in your area. Identify at least ten species, learn about their habitats, life cycles, and diets, and discover how each species fits into the aquatic food web.

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05.

Learn your state's current fishing regulations. Research licensing requirements, fishing seasons, size and catch limits, and why these regulations help conserve fish populations and protect aquatic ecosystems.



06.

Go fishing with an experienced adult or mentor. Practice casting, baiting a hook, landing a fish, and safely releasing or harvesting fish according to local regulations. Record your experience in a fishing journal, including the location, weather, equipment used, and species observed or caught.



07.

Discover how fish populations are managed and protected. Visit a fish hatchery, nature center, conservation organization, or wildlife management area, or invite a fisheries professional or conservation expert to speak with your troop about their work.



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Create a fishing or outdoor survival kit. Include essential safety supplies and discuss how fishing equipment might be used responsibly in an emergency survival situation.



Complete a service project that benefits your local environment or promotes responsible fishing. Ideas include organizing a shoreline cleanup, creating educational materials about ethical fishing, assisting younger Girl Scouts with a fishing activity, supporting a conservation organization, or developing a presentation about protecting local waterways.

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Reflection: Reflect on your fishing experiences and what you learned about outdoor recreation and conservation.

Which skill challenged you the most, how did your activities help you better understand aquatic ecosystems, and what can you do to help protect our waterways and encourage others to be responsible anglers?



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