

Lee Chapel Fishing Club - Basic Fishing Session Safety Considerations

Fishing isn't a dangerous sport, but you should prepare to be safe and comfortable. It is possible to get caught unexpectedly in bad weather, encounter insects, spend too much time in the sun, or get caught on a fish hook. You should also consider your fishing activities on other people that might be around you. We have provided some tips below that you must review & action where appropriate before and during any fishing session both at the Club Lake and other Fisheries.

Checking Your Fishing Environment: Check around the area (swim) you are fishing – If there are any defects to the bank or platform that you deem not safe to fish from do not fish – move to another swim and report the defect to a Committee Member (Phone details on Message Board at Club Lake) or the Fishery Manager if at another fishery as soon as possible. Advise other anglers if they attempt to fish the same swim.

Casting / Shipping Poles: Make sure there are no obstructions or people in the immediate vicinity of your complete casting action before starting your cast or ship back your pole. Be very mindful of the position of any Electric Power lines and Animal Control fences.

Clothing : Wearing the correct clothing helps to protect you from injury. It also keeps you warm in cold weather and cool in hot weather

Summer:

The Summer sun can be harmful, your skin should be protected when fishing. Long Trousers and long sleeves provide better protection than shorts and short-sleeved shirts. Lightweight and light-coloured clothing reflects the sun and is cooler than dark clothing. Even in warm weather it's a good idea to take a sweater or jacket and rain gear. Though it may be warm during much of the day, many fishing trips begin early when it's still chilly and end late in the evening when it gets cool.

Caps & Hats offer good protection from glare and sunburn. Lightweight, light-coloured, baseball-style caps are also popular and will help keep you cool. Putting a cloth on the back of your cap can keep your neck from getting sunburned. Hats also protect your head from on poor casts. A pair of high-top Shoes/ Boots also protect your feet while you are fishing from the bank.

Winter:

Wear several layers of clothing to insulate and keep you warm while fishing in cold weather. Clothing layers trap air between them and offer great insulation. As it warms up during the day, you can always take off some of the layers.

Long underwear (thermal if you can), a warm shirt and warm trousers help to hold your body's heat. Additional layers of clothing can include an insulated vest which are also good for keeping you warm on cold, windy days.

Caps and hats are important. They prevent loss of body heat from your head and neck.

Headgear should cover most of your head, including your ears.

Fishing is difficult with most gloves. Latex gloves, however, allow you tie and handle fishing tackle and protect your hands from water and wind chill. There are some Gloves available on the market with a flap so you can expose your fingers.

DO NOT FISH OR STEP ON ICE. If breaking Ice to fish only do this from the bank and by using suitable implements.

What To Take on your Fishing Session

Sun Tan Lotion

Too much sun can cause skin cancer. A sunscreen lotion should be used to keep the sun's ultraviolet (UV) rays from reaching your skin. You should select the best factor for your Skin to One with a Sun Protection Factor (SPF) of 15 provides reasonable protection.

Rainwear

All anglers must have rainwear. Several styles are available. A rain poncho is good, but many anglers prefer a two-piece rain suit with a jacket and pants.

Good rainwear is waterproof, not just water-repellent. It should have a full hood to protect your head, a storm flap over the jacket opening, a zipper, buttons or snaps, and elastic around the cuffs and ankle openings to keep water out.

Sunglasses

Sunglasses protect your eyes against the sun's glare. Many anglers like polarized sunglasses that reduce glare and let them see below the surface of the water to spot fish and other objects. Some sunglasses are treated to protect your eyes from the sun's harmful ultraviolet light rays.

Basic First Aid

Always carry a few self adhesive Plaster in your wallet and some clean water if possible to clean and cover any cuts obtained during your session

Removing a Hook from Your Skin: Occasionally an angler will get a fishhook in the skin. If it is a deeply embedded barbed hook, removing it is best left to a doctor or a hospital emergency room. Once a fishhook enters the skin beyond the barb, it is hard to remove. Never remove a from around a person's eyes, face, the back of the hands, or any area where ligaments, tendons, or blood vessels are visible, leave that to Medical experts.

There is a method that can be used to remove a hook if it is not in a vital area. First cut the hook away from the rest of the Line or Lure. Then, put a loop of heavy twine or fishing line around the bend of the hook. Next, hold down the eye and shank of the hook, pressing it lightly to the skin. Grasp the loop in the line and, with a sharp jerk, pull the hook free.

Any hook wound should be followed by a tetanus shot if the victim has not had one in the past five years.

Cuts and Bleeding: In all cases of serious bleeding where there is a large or deep cut, get the victim to a hospital, or call 999 at once. Treat small cuts with adhesive bandages and antiseptic. For large or deep cuts, pressing directly on the wound with a clean gauze pad or handkerchief will reduce bleeding.

Hypothermia: Hypothermia means your body is losing heat faster that it can produce it. Without treatment, your life is in danger. Exposure to the cold along with wind, wetness and exhaustion causes hypothermia. It doesn't have to be freezing cold for you to develop hypothermia. Many cases of hypothermia develop in air temperatures between 30 and 50 degrees Fahrenheit. Cold water takes away body heat 25 times faster than air of the same temperature. Any water colder than 70 degrees Fahrenheit can cause hypothermia.

To protect yourself from hypothermia, stay warm and dry. Remember that wind makes you colder. If you fall into cold water don't thrash around. Excess movement speeds up heat loss. Instead, bring your knees up towards your chin and bend your legs as though you are sitting. This is called the Heat Escape Lessening Position or "H.E.L.P." This helps hold body heat and slows cooling.

To detect hypothermia, watch for these signs: uncontrollable shivering, fumbling hands, frequent stumbling, a lurching walk, vague slow speech, drowsiness or apparent exhaustion.

To treat hypothermia, get the victim out of the cold. Call 999. Give warm drinks, remove all wet clothing and get the victim into dry clothes, and if possible, into a warm sleeping bag next to another person to provide body heat. Try to keep the person awake.

Poisonous Snakebites and Broken Bones: These are rare, but serious, emergencies. A person with a broken bone should not be moved until medical help arrives.

Snakes rarely bite if they are left alone. A person bitten by a poisonous snake (Adder) should be kept calm and quiet and taken to a doctor or hospital at once. If possible, determine the type of snake that caused the bite.

Weil's disease (Leptospirosis)

Weil's disease is a form of a bacterial infection also known as Leptospirosis that is carried by animals, most commonly in rats and cattle. It can be caught by humans through contact with rat or cattle urine, most commonly occurring through

contaminated fresh water. Although human infection in the UK is minimal it is still worth taking some preventative measures to decrease the possibility of contracting it:-

- Cover any open wounds such as cuts and scratches with waterproof plasters before setting up to fish.
- Wash your hands thoroughly as soon as possible after your fishing session.
- Carefully clean any open wounds obtained during your fishing session with fresh water as soon as possible.