

**person at a time** should change seats. Always have a hand on the boat, and **never** stand on the seats. Remember thwart seats make a boat less stable.

...ensure you have sufficient fuel to cover eventualities.

...start your motor in sufficient time when drifting towards a rocky shore. Outboard motors tend to refuse to start when they are needed most.

...when anchoring, lie bow on the anchor and when recovering it haul over the bow. Similarly when using a drogue, recover it near the bow, not amidships.

...always cast "outside" the boat. It is dangerous, as well as being unpopular with boatmen and fellow anglers, to take the flies across the boat. If you are right handed, learn to cast over your left shoulder, and vice versa.

...take care when returning to shore. Cut the engine in good time and gently row the last few metres to avoid damage to your and others boats, occupants, contents, and the jetty.

#### AND ONE OR TWO MORE...

- DO NOT** ignore a poor weather forecast. Generally it is safer to head upwind if the wind is expected to strengthen.
- DO NOT** go out in a boat if gale force winds are predicted.
- DO NOT** as a general rule stand up in a boat, and **never** in rough conditions.
- DO NOT** suddenly change position or lean too far over the side. If you foul your line on the boat try to clear it by pushing the landing net down the cast. If that fails, or if the propeller is fouled, row ashore to clear it.
- DO NOT** panic if you fall overboard. Try to stay with the boat, as it can save you if you can hold on.
- DO NOT** as a rule, try to pull an angler who has fallen overboard back onto the boat. It is generally better to tie the person to the boat and head for shore or shallow water as quickly as practicable. In doing so, be aware of the dangers of propellers.

**DO NOT** smoke when operating or refilling a petrol fuelled outboard motor.

### GOOD PRACTICE

**T**he Land Reform (Scotland) Act 2003 gave the public the right of access to most land and water for recreation, providing they act RESPONSIBLY, but it did **NOT** give any right to fish. Anglers however, should familiarise themselves with its terms, some of which might impact on fishing, via the Scottish Outdoor Access Code, [www.outdooraccessscotland.com](http://www.outdooraccessscotland.com), which contains guidance on access rights and responsible behaviour.

There is no public right to fish in Scotland, so permission, usually written or in permit form, should be obtained from the owner or his agent before starting to fish. In waters covered by a Protection Order, it is a criminal offence to fish without written permission.

Always observe the fishery's rules, don't pollute the water in any way, and never discard hooks, weights, line, or other litter at the waterside. Besides being unsightly, it could damage farm stock and/or wildlife, so take it home for recycling.



The 2007 Aquaculture & Fisheries Act made it illegal to fish for salmonids (i.e. game fish) with more than one rod (except when fishing from a boat), and the rod must be held in the hand; rod rests, forked sticks etc are **NOT** allowed. However, up to four rods with rod rests may be used when fishing for coarse fish.

#### AND FINALLY...

**S**hould you feel that complying with all this advice is more than your trip is worth, remember that it soon becomes merely routine, takes only a few minutes, and gives you a better chance of getting back safely and in good shape for your next outing. You will also be a more welcome visitor to the fishery next time.



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# SANA - SAFE

## Free Safety Leaflet



**I**t is a sad fact that in most years a few people suffer a serious, occasionally fatal accident whilst fishing. With sufficient care, many could be avoided. The best safety advice is to take your time, be careful, and use common sense. A measured, well prepared approach will not only keep you and others free from injury, it will help you catch more fish.

#### ASSESS THE RISKS

It is good practice to assess your boat for likely risks before you start to fish.

If organising a communal angling event you should ALWAYS list the names of the participants, compile a list of the risks they may encounter at the venue, and ensure they are conversant with its contents. In addition, find out the contact numbers of local police and medics so if the worst happens, help can be gained quickly.

### Ooo! Ouch!

#### RECOGNISE THE DANGERS



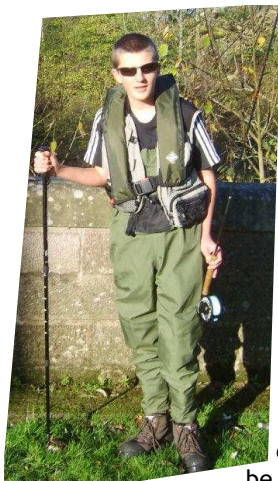
- Death by drowning is the most obvious threat in any water-based sport, but there are others.
- Falls can break bones, cause concussion, and expose victims to hypothermia.
- Fast moving flies and lures can rip through skin and damage eyesight.
- Carbon rods, lead-cored lines, and wet tackle are good conductors of electricity.
- Cloud and mist can quickly descend on hill lochs and reduce visibility.

**S**urvey each new stretch of water, especially if you intend to fish after dark; your angling will be more successful as well as being safer. In addition to hazards in the water, look out for overhead power lines, irregularities in waterside paths, trailing wire and briars, steeply sloping slippery banks, quicksand, bogs, deep mud, and overhanging banks which could collapse when you stand on them. On reservoirs keep clear of dams, spillways, draw-off towers and other operational structures.

*The following guidelines, whilst not catering for every eventuality, should help to avert at best discomfort, and at worst, tragedy.*

### GENERAL SAFETY

DO wear a life jacket or a buoyancy waistcoat. It should be worn **over** other clothing at all times.



DO protect your eyes by wearing spectacles or wrap-round sunglasses, especially when fishing on windy days.

DO wear adequate clothing. It can be much colder in a boat than on shore.

DO look around you for others to avoid hitting them whilst casting.

DO look out for bulls, or cows with calves which can be equally unpredictable.

DO take a torch for night-time angling.

DO check tide tables and expected heights if fishing in tidal waters.

DO carry a map, compass, and whistle when fishing in remote places, and learn how to use them.

DO be prepared to help others without risking your own safety.

DO familiarise yourself with resuscitation techniques.

DO be aware of the danger to health from Weil's disease (water borne organism from rats) and Lyme disease (transmitted by ticks).

### Please.....follow these guidelines

**DO NOT** fish alone if you are elderly or in poor health. Inform people where you intend to fish. A mobile phone can be a lifesaver.

**DO NOT** wade in rivers that are in spate. It is not worth the risk.

**DO NOT** risk going out of your depth while following a fish you have hooked. It is better to lose the fish than your life.

**DO NOT EVER** step onto ice. It may slope towards deep water. It may not be uniformly thick. The water level may have dropped so that the ice is not being supported.

**DO NOT** fish during a thunderstorm. Keep low and lay your rod horizontally on the ground or across the boat.

**DO NOT** fish close to power lines, and don't forget to carry rods horizontally when passing underneath them.

**DO NOT** drink alcohol when fishing. Your judgement and balance could be seriously affected. Wait until later when you're safe at home or in the bar.

### AND YOU SHOULD....WHEN WADING

...take care, particularly in coloured water. Take your time, and keep your eyes open for hazards such as boulders, sloping rock shelves, unstable gravel, sudden changes of depth, etc.

...use a wading staff. It helps you to keep your balance, find underwater obstructions and measure depth.

...remember that felt soles give a good grip on rocks but can be treacherous on mud or wet grass.

...stay calm if you fall into deep water. Float on your back, keep your feet together pointing downstream, and use your hands as paddles to guide you towards shallow water. It is then better to crawl onto the bank before trying to empty your waders.

### SOME MORE 'DO NOTS'...

**DO NOT** wade downstream in deep, fast-flowing water, unless you are certain you can reach the bank without wading back up against the flow.

**DO NOT** cross your legs when turning in strong currents. You become less stable and more likely to be knocked

over by the current. Try to keep your feet apart to increase stability.

**DO NOT** ignore changes in the water level. A flooded burn can cut off your return route. A sudden rise can trap you on a shelf in mid-river. Beware of potentially dangerous areas down river from hydroelectric power stations which might start generating.

### BOAT FISHING

#### BASIC RULES

- The "Rule of the road" on water is "Keep to the right" (i.e. to starboard). This means that when approaching each other, boats must pass port (left) side to port (left) side.

- You must give way to any craft coming toward you from Starboard (right).

- Any powered boat must give way to non powered craft (i.e. any being rowed or sailed).

- A boat overtaking must keep clear of the boat being overtaken.

- When underway you should allow a reasonable distance from any craft engaged in fishing. 50 metres is usually adequate, but be aware that a boat trolling may have out lines longer than that.

#### MAKE SURE YOU...

...use a safe, well-designed boat. As a general rule, the bigger and more stable the better. On a big loch, 12ft is the minimum length for two anglers.

...ensure it is equipped with sound oars and rowlocks that are secured so they cannot be lost overboard.

...check an adequate baler is on board.

...use a reliable outboard motor secured to the boat by a safety strap. And take spare shear pins, split pins, and spark plugs, with tools for fitting them.

...try to keep the boat level. Only **one**

