

Lloyds Fly Fishing Society

Health and Safety

Fly fishing is a surprisingly dangerous sport with several fishermen drowning or otherwise becoming seriously injured each year in pursuit of their quarry. Do not let one of our Members become a victim.

These simple advisory notes are designed to make Members aware of some of the risks we face and how they can be mitigated. The list is by no means exhaustive.

- Remember to look both up and down as you set your rod up, walk to the river or lake side, walk or wade along the water. Look out especially for electricity pylons, gullies, vole or rabbit holes, rocks or similar obstructions. Carry your rod behind you and parallel to the ground. Watch out for barbed wire.
- Be aware of cattle and livestock as you cross fields or progress along the bank. Have an exit route in mind were livestock to become aggressive. Remember to look out for any bulls that might be in the field.
- When wading, consider carrying a wading stick to help you navigate, especially in unfamiliar waters.
- Also in deep, fast flowing or difficult waters, wear a life jacket because once you are in, extrication when wearing waders and heavy clothing is very difficult.
- When handling flies and lines etc be particularly mindful of dogs and fellow fishermen walking away with line entangled in around their legs. Untangling the line might be the least of your problems.
- Always wear eye and head protection. Flies can be lethal.
- More and more fishermen are using barbless hooks which are easier to get out of humans as well as fish! You will not lose fish by going barbless. Whilst the best fish seem to be in the most difficult piece of water to access, better not to get the fish rather than it get you! Do not take chances.
- Whether it is a pub lunch, a picnic or a wee dram, remember to drink alcohol sparingly. You also have drive home afterwards.
- Remember to ensure your back cast will not hook other people lest it spoil the day for both of you.
- When fishing at night for sea trout or excitement has got the better of you, be wary of staying on alone in case you got into difficulties with no one to help.
- Before you have lunch, wash or wet wipe hands to avoid risk of Wells disease.

Members are strongly advised to adhere to the Society's Health and Safety policy.