

Homework, Weeks 4-5: Water Safety & Wading - the Rules That Keep You Fishing

Five minutes a day beats an hour on Saturday. Print this sheet and stick it on the fridge.

- ☐ Recite all the wading rules to a parent without looking. Two nights this week.
- ☐ Practice the shuffle across the yard with your eyes closed - one foot always on the ground.
- ☐ Practice the fall position on the lawn: feet downstream, on your back, nose and toes up.
- ☐ Run the family Go / No-Go quiz: parent describes a day, you call GO, CAUTION, or NO-GO.

Parents: you don't need to fish to help. Hold the hoop, count the reps, and ask what today's cue was. Five minutes of attention beats an hour of equipment.

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