



MCI Assessment Materials -Teaching Tasks

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SEKHAR BAHADUR FLYCASTING INSTRUCTION

RISK ASSESSMENT

EVENT IFFF MCI Assessment

DATE April 8, 2016

VENUE ADDRESS Veranstaltungsforum (Event Forum) Fürstenfeldbruck, Fürstenfeld 12, 82256 Fürstenfeldbruck, Germany
tel: +49 8141 6665-140

Lake/pond Possible

River Unlikely

Canal Possible

Park/Grass Yes

HAZARDS	RISK (H/L/M/-)		RISK (H/L/M/-)
Overhead Cables	- but re-verify on site	Bridges	-
Tidal	-	Livestock/Wildlife	-
Vehicle Traffic	-	Wading	L casting pool H Amper canal
Casting Platforms	-	Gates/Stiles	L
Boats	-	Wet/Muddy	L
Undercut	-	Steep/High	M Amper and L casting pools
Undergrowth	-	Currents/Flooding	M Amper canal
Weather	L	Hooks/Sharps	-
Fire	L	Disease and infection	L
Rods	L	Other	
Fly lines	M		
Equipment on ground.	M		
Existing medical conditions	- but verify		

PERSONS AT RISK

Instructors	Y	Venue Employees	Y
Students/Attendees	Y	General Public	Y

COMMENTS AND CONTROL MEASURES.

Some of the principal risks and control measures include

- injury by fly lines to the participants in the assessment, casters practicing and to members of the public, who can enter the assessment either through the restricted gates on the west side of the building or the public road and walkway to the south of the assessment area. Participants to be watchful and communicate clearly. If part of the assessment takes place in the courtyard area this risk will increase, mitigated somewhat by the likelihood that overhead casts will not be performed in this area
- If the casting pool are used slip and trip risk will increase and participants will be warned to be watchful
- If the Amper canal is used slip and drowning risk will increase and a throw rope will be on hand. Wading not to be done.
- The small stream to the west of the assessment area is unlikely to be part of the assessment but if approached normal precautions to be taken
- Trip risk from assessment and teaching equipment while distracted. Equipment to be placed together and marked with bright cones.
- If part of the assessment takes place indoors fire alarms, exits and assembly points will be noted and advised

All significant risks are to be communicated to participants in the event at a safety briefing prior to commencement.

Participants will be encouraged to wear clothing suitable for the weather. Layered waterproof clothing for cold and wet and to keep well hydrated and apply sunscreen in high heat and high UV conditions.

Eye protection is to be worn at all times and participants will be encouraged to wear a hat or cap.

Proper assembly of equipment will be demonstrated and risks arising from its use explained prior to the session

Where reasonably practicable, casting instruction will be undertaken with fluff or a hookless competition fly away from bankside hazards in an area suitably laid out for the purpose.

In areas of public access, casting areas will be sited away from paths and entrances where there are clear sightlines for both instructors, students and members of the general public.

Overhead cables will be indicated to all participants during the safety briefing and warning signs erected where necessary.

If instruction is to be undertaken on the water, the risks of slips trips and falls on banks and casting platforms will be pointed out and the risks of over reaching for the recovery of snagged flies or netting fish will be properly explained.

Where wading is necessary for instruction purposes, the area will be inspected for depth, currents and underwater hazards prior to entry into the water and a suitable exit point established in the event of a slip. All participants will be briefed on good wading practice.

Boat safety will be clearly explained when necessary and all participants will be required to wear appropriate floatation devices.

Risks arising from farm stock or wildlife, insect stings and irritant vegetation will be outlined at the safety briefing.

Participants will be briefed on means of minimizing water borne infections by covering cuts, washing hands before eating and not to put fishing tackle in your mouth.

First Aid Kit is located at: Sekhar's bag

In the event of serious emergency the emergency services will be contacted.

Ambulance/Police/Fire
112

Nearest hospital

Klinikum Fürstfeldbruck
Dachauer Str. 33
82256 Fürstfeldbruck
Tel.: +49 8141 - 99 0
info@klinikum-ffb.de

SEKHAR BAHADUR

Date April 1, 2016

Task 6 -- Roll Cast

Uses

1. Clear slack
2. Obstruction behind
3. Raise sinking line or heavy fly
4. Strong tailwind
5. Recast quickly
6. Strike from or close to backcast position
7. Free fly from behind obstructions like rock or wood
8. Modest COD left (to right for advanced casters only)
9. Pickups
 - i) Less water disturbance
 - ii) Dry the fly
 - iii) Popper airborne through back door
 - iv) Change direction in air
10. Delivering Switch and all Spey casts

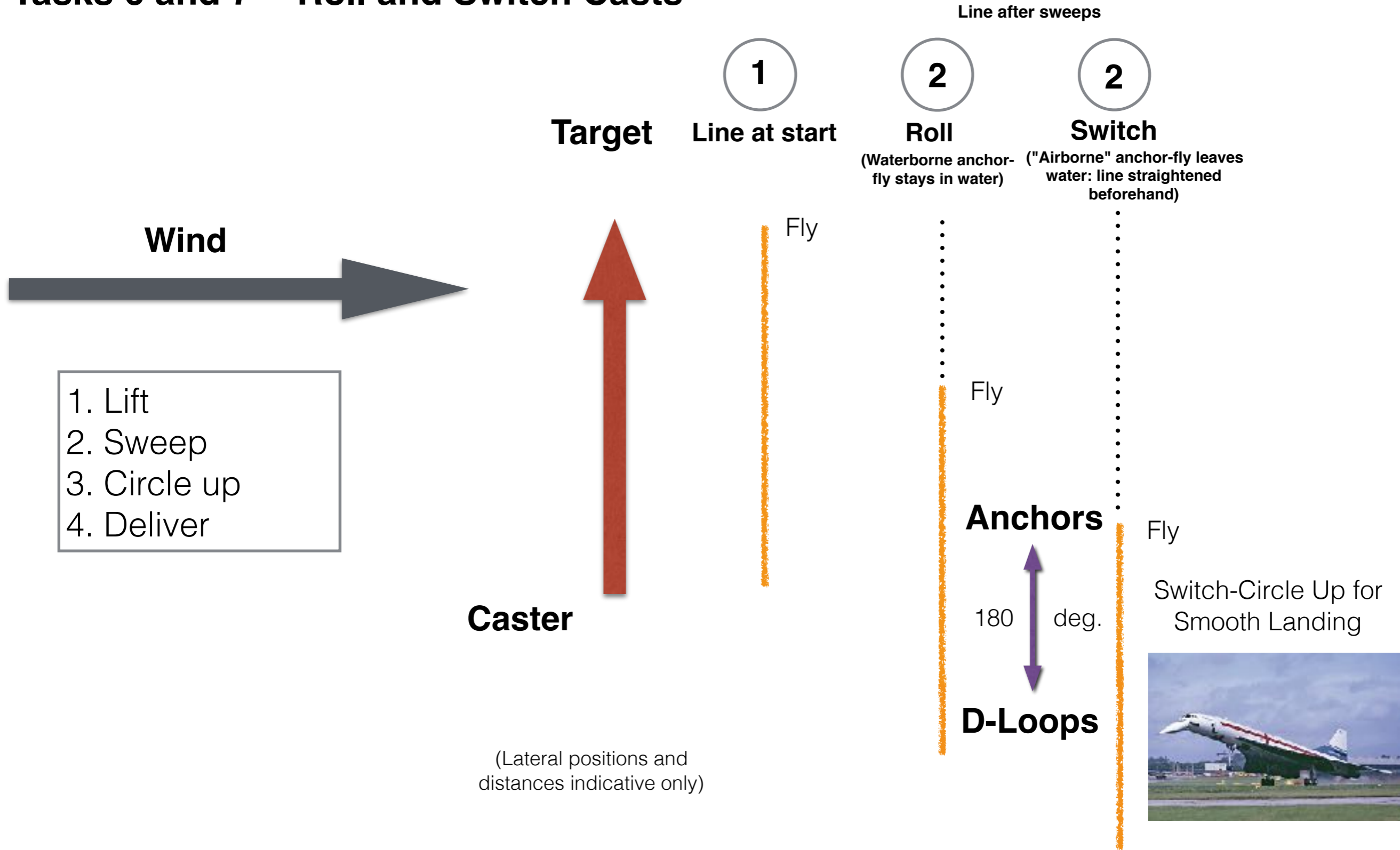
Limitations

1. Power, efficiency and distance
2. Changing direction

Faults and Indicative Fixes

1. Powered backcast - keep fly in water
2. Not enough D loop - D loop is train locomotive so maximise, make line between rod tip and loop apex as long as possible
3. Trunking, hooking
4. Aiming right or too far left
5. Rotating early - keep SLP, chop with hatchet, less wrist, \\\ / , rotate when run out of arm
6. Not stopping high - block with line hand (making sure hookkeeper out of way), flick water off paintbrush

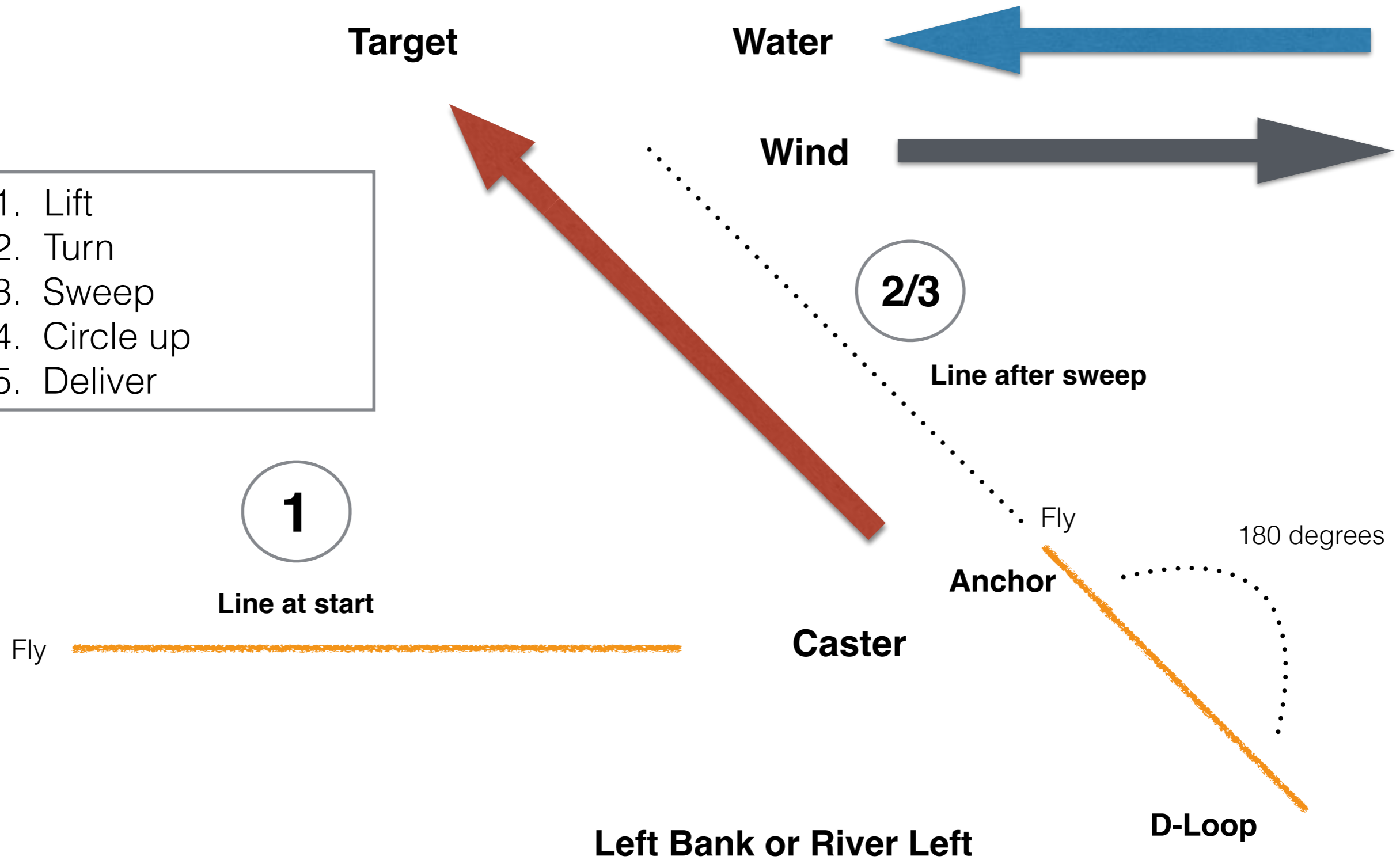
Tasks 6 and 7 -- Roll and Switch Casts



Bank/back cast obstacles

Task 8 -- Single Spey 45 Degrees -- Safety, Efficiency, Direction Change

1. Lift
2. Turn
3. Sweep
4. Circle up
5. Deliver



Riverbank and back cast obstacles

Task 8 -- Single Spey

Larger Direction Change

1. Bigger turn
2. Crescent lift, contrived Spey
3. Spiral Spey
4. Alternative - Circle C. Starts like off shoulder double spey.

Loop shape

- D loop - lazy stop and circle up (pet cat's tail, up the banana)
- V loop - low lift, flatter path, crisper stop (up stairs back across landing). Underneath obstacle, wind penetration, more line to apex. Hand draws D/V Loop shape.

Faults

Lift

1. too low anchor stays downstream
2. too high can't circle up anchor belly flops

Anchor placement

3. Too far downstream (dangerous) or
4. too far upstream (cast fails)
5. Dip and crash (bloody L possible)
6. Blown anchor in bushes behind

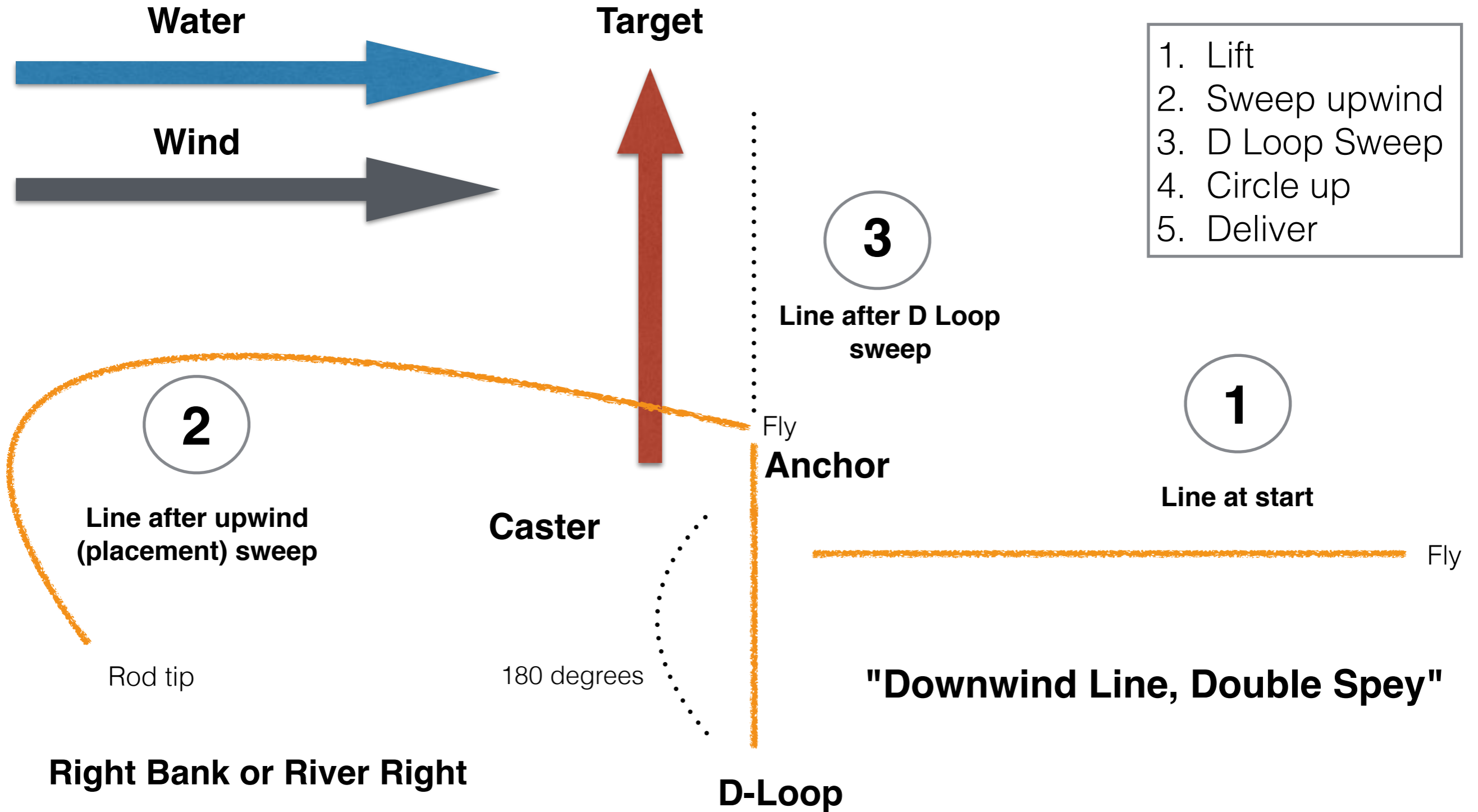
D Loop shape and alignment

7. Under or over rotated
8. No circle up or wristing/trunking (rod too far back) too much line on water

Cast

9. too early start (weak) or rotation (wide)/ too late (line crashes and can't get off water)
10. no high stop wide loops.

Task 9 -- Double Spey 90 Degrees -- Safety, Efficiency, Direction Change



Task 9 -- Double Spey

Smaller Direction Change

1. First sweep shorter
2. Lift into bank then sweep more out and place anchor closer to bank
3. Lift, switch cast setup, poke left a bit, switch cast

Lift, Anchor and D Loop Placement Faults

1. Low lift/anchor too far downstream (Bloody L do over)
2. Anchor too far upstream (wait or do over)
3. Line too close, D Loop sweep crosses ("oh shucks"; do over or elevate rod in D loop sweep)
4. Second sweep underpowered or cuts corner (D loop doesn't form)
5. Second sweep dipped (Big crash)
6. Rod too high in second sweep (D loop not properly formed)
7. Second sweep overpowered (D loop airborne backwards)
8. Anchor and D loop not aligned
 1. D loop over rotates (hooking)
 2. D loop under rotates (inefficient or tangle)
9. No circle up (D loop crashes)
10. Trunking-rod too far back too much line on water

Delivery Faults

11. Timing
 1. too early start or rotation - wide weak loops
 2. too late - line crashes and can't get off water
12. Rod stops too low - wide loop

Alternative-Snake Roll

- Spin unicycle wheel towards target, up-bank-river-bank-deliver

Task 13 -- Saltwater Skiffs



Basic



Casting Platform



Lean Bar

Task 13 -- Clock and Line Storage

Casting Clock Line on Deck or in Cockpit



Line in Stripping Basket



Source: Fly-Casting Finesse, John L. Field, MCI,
with permission of and thanks to the author.

Task 13 -- Saltwater Quick Cast -- Skiff

- Reliably, efficiently and stealthily deliver fly to moving fish: distance and direction unpredictable
- Clock system (12 bow, 6 stern) and distance to targets.
- Wind (usually a factor), safety and casting. Line and fly:
 - Downwind
 - Cast outside boat and avoid guide/poler at all costs!
 - Ideal target zone 10 to to say 11:30 for righthanded casters
- Line storage options
 - Casting deck
 - Cockpit - boat partner as line ghillie
 - Stripping basket
- Line preparation
 - Stretched, clean and free of suntan lotion, bug spray etc.
 - Line for longest realistic cast given conditions off reel
 - Reverse the line
 - Well clear of anything that can cause tangles or snags
 - Silence in the boat
- Quick cast - many ways to do it, here's one
 - Line out for appx 30-35 ft feet to fly
 - Leader can be doubled over pinky of line hand (or middle rod hand finger if windy)
 - Fly held in line hand by hook, point up, downwind, away from body. Know wind direction
 - Guide/poler calls direction and distance to target if (s)he sees fish first
 - Low rod angle. First back cast releases line loop; first forward cast pulls fly out of hand
 - Delivery cast through line hand O-ring and strip tight for control
 - The fish may not be on the "far bank"! Can strip in per accuracy task
 - Line management does not end after strip strike - watch onto reel

Task 13 -- Saltwater Quick Cast -- Wading

- **No boat to store line and caster is lower**

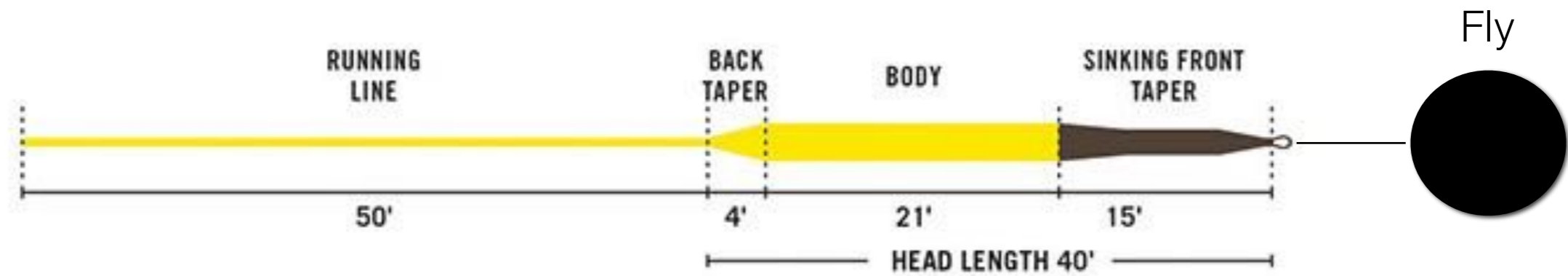
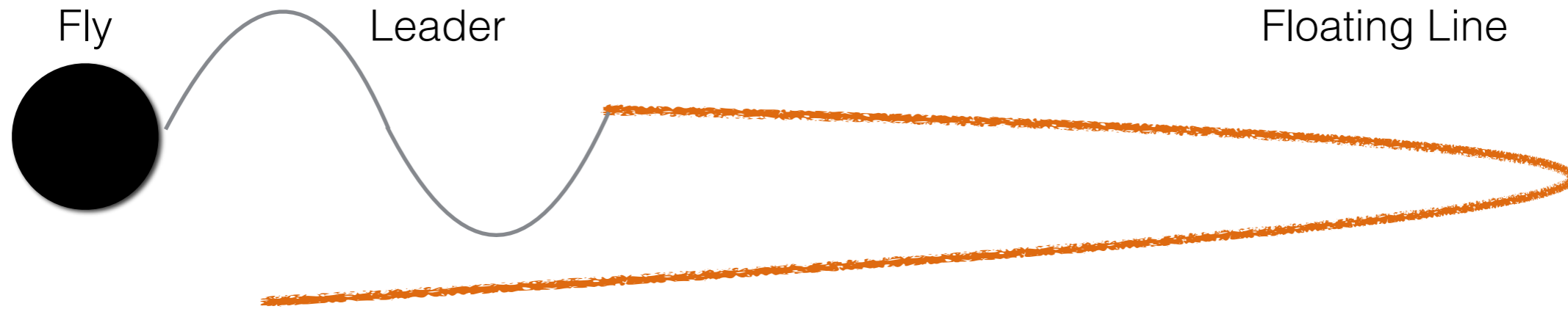
- Won't be able to cast as far
- Adjust expectations
- Partially self correcting
 - Can't see fish as far away
 - Can get closer on foot
 - Also both anglers can fish and it's lots of fun!

- **Line management options-no perfect solution**

1. Trailing loop in water (see photo)
 - Hopscotch with current
 - OK up to appx 50 feet to target
 - Gets harder to shoot when trailing loop longer than say a rod length
 - Tangle and wrap around risk increases with trailing loop length
2. Loops in hand
 - Shooting and hauling difficult
3. Loops dropped to cast
 - Possible tangling/wrap and some water resistance issues
4. Loops in lips (Krieger in river), tucked in belt (Jaworowski)
 - Not practical or asking for trouble
5. Stripping basket
 - Possible hauling, stripping, visibility and transport issues
 - Good all round solution when longer casts may be required



Task 14 -- Heavy Flies and Sink Tips



Source: Rio Products

Task 14 -- Casting Heavy Flies and Sink Tips

- Differences from small light flies with floating lines
 1. Need to get line to surface to cast
 - Strip in short
 - Lift
 - Roll cast - slip and shoot
 2. Changing direction quickly using narrow. loops doesn't work well. Loss of control, slack, unsafe (chuck and duck)
 - Slow wide loops with drift
 - Gebetsroither
 3. False casting difficult and overhang outside rod tip is not advisable. "Nothing good happens when you false cast with a weighted fly" - Lefty.
 4. Can shoot long distances, penetrate headwind
 - Launch forward delivery slightly up
- Putting it all together in a cast
 - Strip in to manageable length, roll cast and if necessary slip and shoot to get line to surface with just a bit of running line outside rod tip if possible. Some use water haul.
 - Single Gebetsroither cast, high delivery adding haul if you care to
- Others
 - Joan Wulff single stroke tension cast with heavy weighted nymph
 - Bob Clouser and Lefty inverted loop
 - Mark Sedotti Sayonara Sling (rod high, backcast delivery, butt against forearm)

Task 15 --Changing Direction

- **Star**
 - Simple
 - Time consuming, inefficient and tiring, spook whole pool, need good footing
- **Point and shoot (COD with backcast)**
 - Quick and simple; delivery cast doesn't swing
 - Breaking 180, line out of water sideways; line swings over lots of water, long casts and large change of direction hard, going from R to L unsafe on-shoulder.
- **Wye (COD with forward cast)**
 - Line straight out of water: quieter, more efficient pickup and line flashes over less fishing area; can use for R to L.
 - Breaking 180, long casts and large change of direction hard, and unsafe to go L to R on-shoulder, delivery cast tends to swing
- **Circle C**
 - Little room behind required, good complement to double spey and snap
 - Extra step and some water disturbance
- **Snake Roll**
 - Fast, efficient, stealthy, good for distance and large change of direction, graceful
 - Not always easy for learners
- **Barnegat Bay**
 - Fast 180 degree direction change
 - Harder to see target, mend or make smaller changes of direction
 - **Galway** to address above issues or **Snap** in close
- **Tension**
 - BB advantages, deliver on forward cast helping accuracy and mending
 - Quick footwork and good footing required, smaller direction changes still hard, need to go offshoulder = Galway in strong side wind

Task 16 -- Wind Into Caster

(Blows line and fly back)

Target



Wind



All Casters

1. Higher line speed
2. Tight loops
3. Trajectory down forward, up back

Experienced, add

1. Favour back cast to drift and shoot
2. Favour forward cast to haul
3. Sidearm an alternative

Caster

Task 16 -- Wind Into Casting Shoulder

(Dangerous and accuracy issues)

Rod Tip Downwind

1. Hand across
2. Hand up rod tip over
3. Barnegat Bay
4. Galway
5. Two handed (cack, regular)
6. Non dominant hand
7. Dominant hand off-shoulder roll, switch, speys
8. Non dominant hand roll, switch, speys

Target



Caster

Rod Tip Upwind

1. Sidearm

Rod Tip Upwind/ Downwind

1. Gebetsroither



Wind

Task 16 -- Wind Behind

(Hinders back cast, can help forward cast)

Target



Wind



All Casters

1. Slightly longer backcast stroke
2. Keep line length manageable
3. Roll cast if very strong tailwind

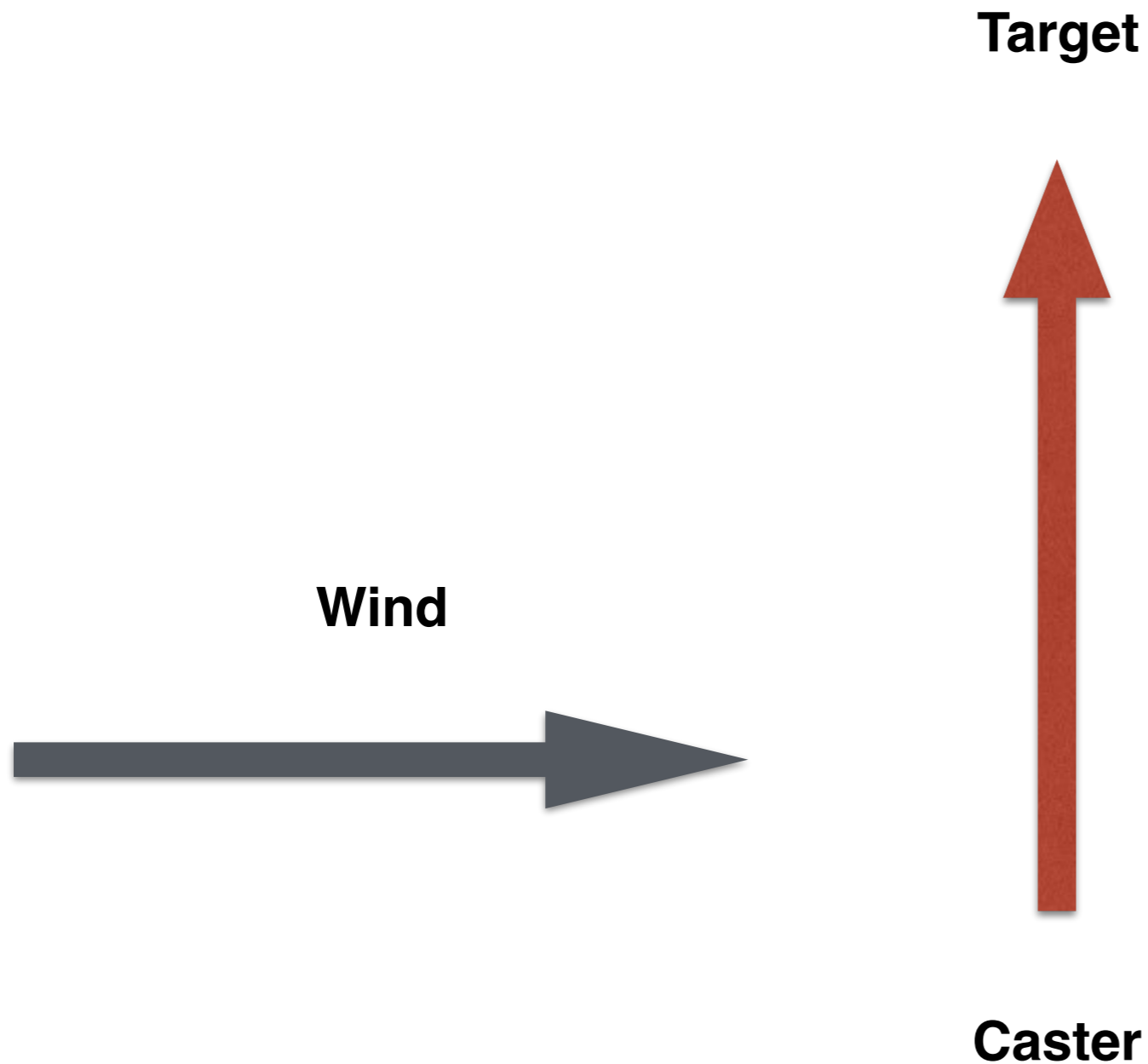
Experienced, add

1. Gebetsroither
2. Can aim up

Caster

Task 16 -- Wind Into Non-Casting Shoulder

(Line management and accuracy issues)



1. Care with downwind safety
2. Aim upwind
3. Trajectory low fwd high back
4. Place line coils downwind and shoot through O-ring
5. Consider tilting rod plane, possibly mending rod leg onto water

Task 17 - Advantages of Parallel Loop Legs

- Parallel loops result from straight fly leg, which has following advantages
 - Drag minimised
 - Energy directed at target
 - Accuracy enhanced
- Six steps: straight fly leg requires straight rod tip path
- When rod tip moves right or left (tracking errors), up or down from a straight line path:
- **Right**
 - Convex away from RH caster in plane horizontal to rod
 - Swinging inefficient loops out to the right
 - Dangerous if only on front or backcast
 - Causes include breaking 180 rule, wrist, arm and body twisting
 - Fixes- consider casting side foot forward stance, thumb/reel as rudder/tiller: keep both pointed at target (or just reel depending on grip), watch rod tip, fly swatter, cast near wall, practice with finger, pencil, rod butt against vertical flat surface
 - Many useful applications (curves both ways, inverted loops, speys)
- **Left**
 - Concave away from RH caster in plane horizontal to rod
 - Dangerous-loops swinging into caster, tangle and rod collision risk
 - Causes include breaking 180 rule, wrist and arm twisting. Similar fixes to above plus horizontal bar or balcony
 - Perhaps fewer practical uses than convex path - other way underpowered and overpowered (for me difficult) curves

Tasks 17/18 - Advantages of Parallel Loop Legs. Tailing Loops

- **Up**

- Convex away from caster in vertical (rod) plane
- Wide, unaerodynamic, inaccurate, inefficient loops
- Causes
 - breaking 180 and convex hand
 - **power arc mismatches-underpowering and wristing**
- Fixes: analogies (igloo painting vs flat roof, rainbow, windshield wiper), visual (watch rod tip) props (thumb vertical, invert reel, rod butt in sleeve, wrist band), kinaesthetic (panto rod movement to stops, cast with student)
- Practical uses include heavy/dense/complicated kit, wind behind, underpowered casts

- **Down**

- Concave away from caster in vertical (rod) plane leads to crosses and tails
- If abrupt movement wave moves down fly leg and crosses rod leg - tailing loop
 - Inefficient
 - Tangles / "Wind" knots weakening leader
 - Failed casts
 - Rod damage
- Causes/Contributing factors
 - Breaking 180 degrees (crossing loop)
 - Concave hand path (crossing loop)
 - Physical interference
 - Slack
 - **Short casting arc**
 - **Creep (bounce, drift) then power surge**
 - **Inappropriate right hand power application (Jackrabbit start, Tow then power surge, Power surge)**
 - **Inappropriate left hand power application - early haul**

Task 18 - Tailing Loops

- **Fixes**
 - **Short casting arc.** Panto throwing dart vs baseball (S Rajeff), car trying to accelerate to top speed over short distance, move alongside to show translation. Cast with student.
 - **Creep (bounce, drift).** Freeze. Watch backcast. Point tip at unrolling loop. Experienced casters chase loop. Cast with student.
 - **Inappropriate right hand power application.** Smooth acceleration. Slow then fast. WHUUMP (Krieger). Accelerate a car smoothly through gears. Airplanes and long jumpers keep accelerating before taking off. No rod noise. Minimum power drill. Cast with student.
 - **Inappropriate left hand power application.** Early haul finish. Hands mirror images, just keep tension early and only haul late during power snap
- Some supposed practical uses - risk/return vs alternatives?
 - Sinking a nymph with less disturbance than say a tuck cast
 - Throwing underneath obstacles
 - Curve cast to casting side with horizontal tailing loop