

WOMEN'S WADING / FISHING CLINIC (updated 11/16/2023)

SATURDAY OCT 7

This is the first time we have attempted training with this topic. We borrowed some of the content from another Fly Fishing Club (Diablo Valley Fly Fishers (DVFF)) and customized it to half a day of discussion, demonstration and practice on the water.

- We will meet at [Del Rio Woods Regional Park](#) on the Russian River, 2668 South Fitch Mountain Road, in Healdsburg at 8 am when the parking lot opens. Catherine, Jeff and Mike scouted out a dozen locations and chose this one as the best choice - close by, restrooms available, great gravel beach, beautiful water. We will only change locations if the flows increase significantly from 150 CFS (cubic feet per second), the flow it was on the day we were checking it out.
- Jeff Cratty, Gregg Wisley and Mike Spurlock will demonstrate, help you with wading and share their experiences. We hope to make it useful and fun.
- Everyone will have a chance to do actual practice wading. Bring your own wading equipment if you have it. We will also bring additional wading equipment. **You will have the options of 1) wearing waders and boots, if available, 2) wet wading with tennis shoes and a bathing suit and 3) practicing on shore. These options will insure a VALUABLE EXPERIENCE FOR ALL!!!**
- Some of the topics:
 - (Note: If you do not have the ******items below, you should still be able to participate in activities with loaned gear or simulation on shore)
 - How do you plan for an outing?
 - What equipment should you bring on a fly fishing trip - using a checklist?
 - How to read the water - why would we wade here at Del Rio Park? Where would the fish be and where would you need to wade to get to them?
 - How deep should you wade.
 - How do you assess current?
 - ****Wearing Waders** - purpose of belt, double belting, what to do if you get wet.
 - ****Proper use of a wading staff** - minimum of 2-points of contact.
 - ****Wading boots** - types of soles (felt, rubber, studs).
 - Personal Flotation Device (PFD), CO2 activated option.
 - Crossing a river - by yourself or with another person.
 - How is wading different with the type of bottom - rock, sand, mud?
 - Using a whistle, how and why?.
 - Practice casting at this location **without flies**. **Note: As of 9/1, the Russian River is closed to fishing due to low flow closure and will not reopen until flows increase to 300 CFS which will require rain. If it does open up, a steelhead card will be required to fish.**
- After the session, those who want can meet for lunch at Healdsburg, outdoor dining under shelter.
- After lunch, for those who are interested, we will have an optional short drive to Dry Creek mouth to look at a second location. Dry Creek hatchery is the source of all hatchery-raised steelhead that are supplied to the Russian River and it would be instructive to see where the fish enter the river (also a very popular fishing location when the steelhead begin to arrive from the sea to spawn).

What equipment to bring:

- Snack, water, dark glasses, hat, sunscreen, folding chair, tennis shoes, swimsuit & towel (in case you want to take a dip or do some light wading).
- Sonoma County parking pass or pay for parking. **(There are 20 parking spots. If we get there at 8am, there should be no problem parking)**

- Waders, wading boots, wading staff (If you don't have it, we have a few extras or we will try to find your size. Even if you don't have the equipment, come and we will work with you on shore, or you will be able to wet wade with tennis shoes and a swimsuit).
- Do not bring Fly rod. We will NOT be able to do any casting due to fishing closure.
- Excellent video to review prior to class. <https://youtu.be/Pb7rty2jSFk?si=YLKG0AI6WPYkCozQ>

RRFF club members can register online below on our club calendar just like any other outing.

THE CLASS IS FULL at 11. If you want to be on sandby, put your name at the bottom and we will try to schedule a future class.

#	Name	email	Mobile phone	Do you need any wading equipment?	Comments or questions
1	Catherine Miller	katbmiller@gmail.com	707-303-0277	Yes	Trip Coordinator
2	Angela Zahra	angelazahra3@gmail.com	415-302-2617	Has waders	Needs boots and staff
3	Maria de la Fuente	mariacdlf@gmail.com	415-250-0443	Has waders	Needs boots and staff
4	Linnette Birdsall	ajbrituk@gmail.com	707-478-3466	No	
5	Jody Banovich	jbanovich@gmail.com	707-495-3799	?	
6	Patty Newland	pattywagon24@gmail.com	707-544-4873	No	
7	Rosa Sanchez	kenhair02@gmail.com	707-228-9444	Has waders and boots	Wading staff? Uses hiking stick
8	Shawna De Grange	degranges@yahoo.com	951-973-2215		
9	Pam Boyd DeCoite	pamjbd@gmail.com	707-799-4149	?	
10	Glenn Birdsall	ajbrituk@gmail.com	707-490-4044	?	
11	Andrew Sanchez				
	Mike Spurlock	mikerrff@gmail.com	415-599-6138	No	INSTRUCTOR

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