



## Fishing

Often an integral part of one's youth, fishing can have provide physical, mental and social benefits later in life as well. With modification, fishing can be beneficial for Soldiers who have stable upper body, lower body and/or back injuries, behavioral health issues, Post-Traumatic Stress Disorder (PTSD) and/or have sustained Traumatic Brain Injuries (TBI). Fishing involves both indoor instruction and outdoor participation. The outdoor experience frequently provides emotional and spiritual healing. Each Soldier's Physical Therapist/Occupational Therapist will screen them for participation in fishing.

### **Resources provided by:**

- Adaptive Reconditioning (AR) team
- Morale, Welfare and Recreation (MWR) programs
- Soldier and Family Assistance Centers (SFACs)
- United Service Organization (USO)
- Project Healing Waters Fly Fishing, Inc.

Project Healing Waters ([projecthealingwaters.org](http://projecthealingwaters.org)), with locations around the country as well as in Canada, Germany and Australia, is dedicated to the physical and emotional rehabilitation of wounded, ill and injured Soldiers and Veterans through fly fishing and associated activities including education and outings. Soldiers interested should contact their Adaptive Reconditioning (AR) team for further information.

Adaptive Reconditioning resources and Recreational Services may be available through the WCT Community Support Network (CSN) at no cost, or significantly reduced in price. Please refer to our CSN page for more information:

[http://www.wct.army.mil/modules/support%20network/c1\\_adaptivereconditioning.html](http://www.wct.army.mil/modules/support%20network/c1_adaptivereconditioning.html)

### **Equipment/resources provided:**

- Fishing rods (depending on location)
- Bait and tackle (depending on location)
- Waders (depending on location)

**Equipment/resources Soldier brings:**

- Fishing rod (if owned)
- Tackle (if owned)
- Waders
- Cold weather gear (depending on weather)
- Each AR team will inform the Soldier of what the Soldier needs to bring
- \*Costs may be associated (purchase of supplies and travel)

**Location(s):**

- MWR facilities
- USO facilities (for indoor instruction)
- Local rivers, ponds, lake or other body of water (depending on location)
- Initial instruction in an indoor area is required. Each AR team will coordinate with MWR, SFAC or USO for space.
- After initial training, each AR team and Project Healing Waters will identify appropriate outdoor locations for fishing.