

# CATCH &



# RELEASE

## TIPS



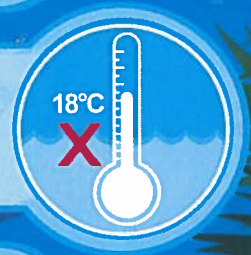
Use single hooks where possible - they're easier to unhook and will cause less injury to the fish.

Play the fish **quickly**, look for a suitable area to land fish to minimise damage to the fish.



If using a landing net, use one with **knotless rubber** mesh. Always have **forceps** or **equipment** to hand before you start fishing to aid you when releasing a fish.

If water temperature rises **above 18°C** you should **stop** fishing. Warm water holds less oxygen and fish become **stressed more easily**. During very warm weather fish in the **early morning** before the river heats up.



Keep the fish in the water **at all times**, even if you want a very quick photograph. If possible do **NOT** lift the fish out of the water to photograph.

Do **NOT** take the fish out of the water and place it on the river bank.



If the fish is deeply hooked **cut the line** and **release it**. The fish will eject the hook and recover on its own.

Try releasing the fish **without** touching it by pulling the line in and unhooking the fish while still in the water, **or** if using a landing net **lower** the net into the water and let the fish **swim out**.

