

# 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.

