

CATCH & RELEASE

Follow these simple rules to help increase survival rates for fish and limit your angling impact:

CHOOSE THE RIGHT GEAR

- **Use a strong rod, line and leader** to quickly land your fish
- **Crimp your barbs** or use barbless hooks
- **Use lead-free weights**
- Always **use a rubber landing net**
- **Remove hooks with a dehooker** or forceps

RESPECT THE HABITAT

- **Stick to established trails** and walkways to minimize disturbance
- **Avoid disrupting streamside vegetation** critical for healthy habitat
- **Don't walk through redds** or spawning nests
- **Leave no trace**
- **Pack out your poo** and TP



HANDLE WITH CARE

- **Minimize fight duration** to avoid exhaustion
- Net the fish and **remove hook in the water**
- Wet hands before handling fish
- Support the weight of the fish along its body and **never squeeze**
- **Do not touch eyes or gills**
- Keep air exposure and handling to a minimum
- **Revive the fish** by holding it facing the current until it can swim away on its own, if necessary



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