

# HOW TO RELEASE FISH

Follow these six points to release fish unharmed and ensure the survival of released trout.

1. Land your trout as carefully and quickly as possible.
2. Keep the fish in the water, the longer the fish is out of water the less chance it has of survival. Underwater hooking and release is preferred.
3. Do not squeeze the fish or touch its eyes or gills and never use a rag to handle trout; it will remove their protective slime which protects them from fungal infection.
4. If you have to handle the trout, make sure your hands are wet and cradle the fish upside down, it will relax to some extent. Do not throw your fish back into the water like a rock; gently slide it back into the water.
5. If you need to revive a large trout after a long exhaustive fight, hold it facing into the current (streams) or make circle eights (lakes) to re-oxygenate the gills, and never pull the trout backwards as this will drown the fish. It takes approximately the same amount of time to revive the trout as it took to catch it. When you feel the fish struggle to free itself, you can release it.
6. Use artificial lures (no bait) to minimize deep hooking. Barbless hooks or hooks with flattened barbs make unhooking easier and less stressful on the fish.
7. Remove only those hooks that you can see and remove easily, otherwise clip the line near the mouth on deep hooked fish, the hook will dissolve in time. If the fish is bleeding, plan to keep it otherwise it will die.