



TROUT RIVER FALLS

Country Lodge

The meaning of '**Catch and release**' is when a fish is caught and then returned to the water unharmed so that it survives and continues its existence in its natural environment. The guidelines below explain how to do this:

- Use barbless hooks (barbed hooks can be made barbless by pinching the barb with pliers).
- Use a strong rod and line to bring a fish under control quickly.
- Before fishing, think about where a fish might be landed.
- Keep the fish in the water and avoid beaching or dragging it up a steep bank before release.
- Once hooked, bring the fish to hand or net as quickly as possible - this will reduce stress and exhaustion and make sure the fish is able to recover quickly.
- Keep handling time to a minimum.
- Keep the fish in the water at all times as keeping the fish out in the air for a long time will mean it might not survive.
- Make sure your hands are wet before handling fish.
- Avoid squeezing the fish.
- Use pliers to remove hooks.
- If hooks are too deep and removal will lead to damage or delayed release, cut the line as near to the hook as possible.
- Support the fish in the water.
- Be patient as the fish can take several minutes to recover
- Wait until the fish recovers enough to swim away from you
- High water temperatures (over 21 degrees Celsius) can greatly reduce survival rates, so anglers should take extra care when practising catch and release when water is low and water temperatures are high.

NO SPINNER RODS!

BARBLESS HOOKS!

NO BAITED HOOKS!

USE A NET!