The time it takes to land and release your catch and the way you handle it is critical to its survival.

**Tackle**
- Use tackle and line strong enough to bring your fish in quickly.
- Fish caught on artificial lures are much more likely to survive than fish caught with bait.
- Barbless hooks allow a quicker release and decrease injury to your fish.

**Handling Your Catch**
- Minimize the time your fish is out of the water.
- Keep fingers away from gills and eyes.
- Wet your hands when handling your fish.
- Never squeeze your fish.
- Measure and photograph your fish while it is in the water.

**Landing Your Catch**
- Land your fish quickly.
- Cut your line to release large fish before they are played out.
- Knotless or rubber mesh nets minimize damage and handling time.
- Never gaff a fish you intend to release.

**Removing the Hook**
- Use long nosed pliers to back the hook out of its entrance hole.
- If possible, remove the hook quickly and gently while keeping your fish in the water.
- When your fish is hooked deeply, cut the line near the hook.

**Reviving Your Catch**
- Move your fish back and forth until it is revived and swims from your hands.
- You can also revive your fish from a boat by supporting it in the water and idling the boat forward, forcing water over the gills until your fish recovers.

**To Release a Fish**
- Use artificial lures
- Land fish quickly
- Minimize the time your fish is out of the water
- Handle the fish gently
- Back the hook out
- Cut your line if the fish is deeply hooked
- Support the fish facing into the current until it swims from your hands

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**Catch & Release Works**

It is not necessary or advisable to kill every fish you catch. Catch and release is a valuable tool in protecting important fisheries resources worldwide from excessive harvest.

The following chart of survival rates reflects handling by anglers involved in scientific studies.