<u>Catch & Release</u>

Proper catch and release also includes reduced fish fighting and handling times and helps avoid damage to fish skin, scales and slime layers - damage that can leave fish vulnerable to fungal skin infections.

Here are some simple rules.

- Don't keep a fish out of water longer than you can hold your breath.
- Handle a fish with your bare hands rather than with gloves or a rag.
- Never tear a hook out of the fish. Make or purchase an efficient hook remover.
- If a fish loses consciousness, try to revive it by gently moving it forward and backward so water moves through its gills.
- When the fish begins to struggle and can swim, let it go.