CATCH-&-RELEASE BASICS
IF YOU LOVE SOMETHING, SET IT FREE!

HELPFUL HOOKS
* Treble Hooks
* J Hooks
* Circle Hooks

- sharpening or ring play, remove the treble hooks and attach a leader
- use your fingers to de-barb any hooks by squeezing the base from the eye

UNHOOK YOUR CATCH
- Gently remove the hook using your fingers
- If the fish is caught deep, cut off the line and leave the hook in place

FISH CPR
- In moving water, gently hold the fish facing the current to make room through its gills
- Hold fish where it is able to swim away with energy

HANDLE WITH CARE
- Never hold a fish with one hand by the gill. Always support the body with your other hand
- Keep your hands and when handling this to minimize stress on dissection for the fish