

# Catch-and-Release Techniques for Trout



## Don't Forget: Keep Them Wet!

The species of fish, water temperature, and angler behavior affect the success of catch-and-release fishing. Trout species are susceptible to angling mortality. Warm water stresses fish more than cold water. How an angler fishes, choice of gear, and how the angler handles the fish affect survival of released fish. Here is what anglers can do to maximize fish survival:

**1. Land the fish quickly and do not play it to exhaustion.**

**2. Wet your hands before handling the fish.**

**3. Keep the fish in the water as much as possible.**

Minimize the time out of water for photos.

**4. Remove the hook gently.** Use of artificial lures, single and barbless hooks makes hook removal faster and easier.

**5. Let the fish recover before release.** If the fish is hooked deeply or bleeding, you may have to snip the line at the fish's mouth, or consider keeping it if regulations allow.

Consider limiting your catch. Even with catch-and-release, fish are stressed and some will die. To best avoid harming the fish, keep it underwater where it can breathe.