



Blue Fish Sustainable Catch-and-Release tips

1. USE TACKLE SIZE APPROPRIATE FOR EACH FISH SPECIES:

Using the right strength rod and line for each fish species ensures fish are captured without causing undue fatigue. Properly matched hook strength and size increases your hook-to-landing ratio and helps ensure fish go back healthy. The use of leaders when targeting toothy fish prevents their breaking off with your tackle in tow.

2. AVOID TARGETING FISH DEEPER THAN 100 METERS:

Fish possess a swim bladder for maintaining neutral buoyancy. Barotrauma occurs when fish are brought to the surface from depths below 10 meters and the swim bladder expands causing injury to the fish.

3. USE NON-OFFSET CIRCLE HOOKS WHEN FISHING BAIT:

When using either live or artificial bait, non-offset circle hooks allow fish to be easily unhooked. Circle hooks prevent deep-hooking fish and have a 99% hooking ratio when used properly.

4. REPLACE TREBLE HOOKS ON SPOONS AND SPINNERS WITH SINGLE BARBLESS HOOKS:

Barbless single hooks work especially well on moving artificial baits such as spinners and spoons. They minimize potential injury to fish and humans alike. Barbless hooks allow toothy fish to be un-hooked boat-side simply by allowing the line to go slack.

5. KEEP HOOK CUTTERS AND REMOVERS HANDY:

Needle-nose pliers and hook removers make hook removal efficient and safe by keeping hands away from the mouths of toothy fish and hook points. When hooks are difficult to remove, hook cutters can quickly and safely separate fish from lures.

6. AVOID REMOVAL OF FISH PROTECTIVE SLIME:

Bacteria found in fish slime serve as a protective coating. Make sure fish nets and hands are wet and hold fish away from clothing or boat decks to avoid removing slime

7. SUPPORT THE BELLIES OF LARGE FISH USING YOUR HANDS:

Fish are anatomically designed to move through water with minimal resistance and live in a constant state of neutral buoyancy. They do not possess the stomach muscles required to support internal organs when out of the water and subjected to gravity.

8. MINIMIZE THE TIME FISH SPEND OUT OF WATER:

Following a fish's expenditure of energy and elevation of their heart rate, fish cannot tolerate more than 15 seconds out of the water before their stress level spikes. Remove fish hooks with fish in nets and their heads under water. Only take fish out of the water when ready to take photos or measurements, and for no longer than 15 seconds.

9. STAY NEAR-BY FISH DURING RECUPERATION:

Released fish need time to regain strength. Stay near-by to protect recovering fish from birds-of-prey or other harm. Minimize handling to reduce stress levels even if fish are floating belly-up.

10. BE PREPARED TO HARVEST FISH WHEN THEIR SURVIVAL IS IN DOUBT:

Practicing catch-and-release doesn't guarantee all fish can be returned healthy. Deeply hooked or snagged fish may have questionable survival prospects. Always come prepared to legally harvest those fish unlikely to survive.

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CANADA