

## CATCH and RELEASE

1. Sports anglers increasingly practice catch and release.
2. The efficiency of catch & release is based on the assumption that released fish will survive, grow and reproduce.
3. A **good knowledge of techniques and tools** allows reducing stress and mortality caused by catch & release.

### This practice aims at:

- Improving fish populations' health condition;
- Increasing the number of spawners in watercourses;
- Perpetuating fishing for future generations.

### Two reasons may motivate anglers to adopt this practice:

- The angler's will to show concern for resource conservation;
- Existing regulations.

## What EXPERTS say

"Circle hooks reduce mortality by approximately 50%."  
(Cooke et Suski, 2004)

"Post-release mortality may reach 50 to 80% when inadequate techniques are used." (MFFP, 2015)

"A lake trout spawner lays approximately 1 700 eggs per kilo of female." (MFFP, 2013)

### Suggested fishing kit for LAKE TROUT



Rapala Jointed J9 Blue



Sutton 44 spoon



GAMAKATSU "Octopus circle hook", barbless, size 3/0

Gamakatsu

### For information:

Organisme de bassin versant du Témiscamingue (OBVT)

Website: [www.obvt.ca](http://www.obvt.ca)

For more catch and release tips:

<http://www.obvt.ca/activite/remise>

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# Catch and Release, Be a PRO

Fish for fun...  
Release for future's sake!



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## ARTIFICIAL Lures



Natural bait

Artificial lures

## CIRCLE hooks



Treble hook

Circle hook

J hook



### TIPS TO BECOME A CATCH & RELEASE PRO

**USE ARTIFICIAL LURES** instead of natural baits (fish, worms, leeches).

**REPLACE** J hooks or treble hooks by **circle hooks**.

#### Why use them ?

- Fewer deep strikes (90% of hooking by the side of the mouth);
- Fewer injuries;
- 10 times less mortality with artificial lures than with live baits.

#### Facts on circle hooks:

- Not more expensive than traditional J hooks;
- Equally efficient;
- Available in all sizes;
- Can be used for all fish species

#### BE AWARE:

Don't jig fish when using circle hooks! In doing so, the hook could come out too fast and miss the fish. Rather keep a constant tension on the line by steadily reeling in.

On a fishing trip, **RELEASE** stress and know how to **GET OFF** the hook!

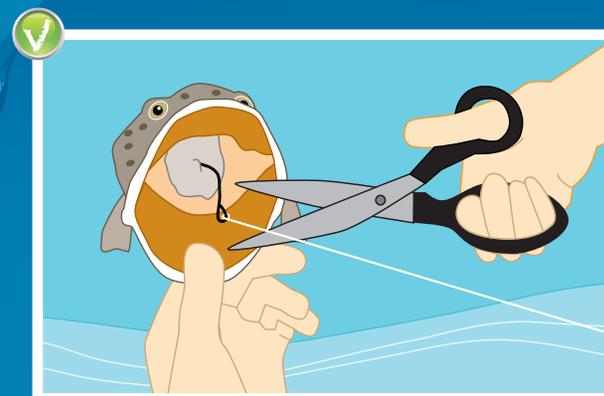
You just caught a fish that you must or want to release, you have **15 seconds** to make the right decision.

- Is the hook caught in the stomach, the oesophagus or gills?
- Could I severely injure the fish if I pull out the hook?

If you answered **YES** to either one of these questions, **cut the line!**

#### Why?

- To reduce injuries and bleeding;
- To significantly increase chances of survival;
- It doesn't hinder fish feeding and the hook will dissolve naturally.  
*(Preferably use carbon alloy hooks).*



**DON'T HESITATE TO CUT THE LINE**