

Salmon Catch and release – Sound practice makes a difference.

Every fish matters

It is estimated that up to 20% of caught salmon die after release even if they initially swim away. Fish dragged up onto gravel or netted and moved to the bank do suffer damage and when out of water they struggle to breath. The organs inside the fish are heavy when not supported by water and for egg carrying hen fish in particular this can cause abortion of the eggs prior to reaching spawning grounds.

Cockermouth Anglers are committed to the principle that every “**Every fish matters**”. We want members and guests to enjoy our fishing but respect the fish you catch and release them safely to carry on their journey to spawn.

Cockermouth Angling Association rules make the carrying of a net mandatory when fishing for Salmon and fish caught must be retained in the water at all times.

Sound catch and release includes:

- Use heavy line to get the fish in quickly – salmon are not line shy - Do not exhaust the fish
- Use a net – it enables the fish to immediately start its recovery
- Once in the net keep it in the water head upstream – this further aids its recovery
- Photograph if need be but keep close to the net and minimise time out of water – do not lay the fish on the bank
- Support fish in the water – head upstream until strong

A video demonstrating these techniques is available at:

<https://www.youtube.com/watch?v=ucE4KgHzsPM>