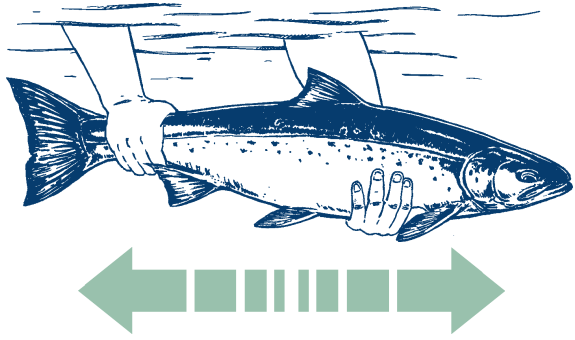


# Artificial Resuscitation

If the fish is too exhausted to swim away, hold the fish upright in the water. Gently move the fish forward and backward so that the water runs through the gills. This is artificial resuscitation and may take a few minutes, especially in lakes. When the fish revives, begins to struggle and can swim normally, then release it.



# Catch Release

Catch and Release is an angling ethic developed over a period of years by anglers. Catch and release waters are those managed and regulated so the primary emphasis is high quality sport fishing, not for food.

# FISHING for the FUTURE

*BEGINS TODAY!*



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Arlington, VA 22203



## New Hampshire Fish and Game Department

2 Hazen Drive  
Concord, NH 03301  
(603) 271-3211  
[www.wildlife.state.nh.us](http://www.wildlife.state.nh.us)

# TIPS FOR RELEASING FISH



New Hampshire  
Fish & Game Department

# Why Practice Catch and Release

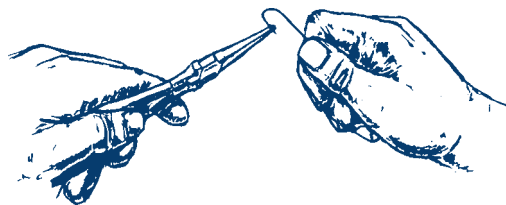
**S**urvival of properly released fish is high.

**R**eleased fish are available for other anglers to enjoy.

**A**n enjoyable fishing trip does not require keeping every fish that is caught.

*By following a few simple rules you can help released fish survive to be caught again. Remember, a fish that is properly handled will have the best chance for survival when released.*

# How to Properly Catch and Release Fish



**IF YOU DON'T INTEND TO KEEP THE FISH,** use a barbless hook or pinch down the hook barb with pliers. This facilitates quicker release and less stress to the fish.

**PLAY THE FISH QUICKLY.** A long fight stresses the fish and reduces the chance for survival. Avoid using nets and excessive handling.



**RELEASE FISH** without removing them from the water. Be gentle; keep fingers out of the gills.

**TO REMOVE A HOOK,** grasp the fly or lure by the shank and gently back the hook out of the fish's mouth. A small pair of pliers or a hook disgorger should help.



**NEVER** remove a deeply swallowed hook from the fish's throat or stomach. If the hook is not easily removed, cut the leader and leave the hook in the fish. It will eventually work free or rust. Don't use stainless steel or gold plated hooks.