## Guide for releasing fish

Caught something undersize or protected? Release it carefully and immediately, following these simple steps to ensure the fish has the best chance of survival.



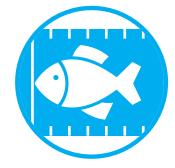
If possible, keep fish in water when de-hooking and cut the line for swallowed hooks



5 Avoid touching gills or eyes



If you must take the fish out of water, use a soft, knotless landing net



If required, lay fish on a wet towel or brag mat, and not on a hot, dry surface



Use wet hands or a wet cloth when handling



Minimise time fish are out of water



Hold the fish horizontally while supporting the body



Use a release weight to return undersize or unintentionally caught demersal fish

All fishers can help ensure fish for the future by following the rules, including bag and size limits, and catch care guidelines.