

CATCH & RELEASE TIPS



FISHING

- Minimize fight time.
- Use barbless tackle.
- Do not fish near redds

HANDLING

- Always wet your hands before handling a fish.
- Minimize the time a fish is out of the water.
- Use a rubber net minimizing harm to fish.
- If taking a picture **always** hold the fish horizontally.
- Handle the fish as little as possible.
- Keep fish partially submerged in the water.



RELEASING

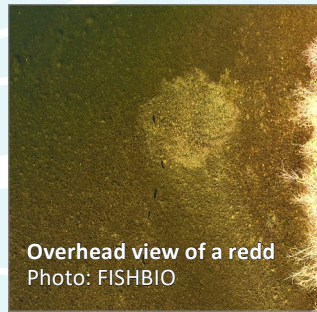
- Use hook removal devices.
- Carefully revive fish before releasing.



Do not hold a fish under the gills or by the mouth.

- **Wet your hands** before handling to preserve the slime layer that protects the fish from disease.
- Air exposure increases stress and may result in death.
- Target air exposure for less than **10 seconds**.
- **Use a dehooking device** to reduce handling time and increase survival.

WHAT IS A REDD?



Overhead view of a redd
Photo: FISHBIO

A redd is a nest where salmonids (salmon, steelhead, and trout) lay eggs. Female salmonids dig and clean gravel with their bodies creating a recognizable depression in the riverbed. Salmonids will dig multiple redds in a single spawning season depositing several hundred (500-1000) eggs in each. Redds are generally between 3-6 square feet in size and can be identified by the appearance of "clean" looking lighter colored gravel that is silt free.



Redd
Photo: FISHBIO

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MAKING A DIFFERENCE

AVOID FISHING & WADING NEAR REDDS



Chinook salmon
Oncorhynchus tshawytscha

Avoid fishing or spending any time in the water near redds. Redds are sensitive to disturbance and stepping on them or even near them can cause some or all of the eggs to die.

LEAVE SPAWNING FISH ALONE

Angling pressure on actively spawning salmon, steelhead, and trout adds stress and can change behavior. This can negatively impact spawning success.



Pink salmon
Oncorhynchus gorbuscha

STREAM DEPTH IN FEET

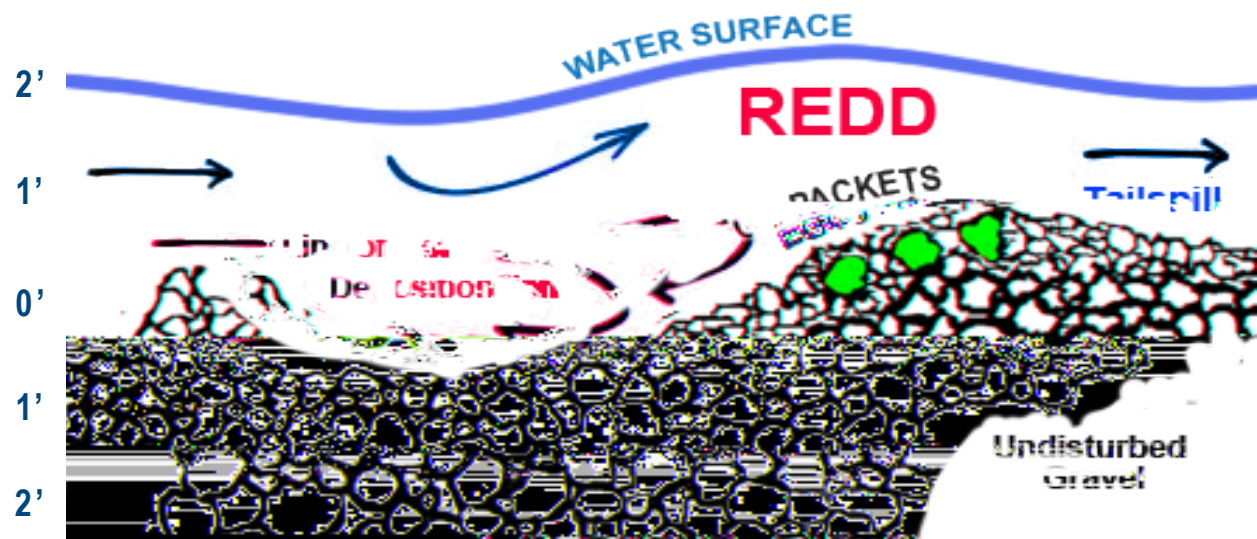


Illustration: Diagram of a salmonid redd in gravel of a riverbed.

TAKE A GREAT, SAFE PHOTO



Above: Rebekka Redd demonstrates how to handle a fish for a photograph. She supports the steelhead (*Oncorhynchus mykiss*) horizontally, with her hands in front of the tail and under the front fins, before returning it to the water. Photos courtesy of Rebekka Redd Fly Fishing

1. Have a friend or someone with a **camera ready and accessible**.
2. **Wet your hands** before handling to preserve the slime layer that protects the fish from disease.
3. **Focus the camera** before lifting fish out of the water.
4. **Properly hold the fish** by gripping in front of the tail and supporting the body under the front fins.
5. **Count 3, 2, 1, then lift...** click. Fish and hands that are dripping water show the fish has not been out of the water for more than 10 seconds.

KNOW WHEN TO SKIP THE PIC!

Sometimes releasing a fish quickly should be your priority. Examples: catching an endangered or threatened species, a deep set hook, especially warm water, a long tiring fight, lots of predators in the area, or the fish is showing signs of stress.

If you catch or encounter an endangered or threatened species it should be left alone or returned to the river immediately without removing it from the water.



Steelhead
Oncorhynchus mykiss

For more information on fishing and listed species in your area:

- www.fisheries.noaa.gov/region/west-coast#management
- www.fisheries.noaa.gov/insight/recreational-fishing
- Sign up for Recreational Fisheries updates: <https://public.govdelivery.com/accounts/USNOAAFISHERIES/subscriber/topics>



NOAA
FISHERIES

West Coast Region
Sustainable Fisheries Division
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www.fisheries.noaa.gov/about/west-coast-region



Chinook salmon
Oncorhynchus tshawytscha



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