

# Monikie Angling Club

Probably the best value fishing in the East of Scotland!

## CATCH AND RELEASE GUIDELINES

FOLLOW THESE SIMPLE RULES AND YOUR FISH WILL  
HAVE THE BEST CHANCE OF SURVIVING

1. Use barbless hooks or flatten the barb.
2. Avoid using multiple hooks because they can cause unnecessary damage.
3. Use tackle that is strong enough to bring fish to hand quickly, avoid overtiring them.
4. Use knotless mesh landing nets, to avoid damage to eyes, gills, fins and body.
5. Don't lift a fish by the tail or gill cover.
6. If possible, keep the fish in the water while releasing it.
7. Measure the fish against your rod or carry a soft measuring tape if you want to estimate its weight.
8. Hold the fish carefully, supporting it from beneath, until it recovers sufficiently to be released safely.

NB - Please remember that once anglers have kept their allocated rod limit of fish they **MUST STOP** fishing and leave the water.

Where fishing catch and release (using barbless or de-barbed hooks) anglers must stop fishing when they have kept their limit (four fish per rod per full session).

Although it is allowed to release 15 fish, it is not acceptable to fish on "catch and release" once you have your four fish catch limit as further caught fish may be injured and have to be killed.

Bleeding fish must not be put back in the water.