

Handle with care

Top tips on releasing fish in a healthy condition to return and fight another day.

- Treat fish carefully and release as quickly as possible.
- Barbless hooks make releasing fish quicker and easier.
- Avoid handling or use a wet cloth to prevent direct contact.
- Weigh fish in a landing net and photograph in water. Do not land if you don't have to.
- Have equipment to hand before you land – to land, handle, photograph and unhook.
- Carry a T Bar and learn how to use it.
- Use bronzed hooks, not stainless steel.

For more information

Recycle Fish

The body for conservation minded sports anglers who understand the need to protect our seas and the marine environment for our future and our children's future
www.recyclefish.com
admin@recyclefish.com



Dorset Wildlife Trust

Dorset's largest voluntary nature conservation charity with over 25,000 members and over 30 years' experience in marine conservation
DWT supports Recycle Fish
www.dorsetwildlifetrust.org.uk
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www.visitsealife.com/weymouth



Tacklebox Tips

Be an ambassador for sea-angling and follow the Sea Anglers Code



Conservation of the marine environment is vital for the future of sea angling. We all want clean, healthy seas that are rich in fish and other wildlife. By following a few simple tips, anglers can make sure that fish are not wasted and the impact on the marine environment is minimised.

- **Catch & release.** Fill your plate, not your freezer.
- **Bag it & bin it.** Take all litter away with you.
- **Fragile, handle with care.** Put fish back to fight another day.
- **Go barbless!** Do less damage to fish & fingers.
- **Get a net.** To minimise stress, use a landing net from a boat, a drop net from a pier/quay.
- **Bait collecting.** Take as little as you need, back-fill holes, replace rocks.
- **Big fish, small fish.** Follow Recycle Fish minimum landing sizes and put very big fish back.
- **Consider others.** Kill & gut fish out of view, keep your mark safe & tidy, be aware of those around you.

For more detailed information on each of these tips go to the Recycle Fish website at www.recyclefish.com

Minimum take sizes

The table below shows the Recycle Fish recommended minimum take sizes. However, we would encourage all sports anglers to consider not taking species that are “Breeding Stock” – larger than average specimens of all species. Please return fish during spawning season

Species	Peak season	Spawning season	Minimum take size (cm)
Bass	Jun-Dec	Dec-Feb	42
Black Bream	May-Nov	Apr-May	24
Brill	Jul-Sep	Apr-Aug	40
Bull Huss	All Year	Spring	58
Cod	Jun-Dec	Feb-Apr	45
Conger Eel	All Year	N/A	180 (boat), 120 (shore)
Dogfish	All Year	Spring	46 (boat), 38 (shore)
Garfish	Jun-Sep	May/June	38
Gurnards	Jun-Dec	Apr-Jun	28
Ling	Mar-Sep	Apr/May	72
Mackerel	Mar-Sep	May/June	30
Mullet	Apr-Oct	Spring	33
Plaice	Mar-Sep	Jan-Mar	28
Pollack	All Year	Jan-Apr	45
Rays	All Year	Various	41 across wings
Smoothhound	Mar-Sep	Live Bearing	51
Tope	Apr-Sep	Live Bearing	Illegal to take
Trigger Fish	Aug-Oct	Aug-Sep	30
Turbot	Feb-Oct	Apr-Jul	45 (boat), 35 (shore)
Whiting	Nov-Mar	Mar-Apr	30
Wrasse	All Year	Various	23