

**PRINCIPLE #5
RETURN HOME SAFELY. MAXIMISE YOUR
SAFETY WHILE FISHING ON OR NEAR
THE WATER.**

- Check your safety and fishing gear regularly.
- Always check the weather conditions before fishing. If in doubt do not go out.
- Always tell someone onshore where you plan to fish, how many are with you, and your expected return time. Boaties - log a trip report with Coastguard.
- Wear your lifejacket. Join the Coastguard, complete a day skipper's course and learn safety at sea.
- Always be aware of your surroundings and others' actions - minimise your consumption of alcohol when boating.



Image Credit: Matt von Sturmer - Saltflyfish



Image credit: Digital Fish

FISHCARE IS PRODUCED IN CONJUNCTION WITH:



FishCare - The school of best practice

E: fishcare@legasea.co.nz

W: www.fishcare.org.nz



www.fishcare.org.nz



FishCare is an educational initiative to raise awareness about fishing practices and how we can all minimise our impact on the marine environment. FishCare promotes best practice techniques to help people contribute to fishery and environmental sustainability.

THE 5 CORE PRINCIPLES



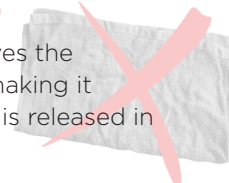
Image credit: Digital Fish

PRINCIPLE #1 REDUCE WASTAGE BY PROTECTING SMALL AND JUVENILE FISH FROM CAPTURE AND INCORRECT HANDLING.

- Use methods to target the species or size of fish you want - soft bait lures and slow jigs are more likely to lip hook fish and catch legal size fish.
- Fish actively when bait fishing. Stay in touch with your rod or line to avoid gut hooking small fish.
- Move location if you are catching mostly small fish or fishing in grounds holding predominantly small fish.
- Target appendage hooks are a great option if bait fishing as they deter small fish and significantly reduce the rate of gut hooking.

PRINCIPLE #2 MAXIMISE THE SURVIVAL RATE OF FISH RELEASED AFTER CAPTURE.

- **No towels or rags** - fabric removes the protective mucus from the fish making it susceptible to infection even if it is released in good condition.
- Use wet hands if handling a fish.
- Use techniques that minimise harm to fish which will be returned to the water.
- If bait fishing, use inline (non-offset) circle hooks to avoid gut hooking fish.
- Use large baits on large hooks, 7/0 or bigger.
- Crush the hook's barb so fish can be released with minimal handling.
- Where safe and practical, release fish while they are still in the water. Use pliers to flick the fish off the barbless hook.
- If necessary, use a rubber mesh net to gather the fish.



PRINCIPLE #3 MAXIMISE THE USE OF ALL FISH CAUGHT AND KEPT.

- Learn how to ike or kill sh correctly and quickly after capture.
www.fishcare.org.nz/utilisation-of-the-catch
- Chill dead fish in an ice slurry -salt ice 1 part: 2 parts seawater.
- Do not use a thick ice slurry as this can freeze the fish.
- Remove fish from the slurry to a 2nd ice bin (if available) after 15 minutes.
- If you have surplus fish and or heads and frames you don't need, don't discard them, instead share them with the community go to: www.freefishheads.co.nz
- Plan adequate time at the end of the day so your catch can be properly processed and fully utilised.

- Use cooking methods that utilise the whole fish, such as smoking, making stock or barbequing.
- Chill unused heads and frames then share them with others in your community using the Free Fish Heads app or www.freefishheads.co.nz.



Image credit: Digital Fish

PRINCIPLE #4 MINIMISE THE IMPACTS OF FISHING ON MARINE LIFE AND THE ENVIRONMENT.

- Do not discard rubbish into the marine environment. Retrieve any plastic or waste for appropriate disposal. Reduce and recycle waste at home, on or by the sea.
- Learn how to avoid attracting or snagging sea birds. fishcare.co.nz/minimal-impact-on-other-sea-life
- When bait fishing, sink baits fast, cover any bait on board, and move location if birds are unavoidable.
- Slow down around dolphins and whales. Stay at least 50 metres away from whales.
- Never harass or try to touch a seal or sea lion. Where practical, stay at least 20 metres away.
- Consider diving instead of scallop dredging or befriend a local diver to share the ride and collect scallops for the both of you.