Careful Catch

A Voluntary Program to Address a Management Issue in the Chesapeake















Program History

- Began in 1992 as joint venture between Chesapeake Bay Foundation and sports fishing organizations
- Bill Goldsborough
- Purpose was to propagate C&R ethics though grass-roots cultural development
- Original goal was to reach 10,000 anglers in 1st year though face-to-face interaction with 50 volunteers.





Program History

- Workshops were conducted in Maryland & Virginia.
- Attendees were given tools, fishing equipment, and brochures.
- Anglers were asked to talk to other fishermen about the benefits of responsible fishing, such as the use of barbless hooks, circles, etc.



Modern Program

- Re-purposed in 2008 due to increasing popularity of social networking
- Additional funding via a grant from Boat US Foundation
- Founding partners of CarefulCatch.com and CarefulCatch.facebook.com are CCA Maryland, CBF, Boat US Foundation with help from volunteers and businesses
- Participation of fisheries biologists & researchers Rudy Lukacovic





Concept: Integration of scientifically verified ethics into fishing culture.

- Fishing Clubs & Organizations
- Website
- Social Networks (Facebook/Twitter, etc.)
- Internet mailing lists & bulletin boards
- Word of Mouth
- Speaking Engagements
- Public Events Presence
- Key Individuals





Basic Outreach Principles

- Good for the fish good for the fisherman
- Incorporate fishing tips
- Plan ahead & be prepared
- Proper handling (including gear recommendations and revival techniques)
- Circle hooks, barbless hooks, reduced trebles, etc.



"A picture saves a thousand fish."



Everyone catches and releases

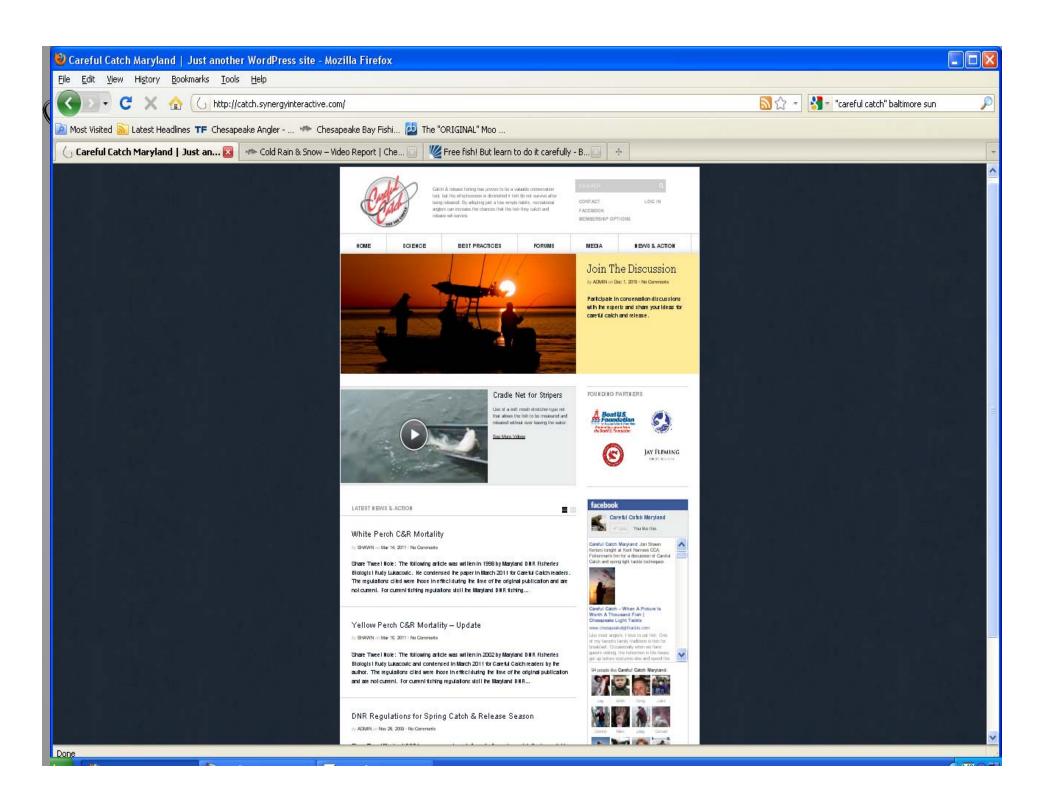
- Most fishermen love to eat fish
- We all invariably catch sublegal, over-sized, out-ofseason, etc.
- Over a million fish released in the Chesapeake annually
- The most conservative
 fisherman may be the one who
 gets a limit and goes home,
 but....





Website

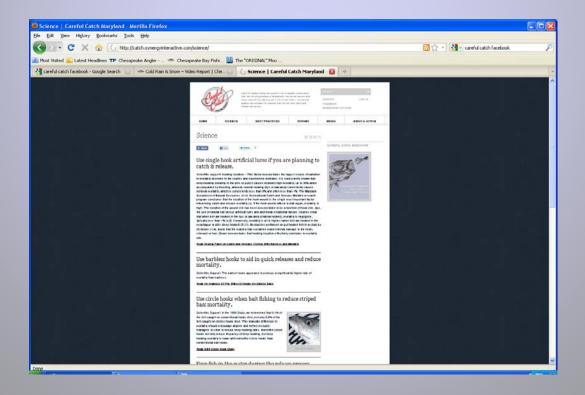
- Designed by local internet company who are fishermen with input from coordinators
- WordPress format for easy updating by multiple users
- Graphics oriented
- Social network linked with pictures of users
- Sections on best practices, science, news, media (video) and discussion forums





Science Based Approach

 Includes best practices section with scientific data supporting each technique







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Science

mama



MEMBERSHIP OPTIONS

Use single hook artificial lures if you are planning to catch & release.

Scientific support Hooking location - This factor demonstrates the largest source of variation in mortality observed in the studies and experiments reviewed. It is consistently shown that deep-hooking (hooking in the gills or guilel) causes relatively high mortality, up to 35% when accompanied by bleeding , whereas normal hooking (lips or law area) consistently causes minimal mortality, which is consistently less than 5% and often less than 1%. The Maryland Department of Makural Resources, in its Recreational Calch and Release Mortality research program concludes that the location of the hook wound is the single most important factor. influencing calch and release mortality (4). If the hook wound affects a vital organ, mortality, is high. The location of the wound sile has been demonstrated to be a function of hook size, type, he use of natural ball versus artificial lures and additional situational factors. Studies show hal when tish are hooked in the lips or law area (shallow hooked), mortality is negligible. typically less than 1% (4.5). Conversely, mortallly is all is highes twhen tish are hooked in the esophagus or gills (deep hooked) (5,11). Recropsies performed on guilhooked tish in a sludy by (5) Grover, elial, found that the majority had sustained major internal damage to the heart, siomach or liver. Grover demonstrates that hooking location effectively correlates to mortality

Read Review Paper on Calch and Release Fishing Effectiveness and Moriality

Use barbless hooks to aid in quick releases and reduce mortality.

Scientific Support: The barbed hooks appreared to produce a significantly higher rate of mortally han barbless.

Read An Analysis Of The Effect of Hooks On Stiped Bass

Use circle hooks when bait fishing to reduce striped bass mortality.

Scientific Support: In the 1999 Study, we determined that 9.1% of he rish caught on conventional hooks died, but only 0.8% of he tish caught on circles hooks died. This dramatic difference in mortallly should encourage anglers and tishery resource managers to sitive to reduce deep hooking rates. Non-offset circle hooks not only reduce frequency of deep hooking, but deep hooking mortality is lower with non-offselicircle hooks than conventional ball hooks.



Read DNR Circle Hook Shady

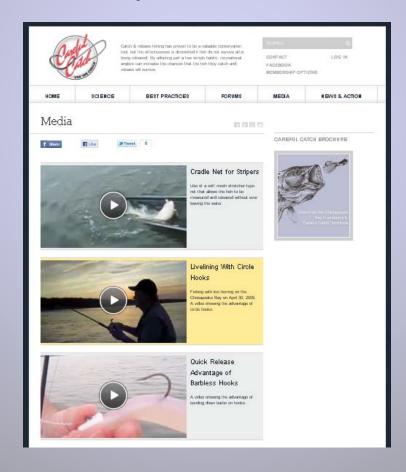


CAREFUL CATCH BROCHURE



Media Section

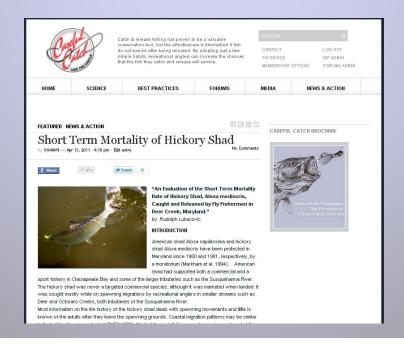
Includes video demonstrations of scientifically validated techniques





News & Action Section

- Latest scientific data on individual species
- New regulations or recommendations
- Public comment and meeting notifications







Catch & release fishing has proven to be a valuable conservation tool, but the effectiveness is diminished if fish do not survive after being released. By adopting just a few simple habits, recreational anglers can increase the chances that the fish they catch and release will survive.

SEARCE

(0)

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MEMBERSHIP OPTIONS

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f E (4 s)

Short Term Mortality of Hickory Shad

by SHAWN on Apr 13, 2011 - 4:18 pm - Edit entry

No Comments









"An Evaluation of the Short Term Mortality Rate of Hickory Shad, Alosa mediocris, Caught and Released by Fly Fishermen in Deer Creek, Maryland."

by Rudolph Lukacovic

INTRODUCTION

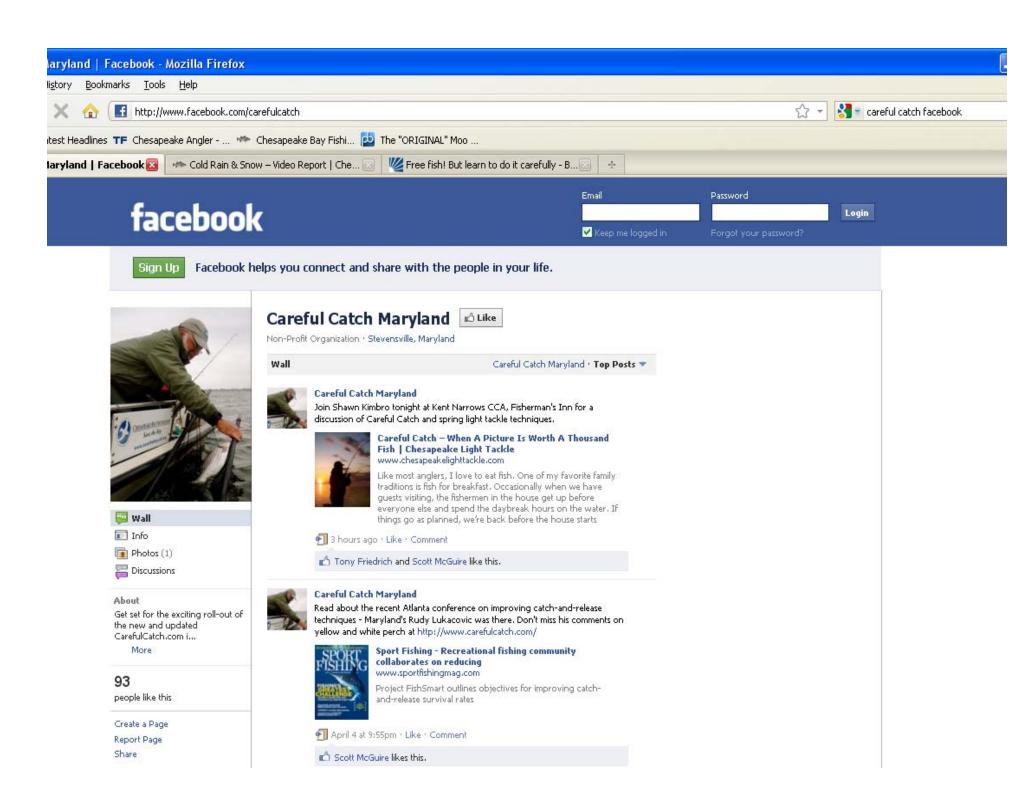
American shad Alosa sapidissima and hickory shad Alosa mediocris have been protected in Maryland since 1980 and 1981, respectively, by a moratorium (Markham et al. 1994). American shad had supported both a commercial and a

sport fishery in Chesapeake Bay and some of the larger tributaries such as the Susquehanna River. The hickory shad was never a targeted commercial species, although it was marketed when landed. It was sought mostly while on spawning migrations by recreational anglers in smaller streams such as Deer and Octoraro Creeks, both tributaries of the Susquehanna River.

Most information on the life history of the hickory shad deals with spawning movements and little is known of the adults after they leave the spawning grounds. Coastal migration patterns may be similar

CAREFUL CATCH BROCHURE







Key Individuals

- Fishing Guides
- Charter Captains
- Fisheries Scientists
- Authors & Sports Writers
- Biologists & Conservationist
- Popular personalities
- DNR integration?
- Good fishermen!





Press Examples

Angler's Almanac

Let's Be Careful Out There

You can have your rockfish and save them too. A little TFC (tender fish-handling care) goes a long way toward preserving all Bay species for future anglers.

by John Page Williams



ver catch a year-old rockfish while you're bottom-fishing for spot or white perch? If so, you know they're like hyperactive pincushions: all sharp spines and gill covers. These fish are the future of their species, but handling them is tricky business; get it wrong and you can jeopardize their survival, not to mention hurt yourself and squander precious fishing time.

Let's flash back about 20 years. The Bay's decimated rockfish stocks have finally begun to recover. A moratorium on their commercial harvest is about to be lifted. Management specialists such as Bill Goldsborough, director of the Chesapeake Bay Foundation's (CBF) fisheries program, are preparing new regulations for the soon-to-reopen fishery, rules designed to protect the species and resolve issues anglers are sure to confront, like deciding which fish to keep and how to release the rest with minimal harm.

Then as now, Goldsborough felt strongly that

recreational angler ethics and education could play a valuable role in protecting the Some of the Bay's best angling minds, like Upper Bay skipper Ed Darwin, helped shape the program's core ideas. Today, Careful Catch is still educating anglers and protecting fish.

On the heels of those well attended initial seminars Goldsborough produced a brochure on Careful Catch release techniques. (MSSA still distributes copies to captains before its tournaments.) The brochure begins with the Creed of the Careful Angler: As a good steward of the resource trying to conserve fishing for tomorrow, I will commit to keeping only the fish I need, and strive for 100% survival of all released fish.

As an early participant in Careful Catch, I found it taught a way of thinking that treated the fish with the care and respect they deserve, while improving hookup rates and increasing fishing time, thanks to faster releases.

>>> Selective Harvest

Science played a big role in developing Careful Catch. Back then *In-Fisherman* magazine's staff fisheries biologist, Steve Quinn, wrote about the physiological stresses fish experience when

Top: Shawn Kimbro holding a fat rockfish in a cradle net for hook removal before releasing it. Below: Charlie Ebersberger of Anglers Sport Center in Annapolis with an EGO soft rubber landing net.





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Good Catch, Better Release

By John Page Williams

To Home Page

What do you do when you catch an out-of-season, undersized or oversized fish?

SHARE IN SE

BoatUS Foundation for Boating Safety & Clean Water

In a world increasingly full of seasons and slot limits, it's important that anglers learn to release at least some of our catch quickly and with minimal harm - to both the fish and ourselves. It's also important that we fish in ways that respect these natural resources upon which our sport depends.

Thanks to the new Careful Catch partnership between the Maryland chapter of Coastal Conservation Association, the Chesapeake Bay Foundation, and the BoatUS Foundation for Boating Safety and Clean Water, there's good information readily available to anglers that can answer their questions, and maybe even teach some new skills to increase your hook-ups. The program's website developed under a grant from the BoatUS Foundation, www.carefulcatch.com, is packed with information, diagrams, and videos, including practical Careful Catch tips and explanations of their scientific bases. It also features a bulletin board on which you can share your own best Careful Catch practices.

To practice Careful Catch, decide ahead of time which fish you plan to harvest for food and which you'll release (assuming the fishing gods smile on you that day). Then consider the four major stressors that fish face when they're hooked, fought to the boat, handled, and released; exhaustion, loss of slime, time out of water, and wounds.

Exhaustion

An exhausted fish is similar to a fatigued athlete. As it burns more and more energy, bodily chemical changes take place, including the buildup of harmful lactic acid. The longer the fight lasts, the more likely it will permanently affect the fish's health. To avoid over-fatiguing fish, use appropriate tackle to reduce fight time to a reasonable level, ideally no more than five to 10 minutes under stressful conditions like hot weather. Large species may require a bit more time.

Loss Of Slime

Any hody of water holds hacteria and

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The Coast Guard called off its search two days after responding to a distress call off San Francisco.

Paddleboard Yoga and Pliates Comes Indoors.

Keeping your balance has a new meaning.

Lest Updated: 3/7/2013 7:35:31 PM

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Careful Catch Equipment Resources

- To buy dehooking tools, visit your local tackle shop or browse the websites of:
 - ▶ Bass Pro Shops (www.basspro.com)
 - Cabela's (www.cabelas.com)
 - ► and West Marine (www.WestMarine.com)

You can make your own J-dehookers with a variety of inexpensive materials.

For deen hooked fish, consider an ARC









Careful Catch Site has Saltwater Fishing Tips





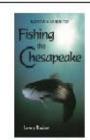




Lenny Rudow



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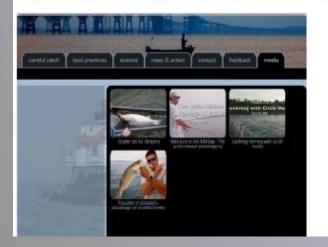
Lenny Rudow

Wednesday, 30 June 2010 10:20

A friend recommended I check out the "Careful Catch" web site, which is all about catch and release fishing, and was surprised to discover plenty of good saltwater fishing tips along with the catch and release info. If you want to learn more about how to safely release fish - and how to catch more of them in the first place - wander on over to http://www.carefulcatchmaryland.com/live/

I don't know why the put the "Maryland" in this site's title (maybe since it was created by a partnership between CCA Maryland and the Chesapeake Bay Foundation?) because the tips and tricks on this site are applicable to fishing up and down the coast. On it, I found a video that described how to effectively modify treble hooks on surface lures (catch just as many fish, without all the down-sides of trebles); a "Best Practices" section (with tips for releasing fish without harming them); and a "Science" page (which gives you the hard facts and figures that relate to fish mortality with different catch and release methods.)

What will be of interest to every angler out there is the fact that, although the site is focused on how to release fish without harming them, it's riddled with info that will help you catch more fish regardless of what you plan on doing with them-so check out http://www.carefulcatchmaryland.com/live/, and catch 'em up!



of at North Condina, the seizese of almost 12 time of illegal realifish in the Bay, and recreational groups domaining a larger stain in the stoped base fishery have many

people calling the series of events a "fishenes disaster in the maleing."

But let's take a look at what the mands on our, Marry

Gray of the DNR tells PropTalli, "Over the past several pure, both sectors (commental and recreational) have been catching their allowable pairs. The commercial fishery is allocated 42.5 persent of the quara in the Bay, which has pear equased to approximately 1.9 million pounds. They emply their quara has pear. The wereWell-known culinary antigeness and author Anthony Boundain is famous for aging, "If paying slower than me, dumber than use, and taste good, (deleted) you;

The fenger pointing will no doubt continue between recreational and commercial anglers (as it always bas), but the question is:

What can Bay anglers do in 2011 and beyond to belp provide strong, bealthy striper stocks for future generations?"

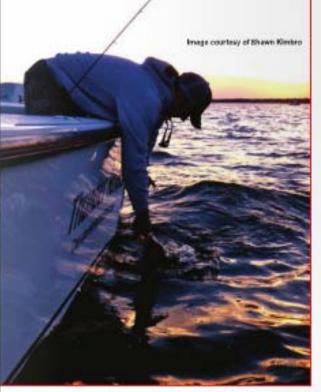
I'm gotea sat you," and humans have been dramating along with this martin for about 50,000 years. Notraditys, though, tidle are starting to question our bull-in butting and gathering instructs. More and more angless are taking only what they need, and safely releasing most of their cardies.

> PropTalk has tenued up with the organization Careful Carch, which promotes the catchand-release ethic. The organization recently received a great from the

Board S. Foundation with further support from the Cheapenks Bay Foundation, CCA Maryland, and Jay Flenting Photography. The mission of Cauchil Carch



Hybrid Pov enight their quant hat year. The wereishForecasts continued Catch the Best Fishing on the Webi Chesapeake Light Tackle author Shawn Kimbro shows of a fatty he fooled on a cold marging in January. Dhata courses of Chaum Kimbro chasaneakelighttackle.com. Cnesapeake Light Tackle author Shawn Kimbro shows of a fatty he fooled on a cold morning in January. Photo courtesy of Shawn Kimbro, chesapeakelightackle.com hanna Flats in April, and ren to take extreme care when t migrating fish, so they car and dry March, look for big rockfish to be and return to sea safely. heading back up the Bay on their annual enawning run. Capt. Mark will fish the ase season on the Susque-



net's to ram catcheamlerdence karma down angless' throats, but rather to educate and demonstrate the tools, tackle, and techniques used to catch. a fight and eately release it back into the water with the highest possible chance for its survival. Its website (completent/band.com) has a "Best Practices" section and a downloadable brochuse. which has all the information one moods to land and saids release a fish. We like what they're doing.

We're also a major sporsor of the Boatyard Bar & Gull's Opening Day Rockfish Totamanent, which encourages earth-mat-release competents through the use of digital photographs of participants' carcless against an official 48-such rules. (For more details, see pages 18 and 75.) It same would be nice to see other sourmanent organisers follow Boatyard owner Dick Franyo's lead and promote at least one event that succourage.

es the catch-and-release othic worses the weigh station one.

I hope I'm not sounding two preachy. I'm not asking unyone to stop taking fish home to ear and I'm definitely not asking appose to stop hisring the water to seek out and enjoy the fishery with family and friends-that's what we're all about at PropTalk: promoting Bay boating and fishing. If you do earth one legal fish, by all means, take it home, pop it on the grill (I like mine with sea salt, butter, and pepper, please). and entry the feast with your family. Here's looping that the days of fishing with the end goal of filling the order are in their neilight. Let's all take a stab at returning some of the sensore in 2011 and taking sway only what we need. The fishing is going to be phenomenal-and I'll see you out there on Opening Day.

All the best GARY

WITH BROKERAGE AND MARINA TOGETHER IN ONE BEAUTIFUL SPOT.

His Maye of Early to Buy Serie Seniors - on our many course your pourly

Brokerage Sales

> The Fastest Wav















Mailing Lists & Bulletin Boards

- Better to demonstrate than preach
- Nothing beats fishing reports with photos
- "What works for me."
- Announce programs, updates, and coming events
- Promote activities of key individuals & sponsors



Speaking Engagements

- Start & end with fishing reports and forecasts
- Describe Careful Catch program's activities and goals
- Bring tools and demonstrate specific techniques
- Integrate the science
- Show what's in it for them
- Ask for their help





Public Events

- Opportunities to raise awareness (example: Diamond Jim)
- Doesn't have to be a booth or table take brochures and ask
- Incorporate in lectures
- Get outside the "fishing world"







Limitations

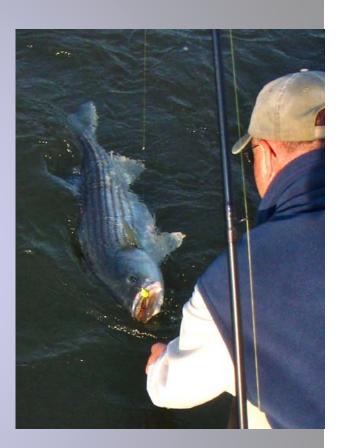
- Financial
- Volunteers
- Lack of Agency Participation
- Lack of science
- Resistance to Change
- Ingrained Bad Practices





Future Plans & Goals

- Updated Brochures
- Mobile App
- Best practices for other species
- Integration with Similar Efforts (FishSmart, iFish, RAAIs)
- Broader scope
- Add environmental stressors
- More website & social networking participation
- Additional Volunteers







"If you're strict vegetarians, I recommend the catch-and-release of the day."