



## Give Fish a Chance (GFAC)



SSACN's GFAC sizes **are a voluntary measure** to help ensure the future of a species.

Use these and you can be reasonably certain a fish has had a chance to breed.

<u>Fish Species</u>	<u>GFAC (cms)</u>	<u>Fish Species</u>	<u>GFAC (cms)</u>
Bass	45		
Bib / Pout	20	Mullet - Grey (thin)	40
Bream – Black	30	Mullet – Grey	40
Bream – Gilthead	40	Mullet – Red	24
Bream – Ray's	40	Mullet- Golden Grey	35
Bream – Red	25	Nursehound / Bull Huss	80
Brill	40	Plaice	31
Cod	50	Pollack	55
Common Dab	25	Poor Cod	23
Conger	75	Ray - Painted	70
Dover Sole	30	Ray – Blonde	100
Flounder	30	Ray – Cuckoo	60
Garfish	45	Ray – Eagle	70
Gurnard - Streaked	20	Ray – Spotted	55
Gurnard – Grey	25	Ray – Starry	40
Gurnard – Red	20	Ray – Thornback	95
Gurnard – Tub	20	Rockling 3 bearded	30
Haddock	40	Saithe (Coalfish )	60
Hake	50	Smoothhounds	85
Halibut	110	Torsk / Tusk	50
Herring	25	Trigger Fish	20
Horse Mackerel	25	Turbot	40
John Dory	35	Whiting	27
Lemon Sole	30	Witch	28
Lesser spotted dogfish	60	Wolf-fish	60
Ling	90	Wrasse - Ballan	20
Mackerel	30	Wrasse - Cuckoo	16
Megrim	28		

SSACN recommend you do not take any Angler Fish, Monkfish (Angel Shark) Spurdog, Common Skate or Undulate Ray, irrespective of their size.





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### SSACN Catch and Release Guidelines

The 'Give Fish A Chance' initiative recommends anglers help ensure the future of our sport by adopting our GFAC sizes and release any fish that have not had a chance to breed.

Many studies have shown the survival rate of released fish can be greatly improved providing anglers release them appropriately - SSACN suggest the following simple guidelines :

**Be prepared** - Time is the vital factor - have all necessary equipment to hand in order to catch, land, photograph and release the fish. It sounds obvious, but the time taken to find forceps, T bars, cameras etc. buried in tackle boxes or under piles of clothing creates an unnecessary delay.

**Use the correct terminal tackle** - Use bronzed barbless hooks, or bronzed barbed hooks which have had the barb pinched with pliers – not stainless steel - try using circle hooks.

Use hooks and lines of appropriate sizes and strengths to handle the fish you hope to catch; use traces suited to the fishing conditions; shockleaders of appropriate strength.

Occasionally check the last few yards of the shockleader and all elements of your terminal tackle for abrasion wear and tear, especially when fishing over hard ground or for species with 'sandpaper' skins.

**Play the fish steadily** - Avoid over exhausting the fish by bringing it in firmly to the side of the boat or onto the beach, use a drop net if fishing from a pier or other high stance.

**Handle carefully** - A wet cloth or towel soaked in sea water should be placed over the fish's head ensuring the eyes are fully covered. This not only helps protect the fish from exposure or skin damage but it generally pacifies it and makes the removal of the hook an easier and safer procedure.

**Take care when unhooking** – do not squeeze the fish or hold it by the gills, support it from beneath and remove the hook by hand or with the use of a 'T' bar or long-nosed forceps. If the hook has become deeply embedded and the fish is unharmed in any other way, cut the line as close to the hook as possible and quickly return the fish - released this way they do survive.

**Weigh the fish quickly** – If a fish is to be weighed it should be immediately after unhooking using a weighing sling to ensure unsupported movement is restricted.

**Releasing and Reviving the Fish** - Wherever possible, gently support the fish, place it in the water facing into the current and allow it sufficient time to recover; if fishing from piers or other such high platforms, use a drop net or similar to lower the fish back into the sea.

**Enjoy your fishing but please remember to respect your catch - following this simple code will help preserve fish stocks for generations to come.**

**THINK FISH FIRST**

