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## How to Photograph a Catch & Release Fish

1. Have help. Either make settings on the camera before the angling or use a point and shoot camera. Give it to your partner before the angling session. And be sure there is film in the camera. (Cameras empty at the key moment can happen!)
2. Let your partner get into position, and tell him/her what you are going to do. Alert your partner before you take the fish out of the water.
3. With wet hands support the fish under the forward part of its body while keeping it in the water, with the fish pointed upstream to help its recovery. With rod tucked under your arm, transfer your other hand to the base of the tail.
4. Keep the fish in the water as much as possible. With your photo partner warned, raise the salmon out of the water for only a few seconds, and certainly for less than 10 seconds. TAKE TWO IMAGES!
5. Return the fish to the water and gently release the hook and let the fish swim gently away from your hands.
6. Put the camera away, where the images will be protected.
7. **At home**, take pride in having mastered not just the techniques of Catch & Release, but having mastered the techniques of photographing the moments when you actually release a salmon or sea trout back into the wild.