



Why does swimming impact salmon?

- When people walk or stand on spawning gravels, they can crush salmon eggs.
- Just one disturbance can destroy up to 40% of the eggs – and repeated disturbance can wipe out even more.

Freshwater challenges for salmon

- Salmon face many challenges in their freshwater homes – from climate change and damaged spawning habitats to blocked migration routes, human disturbance, poor water quality, and low water levels.



If you see or suspect disturbance of spawning fish or spawning habitat:



Contact the Environment Agency on the 24/7 Environment Incident Hotline - 0800 80 70 60



Scan the QR code to follow the Outdoor Swimmers Code.



Protecting wild Atlantic salmon

Enjoy nature, protect salmon

It's important that people have access to nature, and wild swimming is a wonderful way to do it!

But it's really important to be mindful of the impact swimming has on wildlife, such as Atlantic salmon.

Did you know

- Atlantic salmon are a keystone species - they help support many other river animals and keep the ecosystem healthy.
- Atlantic salmon are a protected species. Sadly their numbers in the rivers Test and Itchen are now dangerously low.
- The salmon in our chalk streams are genetically unique and irreplaceable.

Please note:

- Under Section 2(4) of the Salmon and Freshwater Act 1975 disturbance of spawn (i.e. eggs), spawning fish and spawning habitat is an offence.
- This includes walking over or standing on gravels used by Atlantic salmon or sea trout.
- Instances such as this could result in action being taken by the Environment Agency.

How can you help?

- **Please keep out of the river between November and June.**
- Young salmon are at risk all year, but staying out of the river during this time is vital.
- At this time fish are choosing nesting sites, laying their eggs, and hatching into young fry. Staying out of the water helps protect these vulnerable stages of their life cycle.

**Let's work together to look after our salmon.
Together, we can help stop them from disappearing.**

A salmon gravel nest - where eggs are buried, known as a redd.

Scan the QR code to find out more.

