

Health and Safety

The River Lochy is a wild, fast flowing river. It is therefore vitally important that all anglers understand the potential dangers associated with fishing in this environment. While the RLA have attempted to reduce potential risks wherever possible, **you do access this wild place at your own risk.**

The River Lochy Association cannot highlight the danger of drowning while fishing too strongly. Not only do we encourage you to wade within your 'limits', but be aware of water height variations when fishing, particularly during periods of heavy rainfall.

The Lochy is a **Hydro river** and therefore levels can fluctuate dramatically in a short space of time, even in periods of no or low rainfall. Please monitor the height of the river if crossing and/or accessing fishing areas from islands.

The use of a wading stick and a life jacket are recommended.