



# VIRGINIA SAVE OUR STREAMS



Virginians have the right to know whether or not streams are safe for swimming, fishing, playing, and drinking. **Virginia Save Our Streams** mobilizes volunteers to monitor the water quality of local streams and educate the public about importance of clean water. Volunteers collect and identify underwater critters called macroinvertebrates. By identifying which macroinvertebrates live in local streams, volunteers can calculate a stream health score which can be shared with local and state agencies.



VA SOS training workshops are held throughout the state. You don't need to be a trained scientist to be a stream monitor! By attending a workshop and getting certified, you will have all the tools you need to start collecting and sharing your data with your community and the state. During our workshops you will learn about:

- The benefits of healthy streams and creeks.
- Past, present, and future threats to clean water.
- How to collect and identify macroinvertebrates in the stream.
- How to use your data to educate your community.

Ready to monitor in your community? Get started at [www.VASOS.org](http://www.VASOS.org)  
For any questions or to schedule a training, please contact the VA  
SOS office at: [vasos@iwla.org](mailto:vasos@iwla.org)