



VIRGINIA SAVE OUR STREAMS

IZAACK WALTON LEAGUE OF AMERICA





Virginia's streams need your help!

Only a small percentage of streams are monitored by professionals. We need volunteers like you to monitor the rest!

Since 1989, certified Virginia Save Our Streams volunteers have been monitoring the health of Virginia's streams by sampling benthic macroinvertebrates, critters that live in streams and have varying levels of tolerance to pollution. Counting and identifying these critters allows us to generate a stream health score and identify pollution problems. Data is sent to the Virginia Department of Environmental Quality and the Chesapeake Bay Program, who can use it to target streams for further monitoring, track restoration efforts, and educate the public.



HOW TO GET INVOLVED

- 1 Complete your certification by watching webinars, passing an exam, and participating in a field session with a local trainer
- 2 Choose a stream to monitor
- 3 Collect, count, and identify macroinvertebrates from your stream once every spring and fall
- 4 Upload your results to the Clean Water Hub
- 5 Share your findings with your community!



Learn more!



www.vasos.org



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