

## Join or create a monitoring team

- Explore what [organizations near you are already monitoring streams](#) in your area!
- [Join our Facebook Group](#) to connect with other monitors near you

## Select monitoring site(s)

- Check out our [Choosing a Site guidance](#) to locate a stream near you
- Be sure to find a site where you have safe access into the stream and permission to be on the property
- Name your site using the [official VA SOS naming convention](#)
- [Submit your new site](#) to be added to the VA SOS permit

## Build your kit

- Check with your program coordinator to see if they already have supplies for your team
- Review the [VA SOS equipment list](#) to determine what you need
- Submit an [equipment reimbursement request](#) prior to purchasing your items

## Monitor!

- You should monitor your sites twice a year, in the spring and fall
  - DEQ accepts data collected between March 1-May 31 & Sept 1-Nov 30
- Display the [VA SOS Monitoring Car Sign](#) when parking near your stream site
- Always have your VA SOS DWR permit with you for every monitoring session
- [Notify DWR of your collection date](#) at least 48 hours before you go
- Do not monitor during inclement weather or high water conditions. Wait 1 week after significant rainfall to allow the stream to return to normal conditions

## Submit your data

- Check with your program coordinator for specific instructions on uploading data
- All data are submitted to [VASOSData.org](#) to be quality assured by VASOS staff
- Data are uploaded to the [Clean Water Hub](#) semiannually and sent to VA DEQ & the Chesapeake Bay Program annually

## Next steps

- [Add chemical monitoring](#) to your routine to get a more complete picture of stream health
- Organize a clean up event for your stream or watershed
- Share your findings and [advocate for clean water](#) in your community
- Become a certified [VA SOS Trainer](#) and certify new monitors!