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MONITORING AND RESTORING STREAMS

Not too long ago, streams, rivers and lakes across America were so polluted with chemicals, sewage and garbage that the water was dangerous for swimming, fishing and drinking. The problem got so bad the Cuyahoga River in Cleveland caught fire and burned in 1969. This event captured national attention and galvanized the American people and Congress to action.

That same year, the League launched Save Our Streams to help citizens safeguard the waters in their communities. Save Our Streams was founded on the premise that, with a little help, any person can monitor water quality and use what they learn to work for better protections. Over more than 40 years, the League has trained thousands of citizen stream monitors. We also empower citizens to achieve watershed conservation and restoration goals using their monitoring data. Guided by our publications, workshops, expert consultation, and other tools, these citizens have become some of our strongest advocates for clean water.

MONITORING

The League offers several workshops, books, and videos focused on stream monitoring. For example, our Volunteer Water Quality Monitoring Workshop teaches individuals the basics of identifying water quality challenges and solutions, monitoring a stream, identifying aquatic insects and crustaceans, and assessing stream habitat and watershed health. Our Train the Trainers Workshop provides leadership training and resources to experienced monitors so that they can initiate and manage local volunteer monitoring programs. And our Introduction to Stream Stewardship Workshop teaches citizens about the science behind watershed systems, the basic principles and planning of stream bank enhancement, and the techniques used to assess a watershed. Monitoring handbooks, aquatic insect and crustacean identification guides, and instructional videos used in our workshops are also available for purchase.



RESTORATION

Once volunteers have identified a problem through stream monitoring, the League helps them solve it through stream enhancement and restoration. Each of our publications and workshops contain a restoration component, teaching citizens how to develop restoration plans, restore stream banks, plant buffers, minimize runoff pollution, and take other actions to improve a stream's quality. Our "Handbook for Stream Enhancement and Stewardship" and companion video help people plan and carry out environmentally sound, cost-effective stream corridor assessment, enhancement, and stewardship programs.

LEARN MORE ABOUT OUR CLEAN WATER PROGRAM

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