

WAV Example Safety Recommendations

What to expect:

WAV baseline stream monitoring trainings are hands-on group field trainings that are outdoors alongside a wadeable stream! Trainings are open to people of all abilities. No experience is necessary! Everyone will be invited to wade into the stream to collect data as part of the training. We also have roles for those who want to keep their feet dry, such as analyzing water samples with chemicals to test for dissolved oxygen, identifying macroinvertebrates collected from the stream, and recording data on the WAV datasheet. All monitoring equipment, including gloves and safety glasses, will be provided.

- **Streams are moving waters** and WAV volunteers enjoy watching them change throughout the seasons. We may encounter slippery surfaces, steep banks, deeper pools where fish like to hide, and areas of stronger currents. Boots and waders will be provided for participants to use, or you can bring your own. You are encouraged to wear a life jacket for safety.
- **Dress appropriately for being in the field and prepare for weather** such as rain, wind, and hot or cold temperatures. Come prepared with whatever you need to be comfortable for 3.5 hours, such as sunscreen, bug spray, a hat, a rain jacket, warm layers, water, snacks, or even a camp chair or stool for sitting on. The training will only be cancelled if there is lightning, thunderstorms or severe weather. We will send an email the day before the training to notify participants.
- **Some training sites are located in remote areas with limited cellular reception** while others are located in urban areas. It's good practice to have a first aid kit on hand and be familiar with nearby health care centers in case you need them.

We're looking forward to meeting you in the field and exploring the health of the stream together!