

Norman Bird Sanctuary Water Quality Monitoring & Restoration Program



This slide presentation is part of the training for participants in the Norman Bird Sanctuary'sWATER QUALITY MONITORING & RESTORATION Program.



PART 1 covers the
ECOLOGY OF AQUATIC ECOSYSTEMS

PART 2 covers the SIGNIFICANCE of each
WATER QUALITY PARAMETERS to be monitored.





Water Quality Monitoring and Restoration Program



Mission Statement:





Norman Bird Sanctuary's Water Quality Monitoring and Restoration Program conducts tests throughout the year on physical, chemical and biological parameters of aquatic environments within the Sanctuary's property and surrounding area. Data obtained will be compared to Water Quality Criteria set by the US Environmental Protection Agency and the Rhode Island Department of Environmental Management, to assess the ecological health of the aquatic habitats. This program will also identify possible sources of pollution and create potential solutions by developing restoration strategies and community awareness. Data produced from this program will be shared with the Newport Water Department and Rhode Island Department of Environmental Management for impacts outside of our organization. This program will be made possible through the coordination of multiple organizations, community support, staff involvement, and volunteers.



The program's **MISSION STATEMENT** is posted on the website.

The main objective of the program is to monitor the "ecological health" of aquatic ecosystems in and around the Norman Bird Sanctuary.



Water Quality Monitoring & Restoration Program

PART 1: Ecology of Aquatic Ecosystems



Part 1: ECOLOGY OF AQUATIC ECOSYSTEMS

Earth's Water Resources

71% of Earth's surface

Kings Beach, Newport RI



97% Marine (saltwater)

87% open ocean
10% coastal habitats
(bays, coral reefs, estuaries,
rocky & sandy shores, salt
marshes, mangrove swamps,
etc.)

Walden Pond, Concord MA



3% Freshwater

*****[0.03%]*****

AVAILABLE: lakes, streams, soil
moisture, atmospheric vapor, surface
runoff, etc.

[2.97%]

UNAVAILABLE: ice caps, glaciers,
& deep below Earth's surface.

A look at the EARTH'S WATER RESOURCES... reveals that the overwhelming percentage of it is SALT WATER....and 87% of that is open ocean.

Of the 3% that is FRESHWATER..... only .03% is available for use by life on Earth.

....the other 2.97% is UNAVAILABLE freshwater....since it is stored in the Earth's ice & deep below the surface.

So....our FRESHWATER is a "precious resource"

EARTH'S AQUATIC ENVIRONMENTS



SALINITY (ppt)

ppt (parts per thousand) = PSU (Practical Salinity Units)

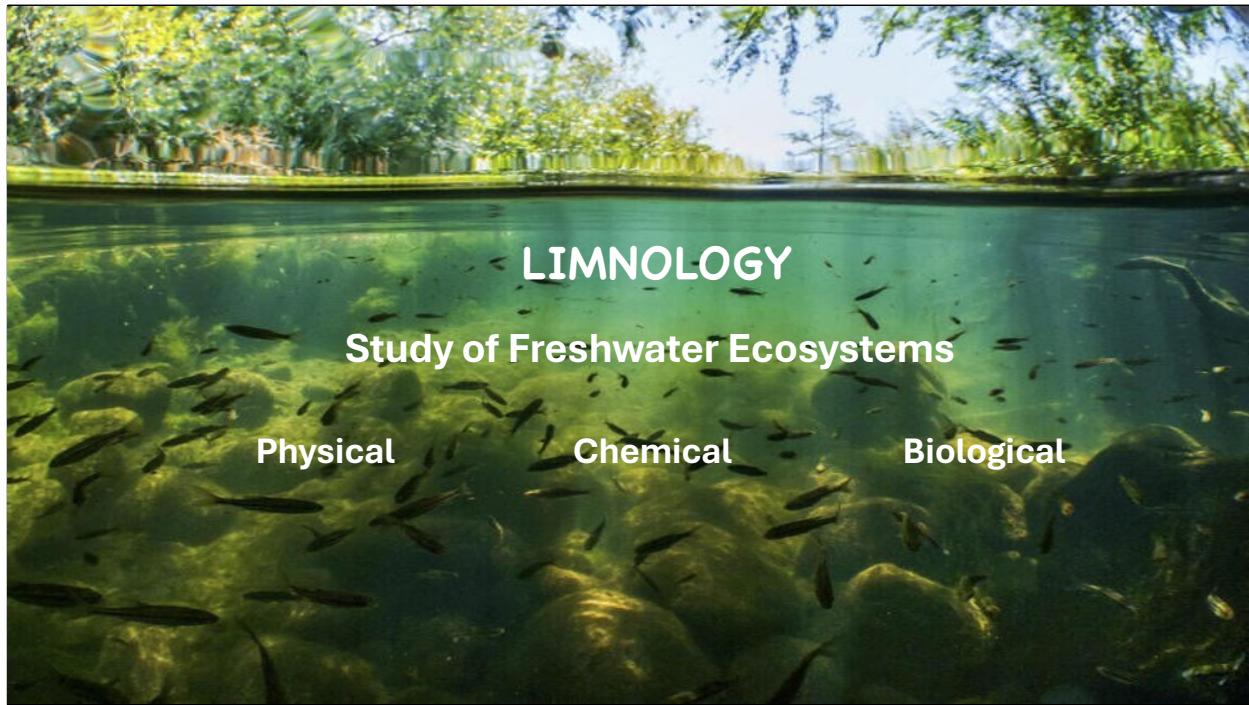


Aquatic environments are classified according to levels of SALINITY....or "salt content", which is measured in ppt, or Parts Per Thousand, or PSU.....Practical Salinity Units.

Freshwater is less than 0.5 parts per thousand....

...and the BRACKISH, MARINE and BRINE categories of SALTWATER range from

0.5 to over 50.0 ppt.



LIMNOLOGY is the formal study of physical, chemical & biological aspects of FRESHWATER HABITATS.

Lentic Ecosystems

Lakes



(still waters)

Ponds



Swamps



Marshes



Bogs



Still bodies of water, such as lakes, ponds, swamps, marshes & bogs are called **LENTIC ECOSYSTEMS**.

Lotic Ecosystems (flowing waters)



Rivers



Streams



Brooks

LOTIC ECOSYSTEMS consist of flowing waters, such as rivers, streams & brooks.

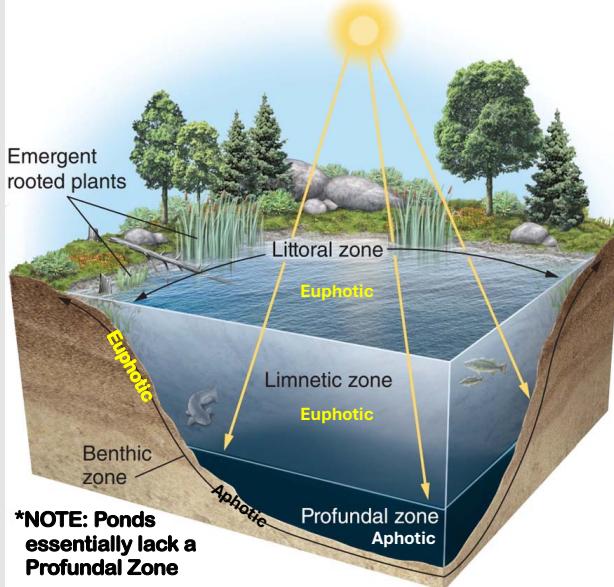
Freshwater Ecosystem Life Zones Deep Lakes & Ponds

The **LITTORAL ZONE** is the water closest to shore...

EUPHOTIC - shallow enough for sunlight to penetrate to the bottom sediment.

The **LIMNETIC ZONE** is the top layer of lake water away from shore....

EUPHOTIC but only as deep as sunlight can penetrate.



The **PROFUNDAL ZONE** is the deep water near the bottom of a lake...
APHOTIC no sunlight penetrates to this zone.

The **BENTHIC ZONE** is the sediment & rocks at the bottom of a lake.
EUPHOTIC near shore.... light reaches bottom
APHOTIC below the Profundal Zone... no light reaches this zone

LIFE ZONES in deep lakes and ponds include:

The **LITTORAL ZONE**, which is closest to shore, is **EUPHOTIC**....where light penetrates to the bottom.

The **LIMNETIC ZONE** is the upper layer of open water away from shore...and is **EUPHOTIC** to a certain depth.

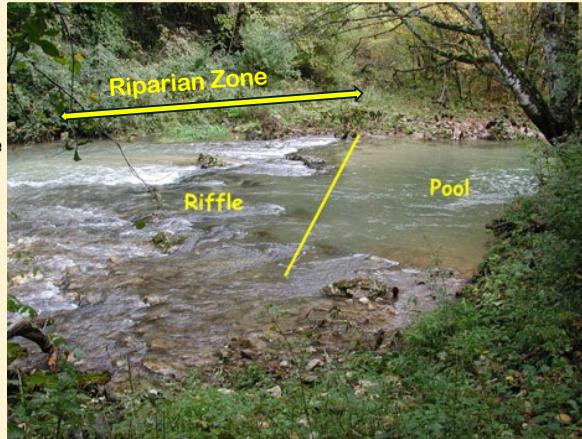
The **PROFUNDAL ZONE** is the deep **APHOTIC** region near the bottom....below the limnetic zone,..... where no light penetrates.

The **BENTHIC ZONE** is the bottom layer where light penetrates near shore, but is aphotic in deep areas.

Streams & Rivers

Light penetrates to the bottom throughout, except in deep rivers.

RIFFLES
rocky sections where
water is aerated....
provides dissolved
oxygen to stream
organisms.



POOLS
calm sections
with fine sediments
...mud & sand
algae/phytoplankton
produce oxygen.

RIPARIAN ZONE

Land area along the edges of streams.

Protects stream from excessive runoff & provides shade to keep water cool.
Plant debris adds organic nutrients for stream organisms.

Life zones in LOTIC systems are less complicated.

A typical river or stream has rocky,..... well-aerated RIFFLE areas.... which provides dissolved oxygen to organisms inhabiting the system.

POOLS are calm areas of sand and mud sediments, & usually have a lower dissolved oxygen level.

The land along the shoreline of lotic systems is referred to as the RIPARIAN ZONE, & has a major influence on the water quality of the stream.

.....including protection from harmful runoff & providing shade & plant debris nutrients for aquatic organisms.

Types of Freshwater Organisms

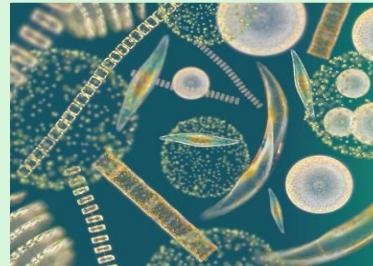
Producers



Aquatic Plants



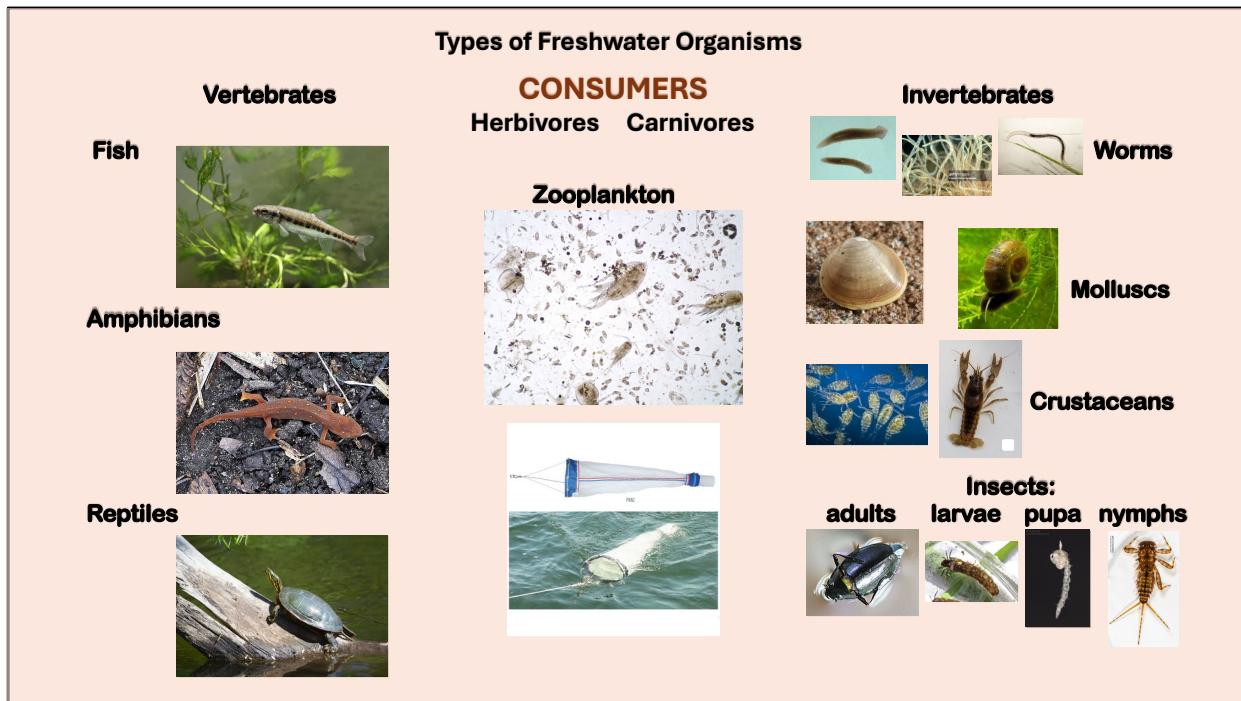
Algae



Phytoplankton



Freshwater organisms include primary PRODUCERS, such as aquatic plants, algae & phytoplankton..... all of which carry on the vital process of PHOTOSYNTHESIS in the ecosystem.



CONSUMERS in freshwater include various types of HERBIVORES & CARNIVORES.....
 including VERTEBRATES, ZOOPLANKTON & INVERTEBRATES.

DECOMPOSERS

[recycling of essential nutrients]

**Break down all organic matter...dead organisms
& waste products from live organisms.**

Fungi

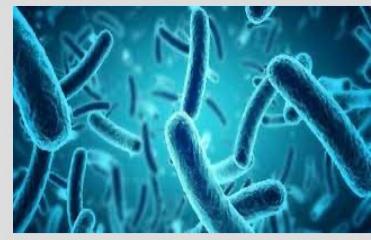


**Release NITROGEN
& PHOSPHORUS for
reuse by producers
(aquatic plants, algae
& phytoplankton).**

Protozoa



Bacteria



**BACTERIA, FUNGI and certain kinds of PROTOZOANS make up the
DECOMPOSERS**

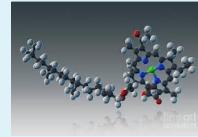
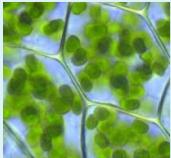
..... that breakdown dead organic matter & the waste products from live consumers.

They perform a vital function in the recycling of matter & energy in all terrestrial and aquatic ecosystems on Earth.

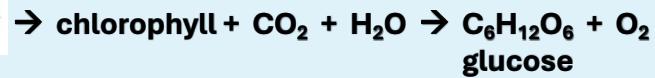
Major Biochemical Processes in Aquatic Ecosystems

PHOTOSYNTHESIS

[OCCURS ONLY DURING DAYTIME]



PRODUCER Organisms / Cells Contain CHLOROPHYLL
Use SOLAR ENERGY + CARBON DIOXIDE (CO₂) + WATER (H₂O)
to manufacture food /CARBOHYDRATES & release OXYGEN (O₂)



CELL RESPIRATION

[OCCURS DAY AND NIGHT]



In PRODUCERS, CONSUMERS & DECOMPOSERS
Obtain food by consuming Producers & other Consumers.
Use ENERGY from CARBOHYDRATES (C₆H₁₂O₆)
Use OXYGEN & produce CARBON DIOXIDE (CO₂) & WATER (H₂O)



Two major processes are at play in aquatic ecosystems:

PHOTOSYNTHESIS is performed by chlorophyll-bearing PRODUCER organisms.
Using SOLAR ENERGY, they manufacture GLUCOSE sugar & OXYGEN from
CARBON DIOXIDE & WATER. This process ONLY occurs during daylight hours.

CELLULAR RESPIRATION is performed by CONSUMERS, DECOMPOSERS&
"PRODUCERS" both day & night.

Using GLUCOSE & OXYGEN, these organisms produce CARBON DIOXIDE &
WATER.....& release ENERGY for other cell activities.

So, PHOTOSYNTHESIS is only a food-making process in producer organisms
like ALGAE, AQUATIC PLANTS & PHYTOPLANKTON.....
otherwise they essentially "live and breathe" like all consumers.

BIOMASS (protein) SYNTHESIS

PRIMARY PRODUCTION

In **PRODUCER** Organisms
(green plants & all chlorophyll-bearing
organisms.....plants, algae, Cyanobacteria, etc.)



* [a basic mechanism by which life]
on Earth operates.

1.3E6 kcal



yields → 1.3E4 kcal

energy stored in + 154 O₂ + dispersed to atmospheric
3258 g. of living & aquatic ...
BIOMASS “ENVIRONMENTAL SINKS”
+ 815 g. Mineral Ash



*NOTE: a 99% loss of energy
from the initial solar input.

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Education,
Inc.

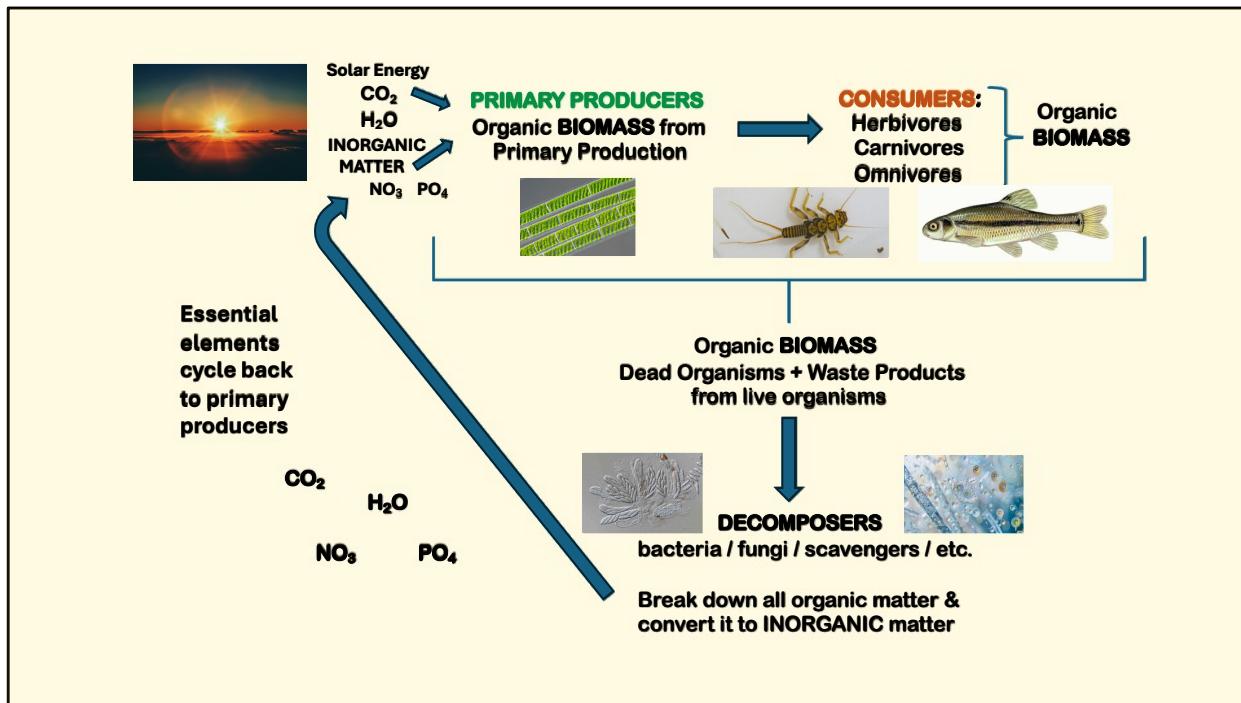
PRIMARY PRODUCTION is the core process sustaining life on Earth.

This generalized equation depicts the processes occurring in PRODUCERS which includes PHOTOSYNTHESIS, RESPIRATION & the manufacturing of new BIOMASS.

Solar energy is first stored in GLUCOSE in PRODUCER organisms..... through PHOTOSYNTHESIS.

During BIOMASS production (or protein synthesis), these organisms use the energy stored in the glucose to combine NITRATE & PHOSPHATE and CARBON, HYDROGEN & OXYGEN to produce new living matter.

.....99% of the matter in living organisms consist of 5 elements
Carbon, Hydrogen, Oxygen, Nitrogen & Phosphorus



In simpler terms..... the BIOMASS manufactured by producers, during primary production, is then used by consumer organisms..... in the FOOD CHAIN.

Eventually.....all organic matter in the BIOMASS of dead organisms.....and in the waste products of live organisms, is broken down by fungi & bacteria.

These DECOMPOSERS convert the complex organic matter into simpler INORGANIC matter.....which is then cycled back to the primary producers.



Water Quality

Physical, Chemical & Biological characteristics of a body of water, that determine its suitability for a specific use...

Types of Water Use HUMAN (Anthropogenic)



RESIDENTIAL - Drinking / Lawn & Garden Care
RECREATIONAL - Swimming / Boating
AGRICULTURAL - Irrigation / Animals
INDUSTRIAL - Cooling, Processing, Washing
& COMMERCIAL Product production & operations



So how can we check on whether an aquatic habitat is "ecologically healthy"..... and that the processes of photosynthesis, respiration, biomass production & decomposition are working properly?

This is the main objective of WATER QUALITY MONITORING.....during which we examine the physical, chemical & biological aspects of a body of water,that determine whether it is suitable for a specific use.

This is much like blood & urine tests on humansto determine if all is working well!

The major categories of the HUMAN....or ANTHROPOGENIC, uses of aquatic systems are: RESIDENTIAL

RECREATIONAL
AGRICULTURAL
INDUSTRIAL
COMMERCIAL

Water Use

NATURAL ECOSYSTEMS
To support healthy natural populations of aquatic life.

*main objective of NBA WQM&RP



The main objective of the our WATER QUALITY MONITORING Program is to determine, whether natural processes operating in the freshwater streams and ponds, in and around the Norman Bird Sanctuary, are in an "ecologically-healthy" state.....

and if not try and identify the source of pollution& coordinate our efforts with the community, & local and state agencies, to restore the ecological integrity of any impaired aquatic habitats.

Types of Pollutants in Aquatic Ecosystems



TOXIC CHEMICALS - heavy metals (mercury, lead), arsenic, herbicides & pesticides, disinfectants (chlorine), etc.

MICROBIAL - pathogenic bacteria, viruses & parasites

PHARMACEUTICALS - antibiotics, hormones, etc.



PHYSICAL - plastics (large / micro), oil spills, sediments, etc.

THERMAL - industrial discharge from cooling processes, etc.



***NUTRIENTS** - organic matter from human sewage, agricultural animal waste products, fertilizer from domestic lawns & agricultural crops, etc. **NITROGEN & PHOSPHORUS**



Excessive nutrient input in aquatic ecosystems.

CULTURAL EUTROPHICATION / OXYGEN DEPLETION



The degradation of aquatic ecosystems comes in a variety of forms.....

The types of pollutants include:

TOXIC CHEMICALS

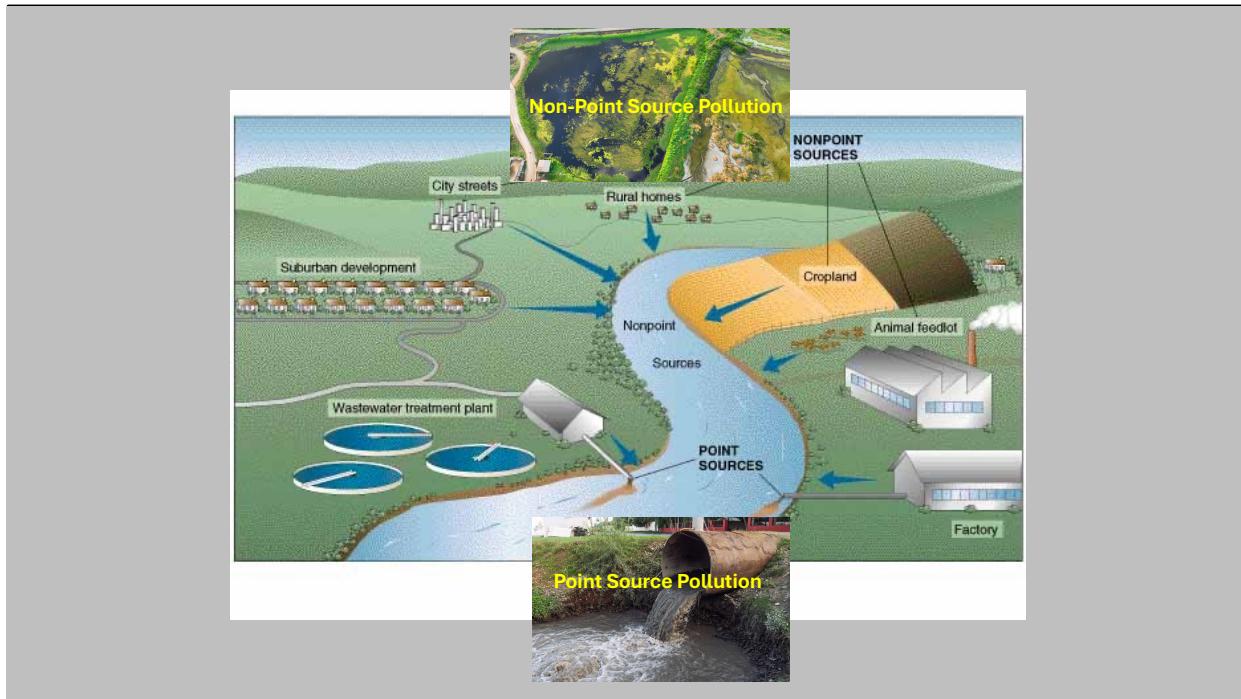
MICROBIAL

PHYSICAL

THERMAL

and.....an excessive input of organic matter....

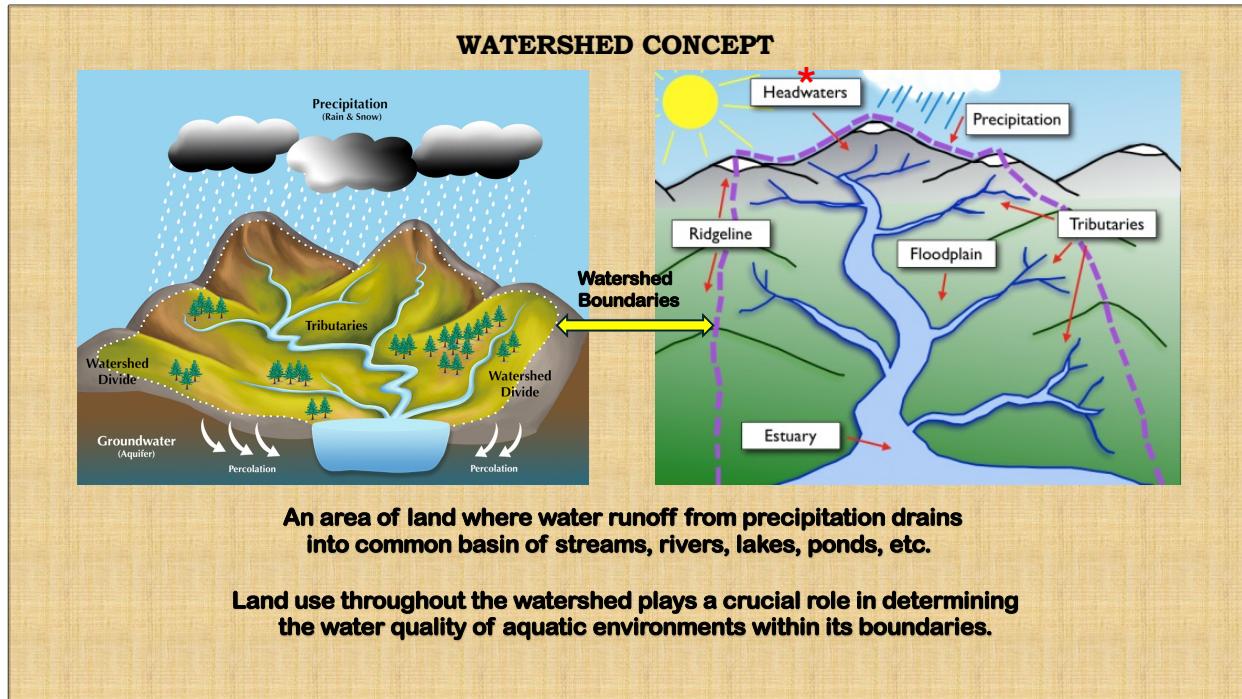
containing Nitrogen & Phosphorus **NUTRIENTS**.....which can ultimately lead to **OXYGEN DEPLETION** in a body of water.



Water pollution can come from either POINT or NON-POINT sources.....

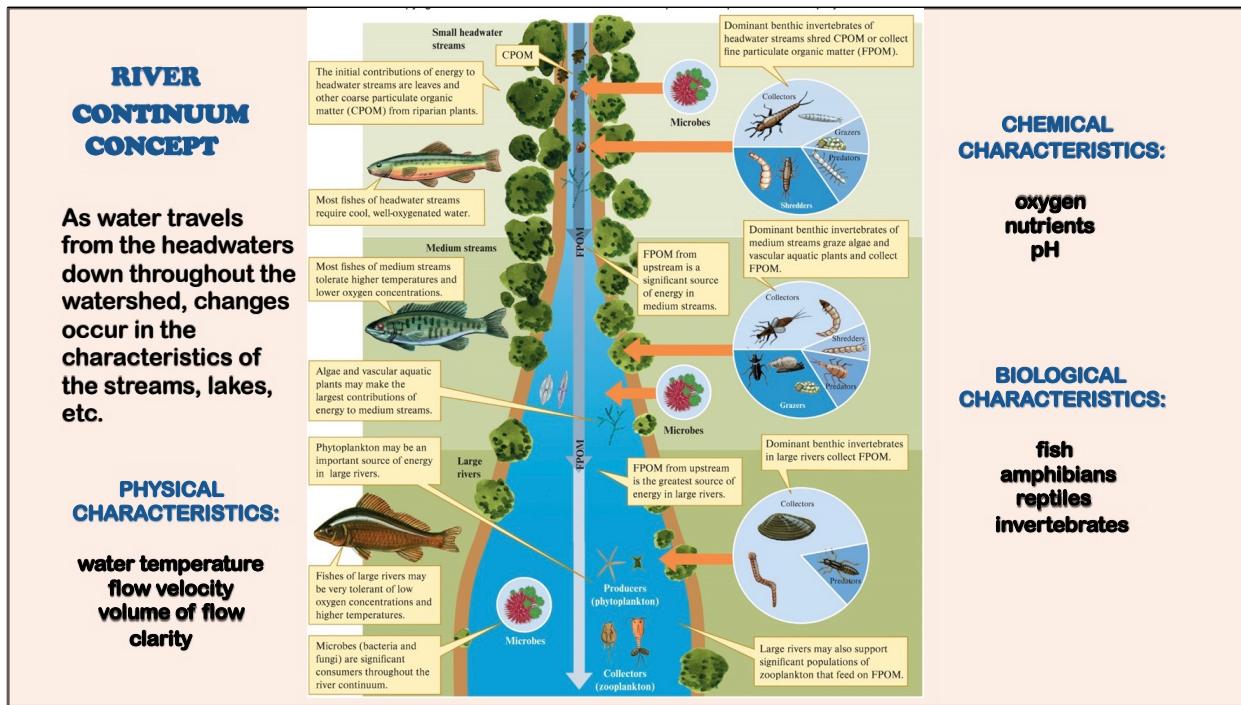
NON-POINT SOURCE POLLUTION comes from unspecified locations in a watershed.... like domestic lawn care & agricultural runoff.

POINT SOURCE POLLUTION comes from a specific location.... like discharge from a factory, or sewage treatment plant.



A **WATERSHED** is an area of land where rainfall runoff drains into a series of streams, that flow into a common basin.

So land use in the watershed influences the water quality of the aquatic ecosystems.



The RIVER CONTINUUM CONCEPT.....

....depicts the PHYSICAL, CHEMICAL & BIOLOGICAL changes occurring in a river or stream..... from its headwaters to its final destination in a lake, or eventually the sea.

TROPHIC STATE in Aquatic Ecosystems		Level of PRODUCTIVITY ...how much biodiversity it can support.			
		DEPTH	TEMPERATURE	NUTRIENTS	BIODIVERSITY
Oligotrophic		deep	cold	low	low
Mesotrophic		moderate	warmer	medium	moderate
Eutrophic		shallow	warm	high	high

The TROPHIC STATE of a body of water refers to changes in DEPTH, TEMP, NUTRIENTS & BIODIVERSITY..... as it ages over time.

Early stages of deep, cold water, low concentrations of nutrients & little variety of life forms..... are called OLIGOTROPHIC....

In the MESOTROPHIC STATE....water gets more shallow & a little warmer. Nutrients & biodiversity increase.

A EUTROPHIC lake is shallow and warm.... with high nutrient levels & diversity of life forms.

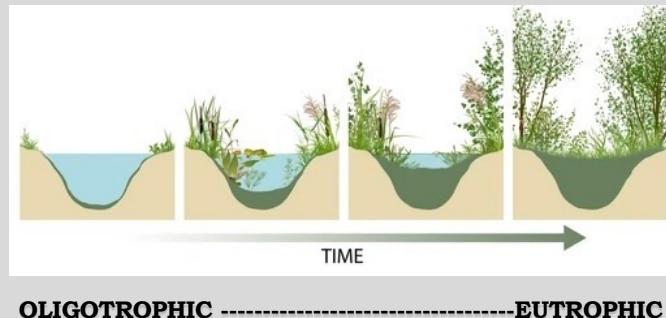
EUTROPHICATION

Natural process of physical, chemical & biological changes in aquatic ecosystems, as they age over time

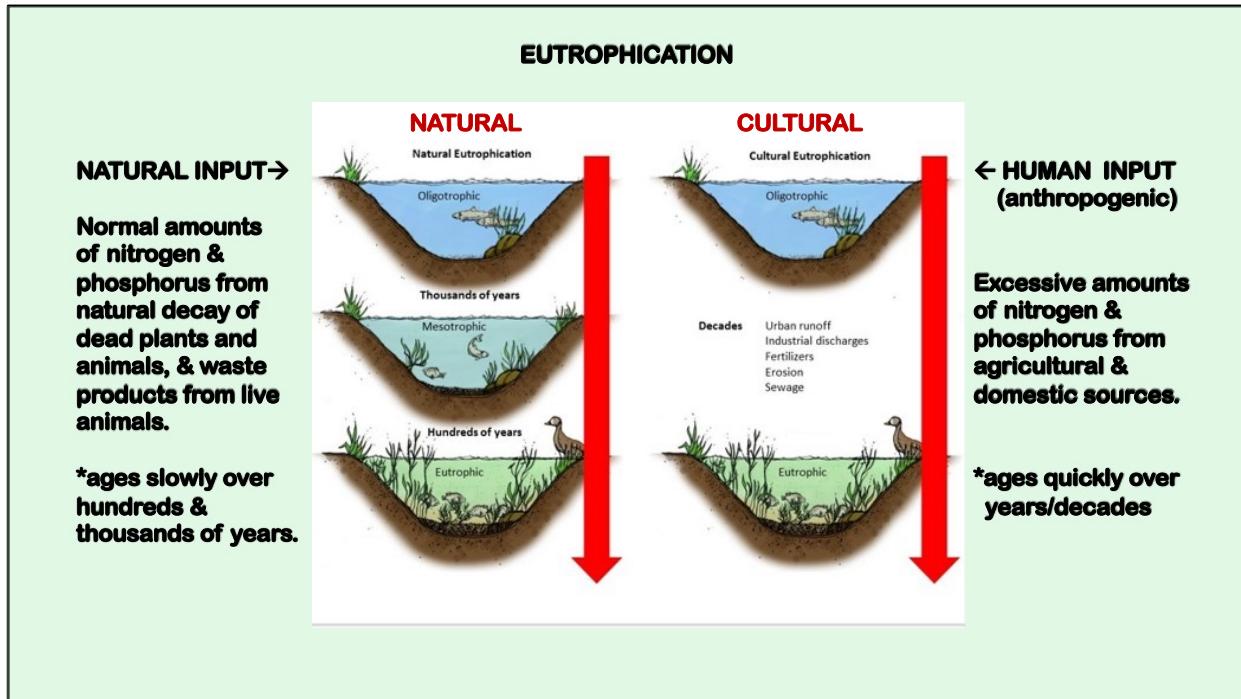
*accumulation of N & P nutrient organic matter

*increase in biomass production

*increase in amount of aquatic life / species diversity



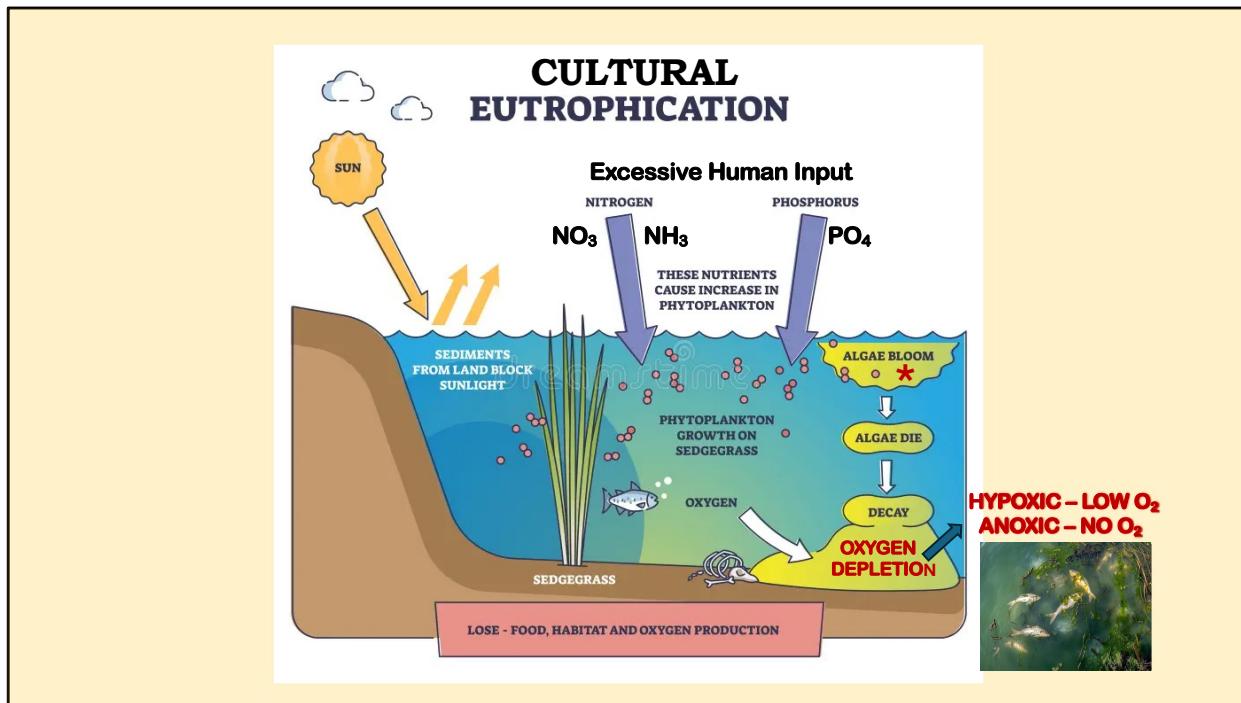
EUTROPHICATION is essentially a natural process involving the "aging" of a body of water from an OLIGOTROPHIC state to a EUTROPHIC one.



The process of EUTROPHICATION can be either "natural" or "cultural"

NATURAL EUTROPHICATION occurs over long periods of time..... hundreds or thousands of years.

When humans add excess nitrogen & phosphorus nutrients, the aquatic ecosystem ages rapidly.... over years or decades.



and.....this rapid aging can lead to ALGAL BLOOMS, when the excess population of the algae dies, & the decomposition process depletes the oxygen near the bottom.

This results in either HYPOXIC, or low oxygen conditions,or ANOXIC zero-oxygen conditions.

These conditions are either stressful or lethal to populations of organisms inhabiting the aquatic environment.

Effects of Anthropogenic (Human) Input in Aquatic Ecosystems

Ecologically Healthy Stream



**Organic Overload in a Stream
Cultural Eutrophication**



The effects of human ...or ANTHROPOGENIC... nutrient input can seriously impair an ecologically healthy stream or lake.... in a short period of time.

WATER QUALITY MONITORING

Basic Test Parameters
for determining ecological health of aquatic habitats

WATER QUALITY PARAMETERS for Determining the Ecological Health of FRESHWATER ECOSYSTEMS



GENERAL INFORMATION:

- *Observer
- *Date
- *Time of Day
- *Weather: Current
Past 24-48hrs

- *Name of Aquatic Ecosystem
- *Freshwater / Marine
- *Location (Description)
- *Latitude/Longitude/Elevation

ABIOTIC PARAMETERS:

Physical Factors:

- *AIR TEMPERATURE (°C)
- *WATER TEMPERATURE (°C)
- *VOLUME OF FLOW (m³/sec)
 - Avg Width
 - Avg Depth
 - Avg Velocity
 - Bottom Type (.8 or .9)

BIOTIC COMMUNITY: (Indicator/Index Species)

Macroinvertebrates:

- *Hilsenhoff Biotic Index (HBI)
- *EPT Index: Ephemeroptera (mayfly nymphs)
Plecoptera (stonefly nymphs)
Trichoptera (caddisfly larvae/pupa)



Chemical Factors:

- *pH (acid/base 0.0-14.0)
- *ALKALINITY (mg/L CaCO₃)
- *Ca/Mg HARDNESS (mg/L)

- *DISSOLVED OXYGEN (DO mg/L)
- *OXYGEN SATURATION (%)

- *NITRATE NITROGEN (mg/L NO₃-N)
- *AMMONIA NITROGEN (mg/L NH₃-N)
- *TOTAL AMMONIA NITROGEN (mg/L NH₃-N & NH₄+)
- *PHOSPHATE (mg/L PO₄- orthophosphate)

- *CHLORINE (mg/L Free & Total)
- *CHLORIDE (mg/L Na & Cl salts)

- *SALINITY (ppt-Parts Per Thousand / PSU-Practical Salinity Units)

- *ELECTRICAL CONDUCTIVITY (EC) (µS/cm) - micro/milli Siemens per centimeter

- *OXIDATION REDUCTION POTENTIAL (ORP) mV - millivolts

Besides the influencing effects of current weather, time of day & season of the year...

a series of PHYSICAL, CHEMICAL & BIOLOGICAL test Parameters are used to determine the health of an aquatic ecosystem.

**WATER QUALITY CRITERIA / STANDARDS
for all major factors used to determine the ecological
health of aquatic ecosystems.**

Set by LOCAL, STATE & FEDERAL ENVIRONMENTAL AGENCIES



Rhode Island
Department of
Environmental
Management



Water Quality Criteria, or Standards.....for each major parameter are set by local, state & federal agencies.....

Water Quality Criteria								
Freshwater RI D.E.M. / US EPA								
H. Bernarsky JAN 2026								
								
mg/L = ppm milligrams per liter	ppm = ppt parts per million	psu = PSU parts per thousand	Practical Salinity Units	1.0 mg/L = 1000 µg/L micrograms per liter	1.0 µg/L = 1.0 ppb parts per billion			
Parameter								
WATER TEMPERATURE (°C)	Average Seasonal Water Temperatures							
(temps vary with location, weather, exposure, human activity)	SUMMER: JUN 62°F/17°C SEP 68°F/19°C OCT 70°F/21°C	JUL	AUG					
	FALL: 66°F/19°C NOV 59°F/15°C DEC 52°F/11°C	OCT	NOV					
	WINTER: 45°F/7°C JAN 39°F/4°C FEB 37°F/3°C	DEC	JAN	FEB				
	SPRING: 40°F/4°C MAY 56°F/13°C	MAR	APR	MAY				
TURBIDITY (NTU-Nephelometric Turbidity Units)	Cold Waters <10 NTU Warm Waters <30 NTU flowing waters(etc) <25 NTU still waters(etc)							
DISSOLVED OXYGEN (mg/L DO)	>5.0 mg/L during 24hr period							
	Effect of DO conc. on Aquatic Organisms							
	0.0-1.9 mg/L too low to support most organisms & respiration changes]							
	2.0-3.9 mg/L tolerated by only a few organisms							
	4.0-6.9 mg/L OK for most invertebrates							
	[affected by water temperature] Cold Water - retains more DO Warm Water - retains less DO							
	7.0-11.0 mg/L supports healthy populations of freshwater organisms							
OXYGEN SATURATION (%)	80-120% ideal DO Saturation							
	[varies normally 50-140%] [affected by water temperature, cloud cover & time of day]							

Each parameter has an acceptable range
within which aquatic organisms can tolerate & survive.

Some of the commonly used parameters include.....

TEMPERATURE
TURBIDITY
&
DISSOLVED OXYGEN

BIOLOGICAL ASSESSMENT of WATER QUALITY

Macroinvertebrates

Hilsenhoff Biotic Index

*Each species has a different TOLERANCE level for pollution.

*Populations of stream invertebrates are collected, counted & placed in tolerance categories.

*Results are calculated, using the HILSENHOFF BIOTIC INDEX (HBI) equation & the stream is assigned a water quality category.

HBI	WATER QUALITY CATEGORY
0.00-3.75	Excellent / no excess organic matter.
3.76-4.50	Very Good / minimal organic matter.
4.51-5.50	Good / some organic matter.
5.57-6.50	Fair / moderate organic matter.
6.51-10.00	Poor to Very Poor / excess organic matter.

Sampling of Macroinvertebrate Populations in Freshwater Streams

Based on Pollution Tolerance Levels of Indicator Species

Platyhelminthes (flatworms) Nematoda (roundworms) Annelida (segmented worms) Mollusca (snails, clams, mussels) Crustaceae (crayfish, copepods, etc) Insecta (larvae, pupa, nymphs, adults)	
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HBI	WATER QUALITY
0.00-3.75 3.76-4.50 4.51-5.50 5.57-6.50 6.51-10.00	Excellent/no excess organic matter Very Good/minimal organic matter Good/some organic matter Fair/moderate organic matter Poor to Very Poor/excess organic matter

Group 1: Pollution Intolerant Species						
 Mayfly	 Riffle Beetle	 Caddisfly Larva	 Stonefly	 Right-Handed Snail		
Group 2: Moderately Pollution Intolerant Species						
 Sowbug	 Scud	 Clam	 Crayfish	 Damselfly Larva		
Group 3: Pollution Tolerant Species						
 Aquatic Worm	 Midge Larva	 Leech	 Black Fly Larva	 Left-Handed Snail		

BIOLOGICAL ASSESSMENTS are also used to monitor water quality.....

The HILSENHOFF BIOTIC INDEX identifies & counts populations of aquatic macroinvertebrates..... which are mostly the larval & nymph stages of insects.

Each species of organism has a RANGE OF TOLERANCE for each physical and chemical factor in their aquatic habitat.

The numerical results are on a scale from
.....0.0 - 10.0

EPT Biotic Index for Freshwater Stream Water Quality

Home Instructions Use the Key Phylogeny Families Morphology

EPT Index

Some macroinvertebrate orders, such as Diptera (true flies), are generally tolerant to higher levels of pollutants in streams. Other orders, such as Ephemeroptera (mayflies), Plecoptera (stoneflies), and Trichoptera (caddisflies), are very sensitive to many pollutants in the stream environment.



Ephemeroptera Mayfly Nymphs **Plecoptera Stonefly Nymphs** **Trichoptera Caddisfly Larvae**

The EPT Richness Index estimates water quality by the relative abundance of three major orders of stream insects that have low tolerance to water pollution.

EPT can be expressed as a percentage of the sensitive orders (E= Ephemeroptera, P= Plecoptera, T= Trichoptera) to the total taxa found.

A large percentage of EPT taxa indicates high water quality.

$$\frac{\text{Total EPT Taxa}}{\text{Total Taxa Found}} \times 100\% = \% \text{ Abundance}$$

Water Quality Purpose History of Key References Video 

**% of MAYFLY NYMPHS,
STONEFLY NYMPHS &
CADDIS FLY LARVAE
compared to the total number
of macroinvertebrates in a
stream sample:**

EPT Water Quality Scale:

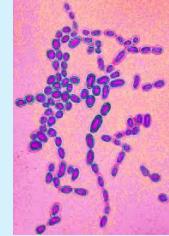
>27%	Excellent
21-26%	Good
14-20%	Good-Fair
7-13%	Fair
0-6%	Poor

A similar biological assessment of water quality uses the EPT Biotic Index, where 3 major groups of "pollution intolerant species" are counted Mayfly & stonefly nymphs... & caddisfly larvae.

& are compared to all other species present.

.....the results are placed on a scale from 0.0 to greater than 27%

Coliform Bacteria
3RD Beach/Sakonnet River



Swimming



Shellfish Contamination

During the summer season, samples of seawater will be taken for coliform bacteria analysis at Salve Regina University's environmental lab.

The source of the bacteria is fecal waste products from humans & other animals. High levels of coliform can result in intestinal issues, eye/ear infections & rashes. It can also indicate possible contamination of shellfish populations.

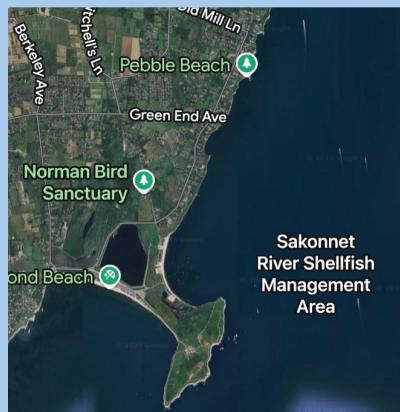
Sakonnet River Shellfish Management Area [RI D.E.M. - Division of Marine Fisheries]

Ocean Acidification !!



Plankton & Oxygen Production

Mg:Ca pH CaCO_3 SiO_2 NO_3



Nutrient Pollution!!

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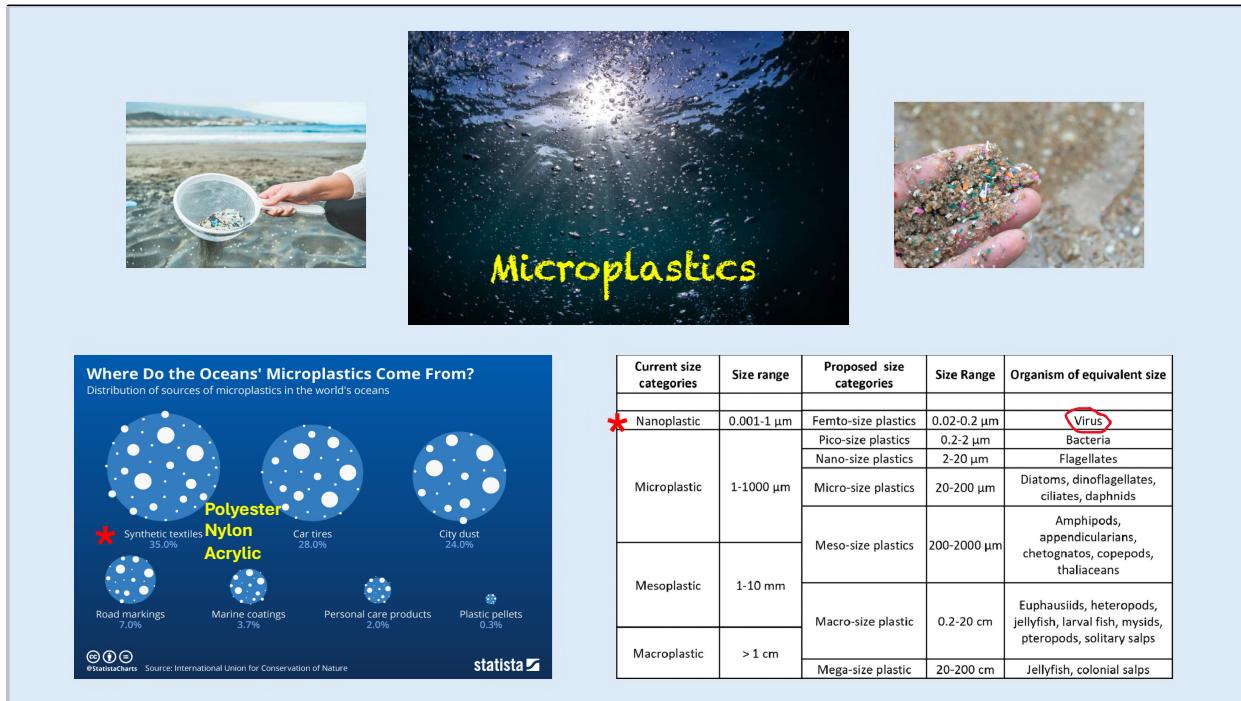


The long term ecological health of the Sakonnet River Shellfish Management Area depends on normal levels of water quality factors, that are important to the survival of the shellfish, plankton & other marine organisms.

Changing pH levels can effect the ability of marine organisms to construct bones & shells.

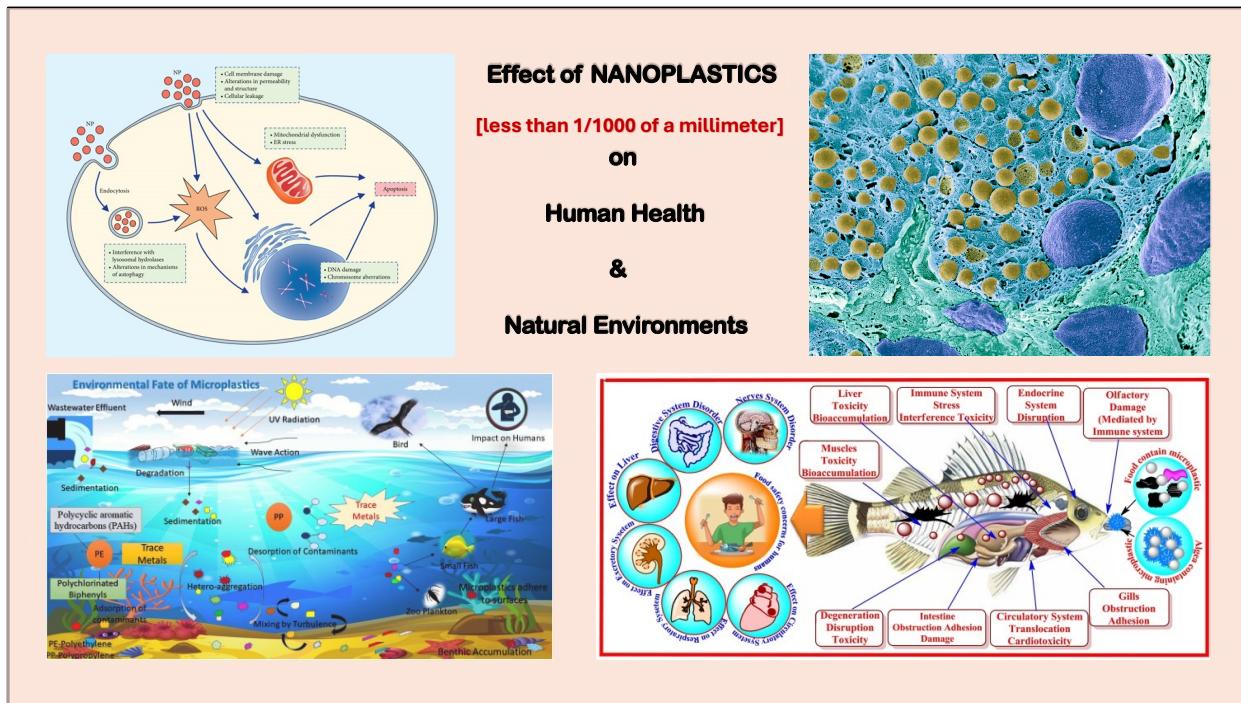
Silica is necessary for shell production in diatoms and other plankton life, that produce most of the oxygen for Planet Earth.

Excess nitrogen & phosphorus can lead to oxygen depletion in the habitat of sea floor organisms.



During the past decade or so, MICROPLASTICS have become a human health concern, as well as the effects it might be having on all life in the world's ecosystems.

They are sized in 4 major categories from greater than 1 centimeter in diameter..... to NANOPLASTICS,... the size of a virus!!!



Nanoplastics can enter the cells of living organisms& interrupt liver, muscle, breathing, & other vital animal functions.

Immune & endocrine systems can also be compromised.....

So we're also looking into possibility of monitoring MICROPLASTICS in our local freshwater & marine habitats.

Ecological Restorationprocess of assisting the recovery of an ecosystem, that has been degraded, damaged, destroyed or transformed from its original natural state.



The Norman Bird Sanctuary volunteer program also includes ECOSYSTEM RESTORATION, as we work to REMEDIATE & REHABILITATE impaired habitats, & even create new habitats to benefit wildlife species.

Active Restoration Project at NBS

3rd Beach at Dune Stabilization
60 plants

Beach Rose



Bayberry



Dune Grass



One of these projects involves stabilizing sand dunes with plantings of Beach Rose, Bayberry & Dune Grass.

Active Restoration Project at NBS

10-acre Pollinator Field.....one of largest in New England
invasive Plant removal.....buckwheat cover to control invasives
native flower mix..... milkweed + nectar plants



*New Trail around edge of pollinator field for observing pollinator activity..... with signage to educate on the importance of native flowers and pollinators.



Another project underway is the establishment of a 10-acre POLLINATOR field, which will be one of the largest in the northeast US.

This habitat will benefit Monarch Butterflies on their migratory journey, along the eastern half of North America, to their wintering grounds in the mountains of Mexico.

This project will also increase the diversity of other butterfly species, birds & pollinating bees.

Future Restoration Project at NBS

Native Bee Hotels !!!NOT AT NEWPORT PRICES!!!!



And to entice the native bees to take up residence at the Sanctuary, we plan to construct an "upscale" bee hotel..... and we will not be charging "Newport prices"!!!

**Norman Bird Sanctuary
Water Quality Monitoring & Restoration Program**



END PART 1

This concludes PART 1 of our WATER QUALITY MONITORING TRAINING.....

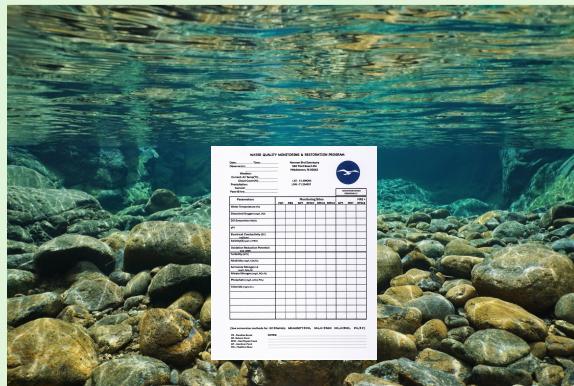
...any questions????

Norman Bird Sanctuary Water Quality Monitoring & Restoration Program

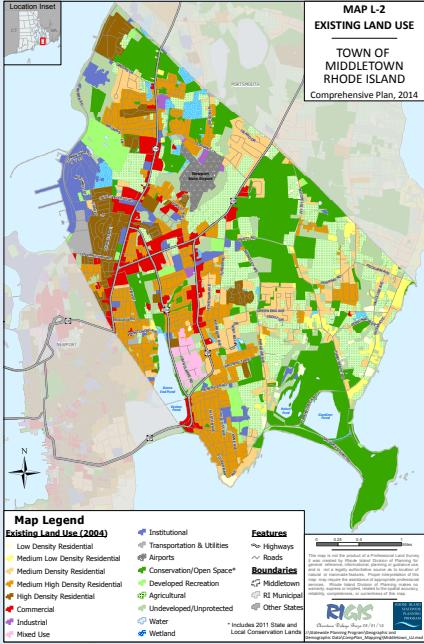




**WATER QUALITY MONITORING & RESTORATION PROGRAM
PART 2:
Significance of Water Quality Parameters**



This presentation will cover details about each of the major water quality PARAMETERS, that volunteers will be monitoring throughout the year.



BASIC INFORMATION ABOUT THE WATERSHED:

- *Size (sq. mi.) of the Watershed / Map / Major streams, lakes, etc.**
- *Land Use % - Residential, Agricultural, Industrial, Recreational, etc.**
- *Location of Headwaters / Source of water for stream, lake, etc. being monitored.**



INFORMATION DURING TESTING:

- *OBSERVER** conducting tests.
- *DATE & TIME OF DAY**
- *WEATHER: Current & Past 24-48 hrs.**

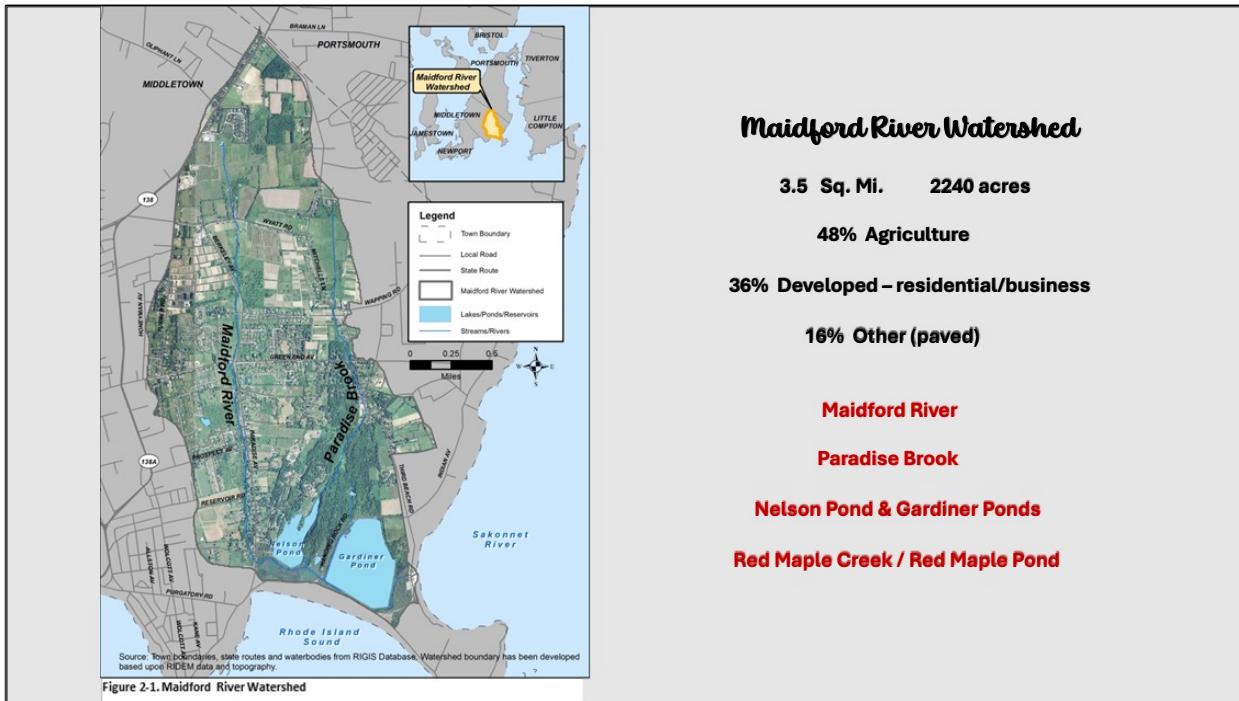


The first requirement of a water quality program is an understanding of the entire watershed, that surrounds the aquatic ecosystems to be monitored.

This includes the size of the drainage area, major bodies of water, sources of the water & types of land use in the region.

An understanding of long-term weather patterns in the region is also important, since it may influence the water testing results.

Time of year, time of day, & weather conditions on the days before, & the day of testing are also essential.



The aquatic ecosystems we will be monitoring are within the 3.5 square mile MAIDFORD WATERSHED.

Land Use in the region is:

48% AGRICULTURE
 36% DEVELOPED
 16% OTHER (mostly paved surfaces)

The major bodies of water in the watershed include:

Maidford River
 Paradise Brook
 Red Maple Creek & Pond
 Nelson & Gardiner Ponds



The headwaters of the Maidford River are located at Newport Vineyards in Middletown, & runs for about 4.0 miles to a tidal marsh area near Third Beach.

Paradise Brook headwaters are at Fayal & Mitchell Lanes in Middletown, & flows through the Norman Bird Sanctuary into Nelson Pond.

The Red Maple Creek water source is woodland springs within the Sanctuary's property. It flows into Red Maple Pond, & joins the Maidford River near the intersection of Hanging Rock & Sachuest Point Roads.

The water from Nelson Pond flows through an underground pipe into Gardiner Pond. Both ponds are managed by the city of Newport as public drinking water.

Water Quality Parameters to be monitored:

Weather Conditions: (influencing factors)

* Air Temp (°C)

* Cloud Cover (% estimate)

* Precipitation: Current & Past 48 hours
light...moderate.....heavy



ABIOTIC FACTORS: Physical / Chemical



Conducted at monitoring site:

- Water Temperature (°C)
- Dissolved Oxygen (mg/L) milligrams per liter
- DO % Saturation
- pH
- Electric Conductivity EC (µS/cm) MicroSeimens /Centimeter
- Salinity (ppt) parts per thousand or (PSU) Practical Salinity Units
- ORP (Oxidation Reduction Potential) (mV) milliVolts

Conducted on samples returned to lab:

- Turbidity (NTU) Nephelometric Turbidity Units
- Alkalinity (mg/L CaCO₃)
- Ammonia LR (low range) mg/L Free Ammonia NH₃ [un-ionized]
- Nitrate (mg/L NO₃-N) –nitrate nitrogen [x 4.43 = NO₃ nitrate]
- Phosphate (mg/L ortho Phosphate)
- Chloride (mg/L Cl⁻) * only in winter during roadway salting.

At each monitoring site, weather factors of air temperature, cloud cover & precipitation are recorded.

Water tests at each site include: [READ FROM LIST]

Water samples taken at each site are tested in the lab for: [READ FROM LIST]

Abiotic Physical Parameters

Stream Velocity/Volume of Flow

AVG DEPTH (m) x AVG WIDTH (m) x AVG VELOCITY (m/sec)
 $\times .8$ (rocky bottom) or $.9$ (sand/mud bottom)
 $=$ VOLUME OF FLOW (m³/sec)

STREAM VOLUME OF FLOW MEASUREMENT



DATE: _____	TIME: _____	LOCATION: _____						
WEATHER CONDITIONS:								
Precipitation: Current: _____	Lat: _____	Long: _____						
Past 48 Hrs: _____	Elevation: _____ ft							
Stream Measurement								
Width (meters)	1	2	3	4	5	TOTAL	AVERAGE	
#1	_____	_____	_____	_____	_____	_____	_____	
#2	_____	_____	_____	_____	_____	_____	_____	
#3	_____	_____	_____	_____	_____	_____	_____	
#4	_____	_____	_____	_____	_____	_____	_____	
#5	_____	_____	_____	_____	_____	_____	_____	
TOTAL:	_____	_____	_____	_____	_____	_____	TOTAL: _____	
AVERAGE: WIDTH (m)	_____	_____	_____	_____	_____	_____	AVERAGE: DEPTH (m)	
Stream Velocity (_____ meter distance) Time (seconds)								
Total #1:	_____	Meters +		Average Seconds				
Total #2:	_____	Meters +		Average Seconds				
Total #3:	_____	Meters +		Average Seconds				
AVERAGE: SECONDS	_____	=		AVERAGE VELOCITY (m/sec)				
Type of Stream Bottom: (friction value)	STREAM VOLUME =	average	X	average	X	average	X	Bottom Type Value
0.8 _____ 0.9 _____ CHECK ONE	=	WIDTH	DEPTH	VELOCITY				
	=	_____	_____	_____	_____	_____	_____	m ³ /sec
	=	_____	_____	_____	_____	_____	_____	ft ³ /sec
*[cubic meters per second (m ³ /sec) x 35.315 = cubic feet per second (ft ³ /sec)]								

Pond/Lake Depth & Acreage

AVG DEPTH (m) / Contour Mapping
 $AREA = m^2$



It is important to measure the VOLUME OF FLOW in streams, & approximate DEPTH & AREA COVERED by ponds or lakes being monitored.

Stream flow is usually measured in cubic ft or meters per second.

The volume & movement of water in an aquatic habitat can influence other factors being monitored.

Abiotic Physical Parameters



WATER TEMPERATURE

***Dissolved Oxygen Concentration - Colder water retains more O₂**
- Warmer water...less oxygen.

***Rate of Metabolic Processes:** Photosynthesis Respiration
Decomposition Biomass Production

***Release of Nutrients during Decomposition of Organic Matter**

***Effect of Toxins on Aquatic Life**

***Tolerance of species to temperature levels & temperature change**

*WATER TEMPERATURE		Average Seasonal Water Temperatures		
[temps may vary due to location, weather & human activity]				
SUMMER:		JUN	JUL	AUG @
		62°F/17°C	66°F/19°C	70°F/21°C
FALL:		SEP	OCT	NOV
		66°F/19°C	59°F/15°C	52°F/11°C
WINTER:		DEC	JAN	FEB #
		45°F/7°C	39°F/4°C	37°F/3°C
SPRING:		MAR	APR	APR
		40°F/4°C	45°F/7°C	56°F/13°C

The first Parameter important to effective water quality monitoring is WATER TEMPERATURE.

Temperature effects many key processes operating in an aquatic ecosystem:

[READ THE 5 WITH RED STAR]

There are "normal" seasonal averages for water temperature by month.....
FEB being the coldest, & AUG the warmest.

Abiotic Physical Parameters



NTU = Nephelometric Turbidity Units

TURBIDITY (NTU)

A measure of water clarity, due to suspended particles that may have a negative impact on aquatic life.

***Reduction of light penetration for photosynthesis.**

***Clogging of fish & macroinvertebrate gills.**

***May indicate excessive N & P...leading to accelerated eutrophication & oxygen depletion.**

Standard: <10 NTU cold waters

<50 NTU warm waters / flowing

<25 NTU warm waters / still



TURBIDITY is a physical factor that measures how clear the water is, in terms of the presence of suspended particles, or chemical color substances, that can effect the normal functioning of aquatic life including:

[READ THE 3 EFFECTS WITH RED STAR]

Turbidity is measured in NTU's, or Nephelometric Turbidity Units.

Abiotic Chemical Parameters



mg/L = milligrams per liter
ppm = parts per million
1.0 mg/L = 1.0 ppm

Varies day/night due to photosynthesis & respiration.

Affected by % cloud cover & available light for photosynthesis, during daytime.

DISSOLVED OXYGEN (mg/L DO)

ATMOSPHERE 21% WATER <1%



Dissolved Oxygen is O_2 molecules in water, **NOT** the oxygen on H_2O molecules.

$$\begin{array}{c} H_2O \quad H_2O \quad H_2O \\ \longrightarrow O_2 \quad O_2 \\ H_2O \quad H_2O \quad H_2O \end{array}$$

***PHOTOSYNTHESIS** - Producers / chlorophyll-bearing aquatic life (algae, phytoplankton, aquatic plants) add O_2 to water.

*Physical Aeration, in rocky/riffle areas of streams & wave action or wind on the water surface adds O_2 to water.

***RESPIRATION** - Consumers & Decomposers remove O_2 from water.

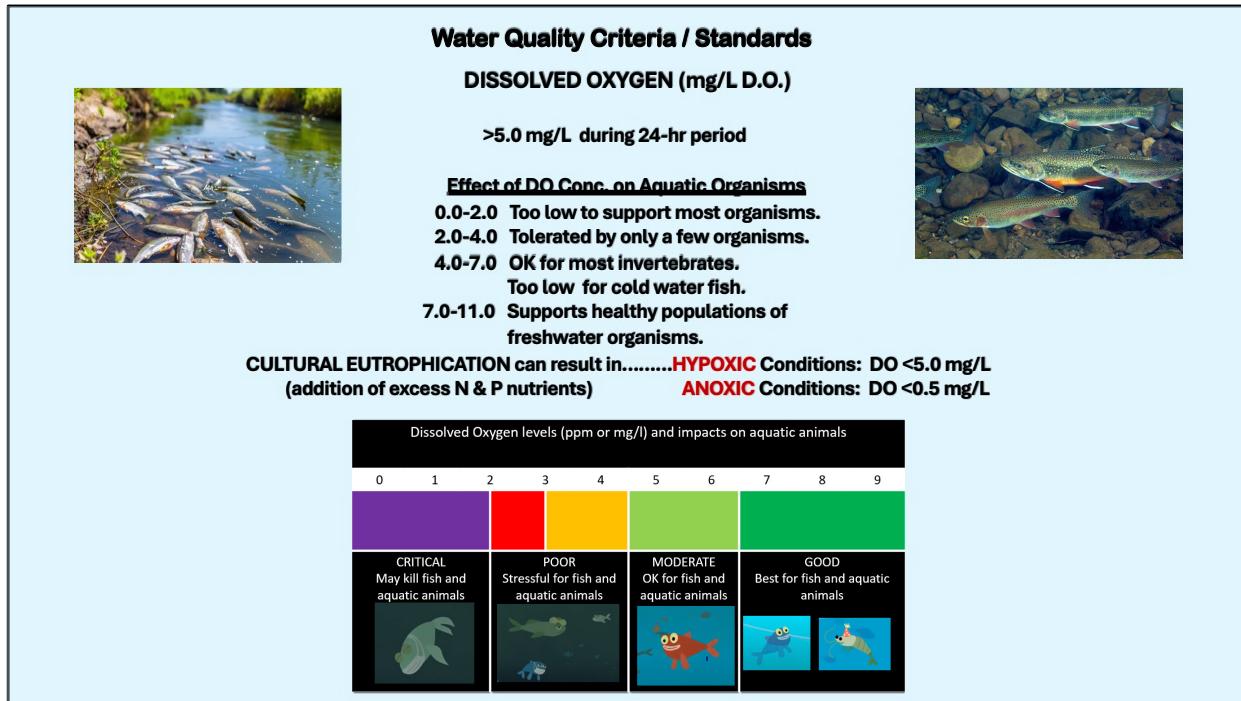
Dissolved oxygen, or DO, is a major factor important to the ecological health of aquatic ecosystems. While the atmosphere consists of 21% oxygen, water has less than 1%.....& therefore can be a major limiting factor to the survival of aquatic life.

The dissolved oxygen molecule, that is produced & used in aquatic systems, is NOT the oxygen atom on the water molecule.

DO varies throughout the day & night due to changes in Photosynthesis & Respiration.

Oxygen is added to water biologically through PHOTOSYNTHESIS, & physically by AERATION & ABSORPTION in rocky streams, or by surface wind and wave action.

Oxygen is removed from water biologically through RESPIRATION by aquatic Consumers & Decomposers.& by increased temperatures.
Time of day & cloud cover also affect DO levels.



The water quality standard for Dissolved Oxygen greater than 5.0 mg/L during a 24hr period.

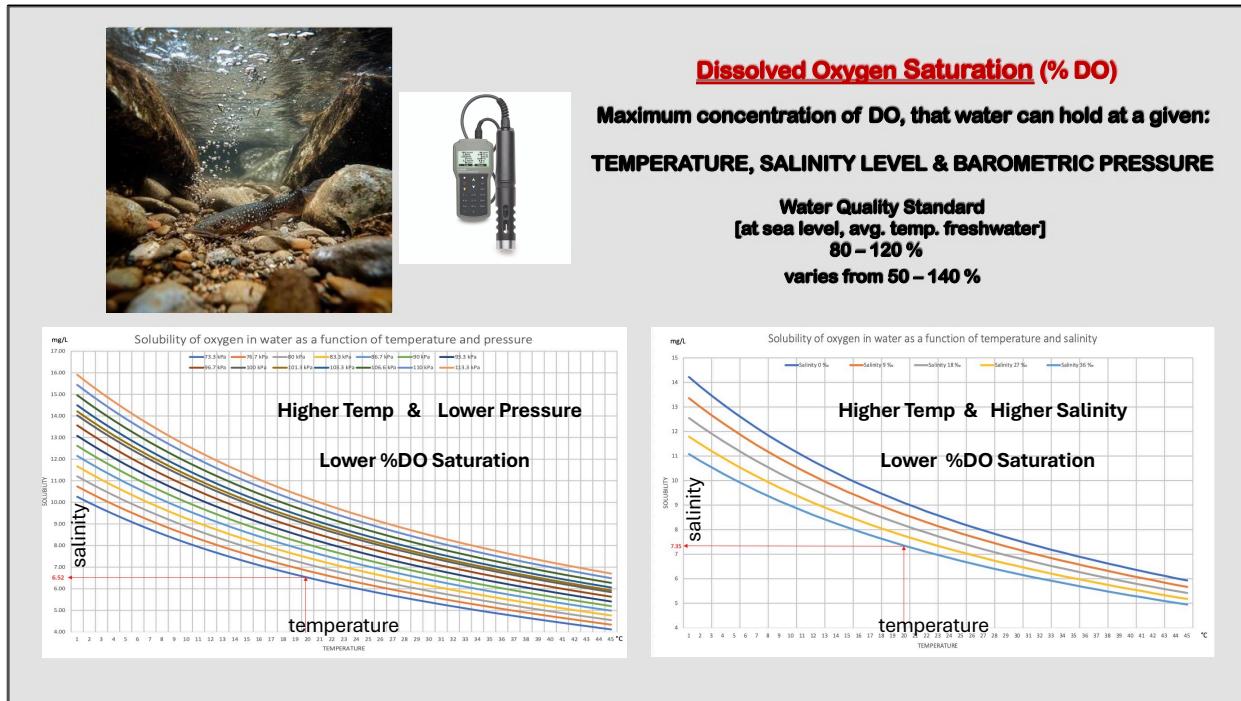
0-2.0 mg/L is too low for most aquatic organisms to survive. A few organisms can tolerate 2.0-4.0. 4.0-7.0 is OK for most, except cold water fish.....& 7.0-11.0 supports a healthy aquatic ecosystem.

Cultural Eutrophication & oxygen depletion from too many nutrients, can lead to:

HYPOXIC conditions under 5.0 mg/L

and

ANOXIC conditions under 0.5 mg/L



DO Saturation refers to the % of oxygen water can hold at a certain temperature, salinity & pressure.

Higher temps & low pressure lowers the solubility of oxygen in water.....

& higher salinity levels also lower DO Saturation.

The ideal DO saturation range is 80 - 120%

Stream A



Stream B



DO = 8.5 mg/L
Water Temp = 4.8 °C

DO Saturation
= 66.23 %

salinity & pressure
same for both

Recommended
80 – 120 %DO

DO = 8.5 mg/L
Water Temp = 18.9 °C

DO Saturation
= 91.41 %

Here's an example of the importance of conducting both DO in mg/L, & %DO Saturation in water quality monitoring:

Stream A & Stream B both have a DO of 8.5 mg/L, but due to water temperature differences, Stream B is in better ecological condition.... with 91% DO Saturation ...and is within the water quality range of 80-120%. Where Stream A DO Saturation falls well below the range at 66%.

Abiotic Chemical Parameters



STANDARD: 6.5 – 8.5 recommended
(5.0 – 9.5 range in freshwaters)

***NOTE:** Values can change throughout day & night, due to changes in concentrations of carbon dioxide, during photosynthesis by aquatic plants, algae, etc., & respiration by fish, invertebrates, bacteria, etc.

pH

(Std. pH Units 0.0-14.0)

- *A measure of the acid/base (alkaline) conditions in water.
- *Affects the overall balance of biochemical processes in aquatic ecosystems....photosynthesis, respiration, etc.
- *Reproductive success of aquatic life...eggs, larvae, etc.
- *Oxygen – Carbon Dioxide exchange in fish gills.
- *Increases toxicity of heavy metals & other pollutants.
- *Industrial discharges, agricultural runoff, etc. → pH changes.
- *Geology of the watershed influences pH... limestone, etc.
- *Carbon Dioxide (CO₂) affects pH levels in water.

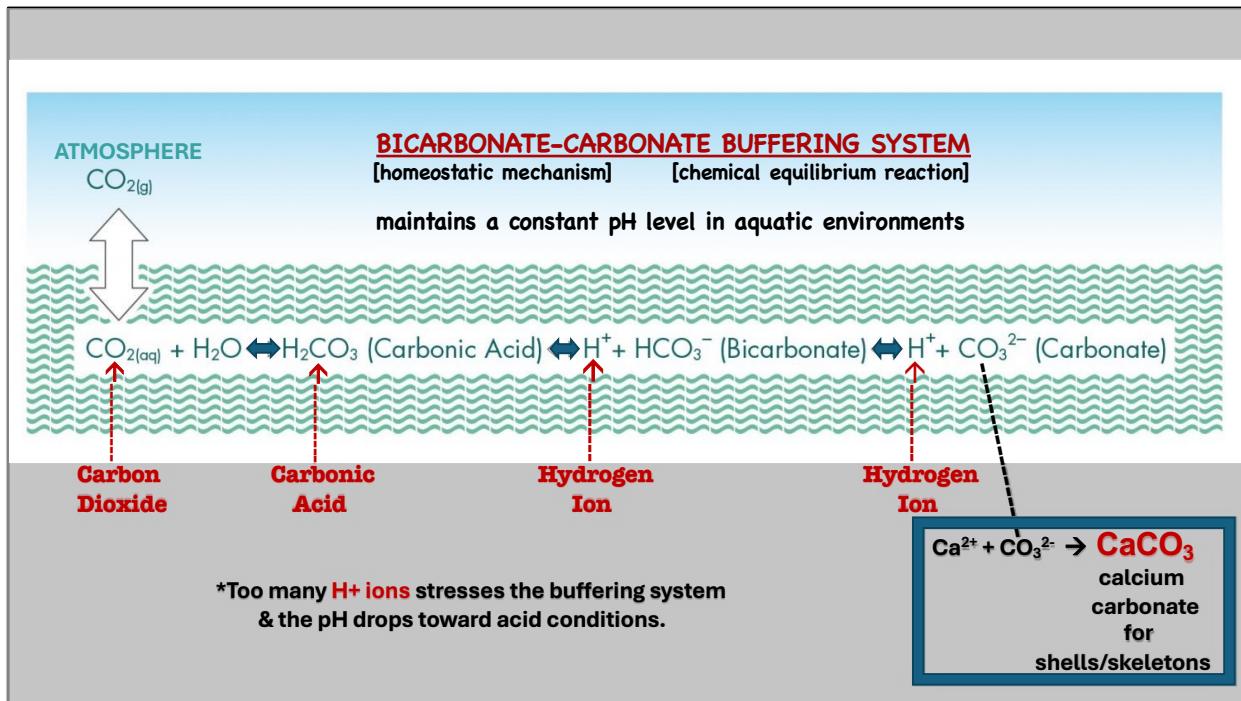


pH is a measure of acid/base conditions in water, & has a profound effect on the balance of biochemical processes, reproduction, gill respiration, the effects of toxins on aquatic organisms, etc. Changes in pH can be the result of agricultural, domestic & industrial runoff.....as well as climate change.

Photosynthesis and respiration throughout a 24-hr period affects the concentrations of CARBON DIOXIDE in aquatic environments.

And..... the amount of CO₂ in the water determines the concentration of CARBONIC ACIDwhich then affects the pH. The ideal pH range for aquatic organisms is 6.5 - 8.5.

The presence of limestone in the geology of a region influences the ability of aquatic ecosystems to maintain pH levels.



All marine & freshwater environments on Earth have a chemical **BUFFER** SYSTEM, that prevents pH levels from becoming too acidic. As you can see from this chemical equation, Carbon Dioxide entering water becomes CARBONIC ACID.

...which then dissociates into HYDROGEN & BICARBONATE Ions. The bicarbonate further dissociates into another a HYDROGEN ION & a CARBONATE ion.

Too many Hydrogen Ions stresses the buffer system.....& the pH drops toward acidic conditions.

CALCIUM in the water reacts with the carbonate ion to form CALCIUM CARBONATE.....the main ingredient in shells & bones of aquatic organisms.

CALCIUM CARBONATE acts as a major player in buffering pH levels in aquatic ecosystems.



*Excess H^+ ions are neutralized.....pH is kept in check.



**Calcium available to the buffer system is influenced
by the amount of limestone in the watershed.**

Calcium carbonate in aquatic ecosystems
assists in the buffering of pH levels....by incorporating the Hydrogens from
carbonic acid into bicarbonate ions.

Abiotic Chemical Parameters

Ca/Mg Hardness (mg/L CaCO₃)



***Amount of Ca (calcium) & Mg (magnesium) salts in the water availability to the pH Buffering System.**

***Levels are influenced by Limestone geology in watershed.**

Hardness Levels:

0-60 Soft Water

61-120 Moderately Hard Water

121-180 Hard Water

>180 Very Hard Water

Standard:

5.0 – 120 mg/L (CaCO₃) normal range.

>500.0 mg/L toxic to freshwater life.



A Calcium/Magnesium Hardness test will indicate the availability of Calcium Carbonate for the buffer system.

The amount of LIMESTONE in the watershed influences concentration of Calcium Carbonate in the water.

Abiotic Chemical Parameters



ALKALINITY (mg/L CaCO₃)

*Measures water's capacity to neutralize, or buffer, acid conditions.

*Influenced by geology of the watershed....

Runoff from Limestone deposits in the watershed add Calcium Carbonate to the water, which increases CaCO₃ concentration & the Alkalinity Buffering Capacity.

STANDARD:

Very Low	10 mg/L
Low	11-50 mg/L
Moderate	51-150 mg/L
High	151-300 mg/L
Very High	>300 mg/L

80 – 120 mg/L optimal for normal functioning of freshwater ecosystems.

< 20.0 mg/L stressful for aquatic organisms.

< 10.0 mg/L poorly buffered/harmful affects on aquatic organisms.

An ALKALINITY test is essentially a check on whether the Buffer System is working.

80-120 mg/L Calcium Carbonate Alkalinity is ideal for maintaining pH stability in aquatic habitats.

Abiotic Chemical Parameters

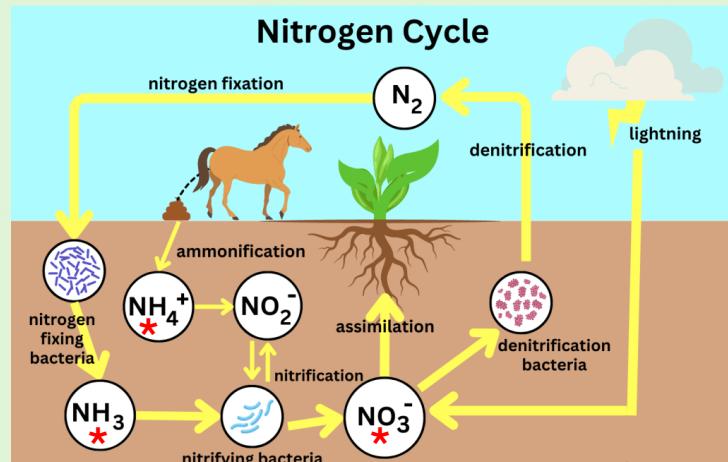
NITROGEN

*One of the 2 essential nutrients in terrestrial & aquatic ecosystems. (phosphorus is other essential nutrient)

*Essential to biomass synthesis. (new living organisms)

*5 forms of nitrogen:

N_2 - nitrogen gas (atmosphere)
 NH_3 - ammonia nitrogen
 NH_4^+ - ammonium ion
 NO_2 - nitrite
 NO_3^- - nitrate



* - Water Quality Tests

Two major nutrients important to chlorophyll-bearing, producer organisms, such as algae, phytoplankton & aquatic plants are NITROGEN & PHOSPHORUS.

Keep in mind the 5 main elements that make up 99% of living organisms: C H O N & P.

Nitrogen comes in 5 forms in the Nitrogen Cycle on Earth:

Nitrogen Gas - N_2

Ammonia Nitrogen - NH_3

(free ammonia)

Ammonium Ion - NH_4^+

Nitrite - NO_2

Nitrate - NO_3^-

The ammonia, ammonium & nitrate forms of Nitrogen are the main focus in water analysis.

Abiotic Chemical Parameters



Low Range
mg/L NH₃-N

- **Toxic to aquatic life in high concentrations:**
 - damages gills
 - impairs reproduction
 - affects nervous systems

[Higher water temp & pH increases the amount of NH_3 in water.]

AMMONIA NITROGEN LR mg/L
(NH₃-N)

***Normal part of the nitrogen cycle.**



*Certain algae & Cyanobacteria ("blue-green algae") & can use NH₃-N directly as a nutrient for synthesis of proteins, etc. (new biomass).

***Excess NH₃ (agricultural fertilizer runoff/septic & water treatment discharge) can lead to eutrophication & "algal blooms"..... and high populations of phytoplankton.... blocks light penetration in water.**

***Algal populations die & are decomposed at the bottom of the aquatic ecosystem by bacteria.....**
“oxygen depletion” / “dead zones”. / “fish kills”

HYPOXIC Condition - very low dissolved oxygen levels
ANOXIC Condition - NO dissolved oxygen

Atmospheric Nitrogen is converted to AMMONIA (NH₃) by lightning and biological nitrogen fixation. Some algae & cyanobacteria can use NH₃ directly as a nutrient for biomass production.

But, excess ammonia from agriculture & septic systems can lead to "algal blooms", & as excess algal populations die.....bacterial decomposition depletes the oxygen, leading to Hypoxic or Anoxic dissolved oxygen conditions.

Too much of this "free ammonia" can be directly toxic to aquatic life.....
damaging gills, & affecting reproductive & nervous systems of aquatic life.

Abiotic Chemical Parameters

AMMONIUM NITROGEN HR mg/L (NH₄⁺-N)

*Formed when NH₃ dissolves in water / most abundant form of ammonia nitrogen in aquatic ecosystems.



*Less toxic to aquatic life in higher concentrations than NH₃

*Conversion to Nitrate:



*Excess amounts can lead to eutrophication. - algal blooms, oxygen depletion, etc.



High Range
mg/L NH₄⁺



Nitrogen in the form of the AMMONIUM ION....NH₄⁺, is not as toxic to organisms, but it can still cause cultural eutrophication if excessive amounts enter the waters.

AMMONIA – NITROGEN

STANDARDS:

***AMMONIA NITROGEN LR (mg/L NH₃-N)** <0.10 mg/L recommended
Toxic to aquatic organisms. <0.02 mg/L for healthy fish pop.
High pH/temp. increases NH₃

***AMMONIA NITROGEN HR [NH₄+(ammonium)]** 0.10 – 1.00 mg/L
ACUTE Effect (1-hr avg.) 17.0 mg/L Generally non-toxic to aquatic
CHRONIC Effect (30-day avg.) 1.9 mg/L life accept in high conc.



The EPA and RI DEM Standards recommend less than 0.1 mg/L for Ammonia,
.....
& 0.1 to 1.00 mg/L for Ammonium.

There are also short-term ACUTE and long-term CHRONIC levels set for ammonia in freshwater ecosystems.

Abiotic Chemical Parameters



STANDARD:

- <1.0 mg/L recommended
- >2.0 mg/L triggers eutrophication
- <4.0 mg/L acceptable
- >10.0 mg/L affects fish, amphibians & macroinvertebrates.

0.3 - 0.5 mg/L ideal range

NITRATE NITROGEN
NO₃-N

NH_3
ammonia

$\xrightarrow{\text{bacteria}}$

NO_3
nitrate

NH_4
ammonium

$\xrightarrow{\text{bacteria}}$

NO_2
nitrite

$\xrightarrow{\text{nitrite}}$

NO_3
nitrate

***Most used form of NITROGEN by producer organisms (algae, phytoplankton, etc.)**

***Essential for growth of producer organisms.....biomass/protein synthesis.**

***Excess amounts from agricultural fertilizer & animal waste runoff, septic systems, wastewater treatment discharge, etc. can result in CULTURAL EUTROPHICATION**

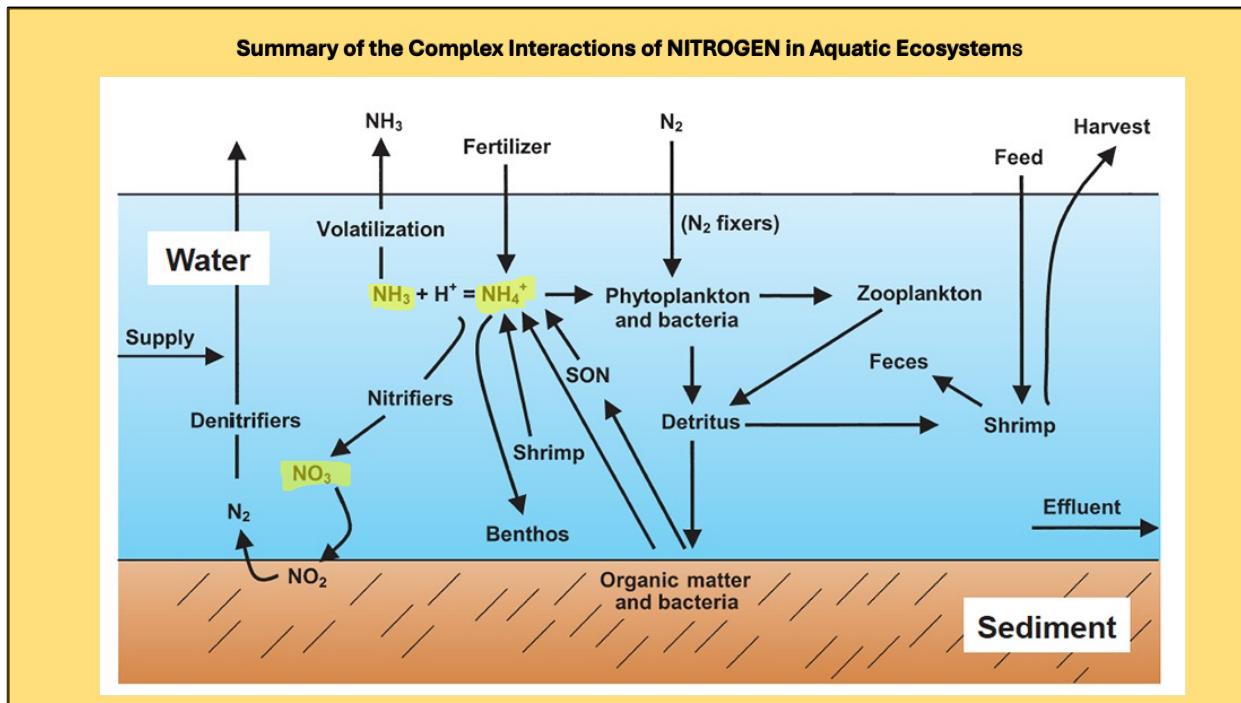
algal blooms.....oxygen depletion.....stress/death of aquatic life

HYPOXIC or ANOXIC Conditions

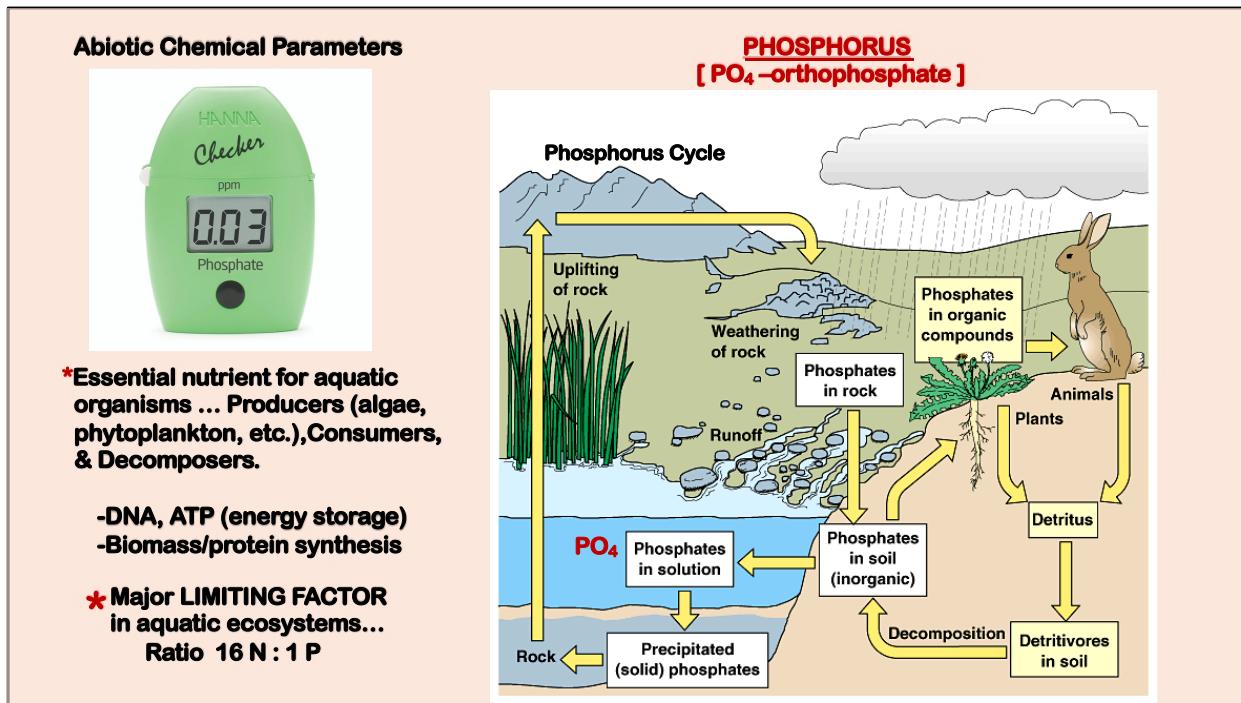
NITRATE NITROGEN ...NO₃....is the most utilized form of nitrogen as a nutrient for producer organisms.

Once again, the major sources of Nitrogen pollution is agricultural, domestic & septic runoff in the watershed.

.....less than 1.0 mg/L NO₃ is recommended ...& the ideal range is 0.3 - 0.5 mg/L



Thus, Nitrogen in freshwater habitats involves complex biochemical processes & interactions, ...and is an important parameter in water quality monitoring.



The other essential nutrient is**PHOSPHORUS**.... in the form of **ORTHOPHOSPHATE** ... PO_4 ... & is a major **LIMITING FACTOR** in aquatic ecosystems.

Since the normal ratio of nitrogen to phosphorus is 16 N to 1 P..... even small increases in phosphorus can quickly accelerate eutrophication, & seriously impair water quality in freshwater environments.

Phosphorus (cont.)

*Excess phosphate from agricultural fertilizer/animal waste runoff, water treatment facilities, septic systems, etc.

CULTURAL EUTROPHICATION

Algal BloomsOxygen Depletion.....suffocation of aquatic

Hypoxic / Anoxic
Low DO 0.0 DO
Conditions



PO_4
orthophosphate

STANDARD

mg/L

Unpolluted lakes and streams: 0.01-0.03

Stimulates aquatic plant/algae growth: 0.25-0.10

MAX level before eutrophication: 0.10

Accelerated eutrophication: >0.10
/oxygen depletion

0.05 mg/L streams entering lakes

<0.10 mg/L streams not entering lakes

<0.025 mg/L lakes & reservoirs

NOTE: Ideal Ratio for phosphorus

& nitrogen nutrients:

$16 \text{NO}_3 : 1 \text{PO}_4$

As with nitrogen, major sources of excess phosphorus is agricultural & septic waste runoff.

Healthy lakes and streams have phosphorus levels between 0.01 & 0.03 mg/L

During the higher temperatures of the growing season, eutrophication is accelerated, once phosphate concentrations reach 0.10 mg/L .



ELECTRICAL CONDUCTIVITY (EC)
 $\mu\text{S}/\text{cm}$ (micro Siemens per centimeter)
 mS/cm (milli Siemens per centimeter)

*Indirect measurement of dissolved substances.....
potential nutrients, salinity, pH/alkalinity, etc.

cations	anions
Na^+	Cl^-
K^+	SO_4^{2-}
Ca^{2+}	HCO_3^-
Mg^{2+}	NO_3^-
NH_4^+	PO_4^{3-}
	CO_3^{2-}



STANDARD:

mS/cm	TROPHIC STATE
<0.078	Nutrient Poor/OLIGOTROPHIC
0.078-0.156	Low nutrients/MESOTROPHIC
0.156-0.313	Nutrient Rich/EUTROPHIC
>0.313	Excess nutrients ADVANCED EUTROPHIC

NOTE: $\text{EC} \times 0.64 = \text{TDS}$ (total dissolved solids)

ELECTRICAL CONDUCTIVITY, or EC is measured in Siemens per centimeter.

It is an indirect measurement of dissolved ionic substances in the water.....which may be influencing nutrient levels, salinity, pH & alkalinity, etc.

EC values can also be used to assess the TROPHIC STATE of a freshwater system.

...from NUTRIENT POOR at <0.078 milli Siemens.... to ADVANCED EUTROPHIC above .313 milli Siemens.

OXIDATION REDUCTION POTENTIAL (ORP mV - milliVolts)

*Measure of overall health & balance of biochemical processes operating in an aquatic ecosystem.

SCALE: -1000 mV to +1000 mV

*Specifically....the ability of water to break down waste products & other contaminants.

+ORP values - healthy, well-oxygenated water, with adequate waste removal.

-ORP values - poor oxygen levels, with inadequate waste removal.

Scale: -1000 mV to +1000 mV



Water Quality Standard

+ 300 – 340 mV Ideal range

Oxidation Reduction Potential, or ORP, is a measure of the state of certain biochemical processes in an aquatic system.

It is measured in milli VOLTS in a range from minus 1000 to plus 1000.

It is an especially important indicator of the ability of the system to rid the water of waste products & other contaminants.

PLUS values indicate adequate OXIDATION of waste products, &.....

MINUS values indicate processes, like anaerobic respiration, are at play....& wastes and contaminants are not being processed.

The ideal range in a healthy aquatic ecosystem is +300 to 340.

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SALINITY (ppt or PSU)

***Measurements are usually conducted on saltwater environments:**

S A L I N I T Y

BRACKISH 0.5 – 30.0 ppt	MARINE 30.0-50.0 ppt	BRINE >50.0 ppt
-----------------------------------	--------------------------------	---------------------------

FRESHWATER ECOSYSTEMS (streams / rivers / lakes / ponds / etc.)

SALINITY = < 0.5 ppt



NOTE: Salinity measurements may be used to check on salts from roadways during winter, & sea spray during storms in coastal areas.

The concentration of salt, in parts per thousand in aquatic ecosystems is used to classify them as Freshwater, Brackish, Marine or Brine environments.

It is also used in freshwater habitats to determine, whether there has been saltwater intrusion from roadway salting in winter, & salt spray during stormy conditions near the ocean.

Freshwater habitats contain less than 0.5 parts per thousand salinity.

Abiotic Chemical Parameters



STANDARD:
< 100 mg/L normal
860 mg/L ACUTE EXPOSURE
(1-hr)
230mg/L CHRONIC EXPOSURE
(30-day)

CHLORIDE (Cl⁻)

***A "stable" ION of Chlorine - (Cl⁻)**

***Common in natural waters as...KCl, NaCl, CaCl₂**

***Essential for biochemical processes.**

***Helps maintain pH levels & nerve impulse transmission.**

Sources:

- natural weathering of rock/soil
- “ocean spray”
- road deicing in winter
- wastewater treatment discharge
- agricultural runoff (fertilizer – Potash potassium chloride KCl)



Chloride is common in natural freshwater environments....as Potassium, Sodium & Calcium compounds.

In normal concentrations, it plays a significant role in aquatic biochemistry.... such as nerve impulse transmission in aquatic organisms.

Problems occur when too much chloride enters freshwater.....from road deicing or wastewater treatment discharge.

Another significant contributor to chloride pollution is potassium chloride fertilizer, or potash (potassium ash), runoff in agricultural areas.

Less than 100 mg/L is the preferred level in freshwater habitats.



The water quality monitoring program will be conducting regular testing at a variety of sites,
..... in and around the Norman Bird Sanctuary.

The main focus is the 5 sites marked in RED on this aerial map..... along the Paradise Brook and Red Maple Creek within the Sanctuary property. The Maidford River, Nelson & Gardiner Pond sites, labeled in BLUE, will be tested seasonally.

During the summer season, samples will be collected at the GREEN labeled sites at Third Beach..... & sent to the Salve Regina University Environmental Lab for assessing bacterial contamination at the Beach.

The seawater, at the SR1 site in YELLOW, will be monitored for OCEAN ACIDIFICATION, SILICA LEVELS, & EXCESS NUTRIENT issues, that might affect the Sakonnet River Shellfish Management Area.

DATA FORM

.....for recording test results in the field at monitoring sites, & in the lab on samples brought back from sites.

WATER QUALITY MONITORING & RESTORATION PROGRAM

Date: _____ Time: _____
Observer(s): _____

Norman Bird Sanctuary
583 Third Beach Rd
Middletown, RI 02842



Weather:
Current: Air Temp (°C) _____
Cloud Cover (%) _____
Precipitation:
Current: _____
Past 48 hrs: _____

Lat: 41.499204
Lon: -71.254021

SITES MONITORED SEASONALLY

Parameters	Monitoring Sites						MR2 MR2 + RMC4		
	PB1	PB2	NP1	RMC1	RMC2	RMC3		GP1	MR1
Water Temperature (°C)									
Dissolved Oxygen (mg/L DO)									
DO Saturation (%DO)									
pH									
Electrical Conductivity (EC) (mS/cm)									
Salinity(S) (ppt or PSU)									
Oxidation Reduction Potential (mV ORP)									
Turbidity (NTU)									
Alkalinity (mg/L CaCO ₃)									
Ammonia Nitrogen LR (mg/L NH ₃ -N)									
Nitrate Nitrogen (mg/L NO ₃ -N)									
Phosphate (mg/L ortho PO ₄)									
Chloride (mg/L Cl ⁻)									

[See conversion methods for: EC→Salinity AKALINITY→CO₂ NH₃-N→NH₃ NO₂-N→NO₂ PO₄→P]

PB - Paradise Brook
NP - Nelson Pond
RMC - Red Maple Creek
GP - Gardiner Pond
MR - Middletown River

NOTES: _____

This is the official data form for recording the basic physical & chemical factors, that are important to assessing water quality.

WATER QUALITY MONITORING & RESTORATION PROGRAM

Date: <u>1/20/1330</u>	Time: <u>120-1330</u>	Observer(s): <u>A</u>	Norman Bird Sanctuary
		TIME IN FIELD	
Weather:		583 Third Beach Rd	
Current Air Temp (°C)		Middletown, RI 02842	
Cloud Cover(%)			
Precipitation:		LAT: 41.499204	
Current: <u>Light rain</u>		LONG: -71.54021	
Past 48 hrs: <u>Heavy rain</u>		● RECORD WHOLE NUMBERS	
		ALL OTHERS 2 DECIMAL PLACES	
SITES MONITORED SEASONALLY			
Parameters		Monitoring Sites	
		PB1	PB2 RMC1 RMC2 RMC3
Water Temperature (°C)	10.10		MR1 NP1 GP1
Dissolved Oxygen (mg/L DO)	8.01		
DO Saturation (%DO)	● 92	CONDUCT AT	WINTER-FEB
pH	7.48	MONITORING	
Electrical Conductivity (EC) (mS/cm)	0.32	SITE	
Salinity(S) (ppt or PSU)	0.13		SPRING-MAY
Oxidation Reduction Potential (mV ORP)	● 226		
Turbidity (NTU)	4.62		
Alkalinity (mg/L CaCO ₃)	● 87	CONDUCT IN LAB	SUMMER-AUG
Ammonia Nitrogen LR (mg/L NH ₃ -N)	0.79	ON SAMPLES FROM	
Nitrate Nitrogen (mg/L NO ₃ -N)	0.53	MONITORING SITES	
Phosphate (mg/L ortho PO ₄)	0.04		FALL - NOV
Chloride (mg/L Cl ⁻)	6.81		
[See conversion methods for: EC→Salinity ALKALINITY→CO ₂ NH ₃ -N→NH ₃ NO ₂ -N→NO ₂ PO ₄ →P]			
PB - Paradise Brook		NOTES:	
NP - Nelson Pond			
RMC - Red Maple Creek			
GP - Gardner Pond			
MR - Middletown River			

* Parameters above center red line... tested at monitoring sites.

* Remaining parameters below red line..... tested in the lab on samples returned from the monitoring sites.

● Parameters recorded as whole numbers...record all other values to 2 decimals.

* MR1, NP1 & GP1 monitored in middle of each season.

FEB...MAY... AUG...NOV

* TIME: (record START Time & FINISH time after all field testing is complete)

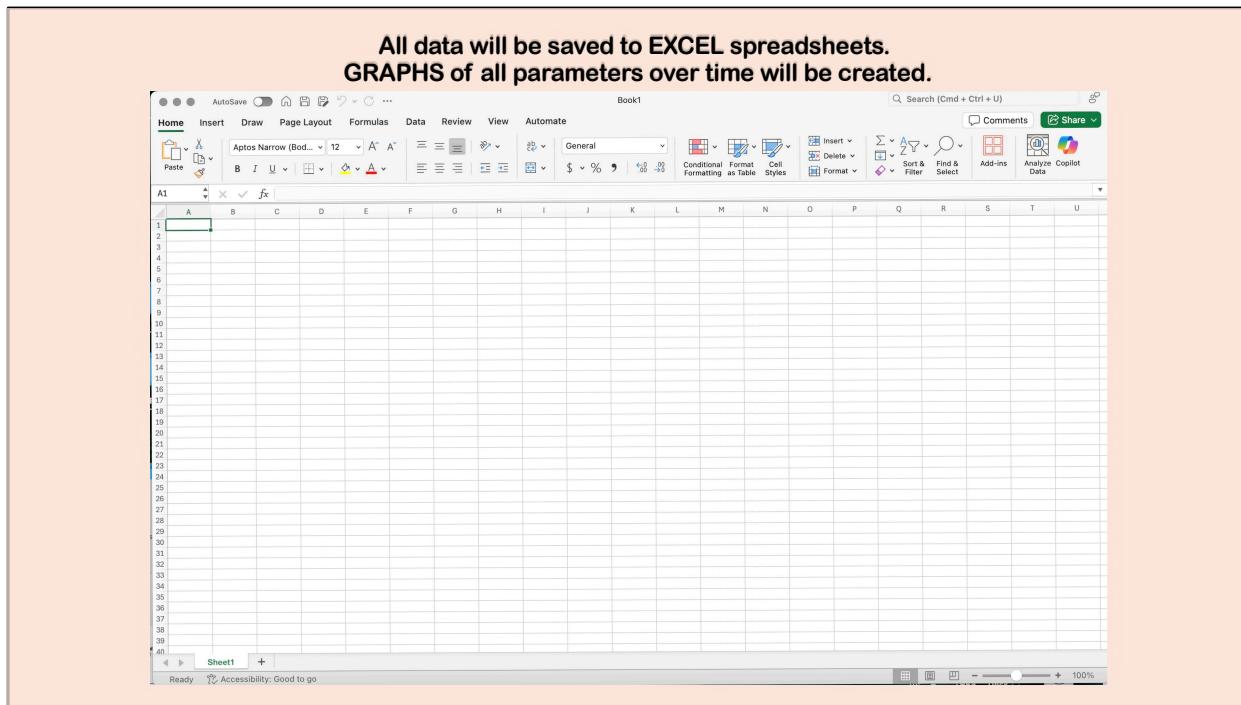
* General Weather conditions during & 48 hrs before the testing day will be recorded.

Test results AT the monitoring site are recorded above the red line.... from WATER TEMP thru ORP. Test results on samples brought back to lab are recorded below the line.

The black circles indicate results recorded as WHOLE NUMBERS. & all other values to 2 DECIMALS....

Seasonal monitoring test results will be recorded, during FEB...MAY...AUG...& NOV, in the righthand column.

The starting and finishing times, & general weather conditions, while at the monitoring sites, will also be recorded.

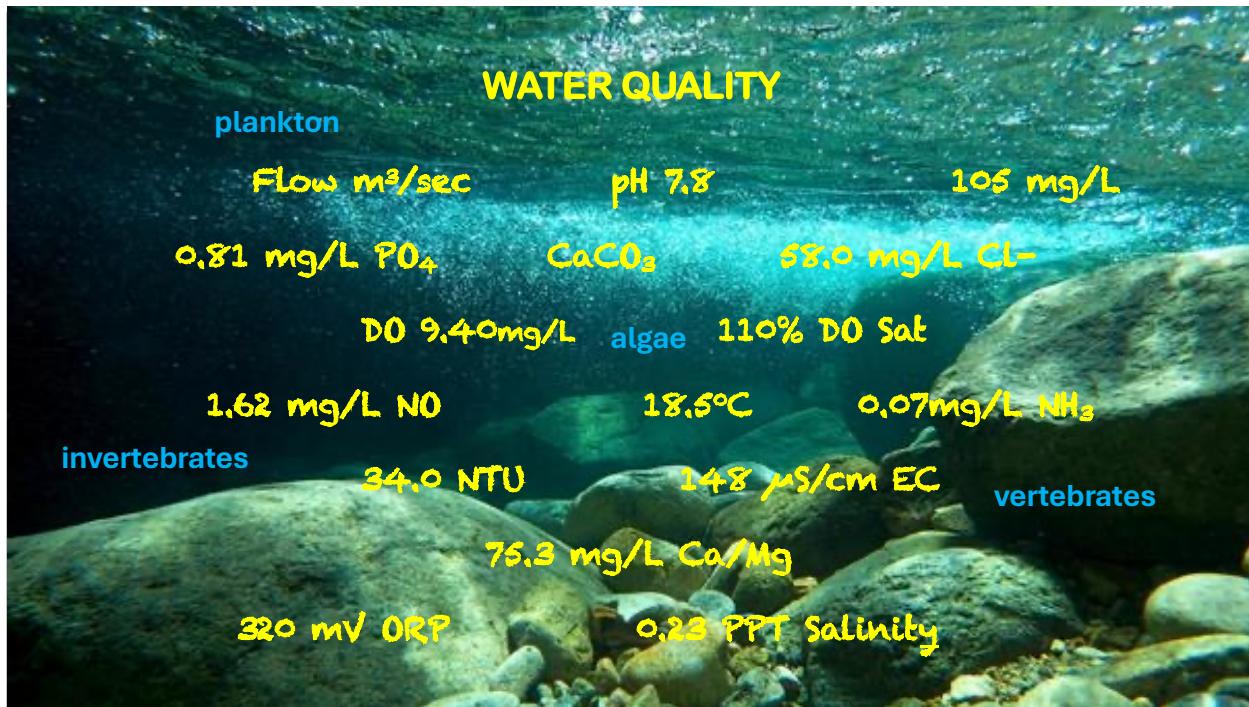


All test results will be stored on EXCEL spreadsheets....and used to create graphs for each parameter..... to show trends throughout the year.

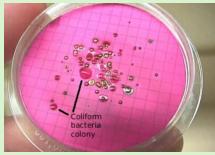
Water Quality Criteria												DATA ANALYSIS																																														
Freshwater RI D.E.M. / US EPA												DATA ANALYSIS																																														
H. Bemaray JAN 2026												3.																																														
    <p>mg/L = ppm milligrams per liter ppm ppt PSU parts per million parts per thousand Practical Salinity Units</p> <p>1.0 mg/L = 1000 µg/L 1.0 µg/L = 1.0 ppb micrograms per liter parts per billion</p>												<p>pH</p> <p>6.0 - 8.5 recommended 5.0 - 9.5 range in freshwater</p> <p>H+ Ions pH Scale OH- Ions</p> <p>0.0 1.0 2.0 3.0 4.0 5.0 6.0 7.0 8.0 9.0 10.0 11.0 12.0 13.0 14.0</p> <p>Acidic ← Neutral Basic (alkaline)</p> <p>Amount of CO₂ in the water affects pH</p> <p>NOTE: Values change throughout the day & night, time of year & amount of sunshine.</p> <p>PHOTOSYNTHESIS consumes CO₂ during the day..... pH increases towards basic (alkaline) RESPIRATION releases CO₂ during night & day..... pH decreases towards acidic</p>												<p>CHLORIDE (mg/L Cl⁻)</p> <p><20.0 mg/L unpolluted streams/lakes 100 mg/L common/acceptable</p> <p>Affect on aquatic life: CHRONIC 230 mg/L (avg for 30 days) ACUTE 800 mg/L (1-hr exposure/acute)</p>																																		
<p>Parameter</p> <p>WATER TEMPERATURE (°C) Average Seasonal Water Temperatures</p> <p>(temp's vary with location, weather, exposure, human activity)</p> <table border="1"> <thead> <tr> <th>SUMMER:</th><th>JUN</th><th>JUL</th><th>AUG</th></tr> </thead> <tbody> <tr> <td>62°F/77°C</td><td>68°F/19°C</td><td>70°F/22°C</td><td></td></tr> <tr> <td>SEP</td><td>OCT</td><td>NOV</td><td></td></tr> <tr> <td>66°F/19°C</td><td>59°F/15°C</td><td>52°F/11°C</td><td></td></tr> </tbody> </table> <p>WINTER:</p> <table border="1"> <thead> <tr> <th>DEC</th><th>JAN</th><th>FEB</th></tr> </thead> <tbody> <tr> <td>45°F/7°C</td><td>36°F/2°C</td><td>37°F/2°C</td></tr> <tr> <td>MAR</td><td>APR</td><td>MAY</td></tr> <tr> <td>40°F/4°C</td><td>45°F/7°C</td><td>56°F/13°C</td></tr> </tbody> </table> <p>SPRING:</p> <table border="1"> <thead> <tr> <th>MAR</th><th>APR</th><th>MAY</th></tr> </thead> <tbody> <tr> <td>7.0°C</td><td>10.0°C</td><td>13.0°C</td></tr> </tbody> </table>												SUMMER:	JUN	JUL	AUG	62°F/77°C	68°F/19°C	70°F/22°C		SEP	OCT	NOV		66°F/19°C	59°F/15°C	52°F/11°C		DEC	JAN	FEB	45°F/7°C	36°F/2°C	37°F/2°C	MAR	APR	MAY	40°F/4°C	45°F/7°C	56°F/13°C	MAR	APR	MAY	7.0°C	10.0°C	13.0°C	<p>OXIDATION REDUCTION POTENTIAL (mV - milliVolts) "REDOX"</p> <p>+ Values = "oxidation" / DO level ok / decomposition of waste products / aerobic conditions - Values = "reduction" / DO level poor or "0" / poor decomposition / anaerobic conditions.</p> <p>SCALE: 1000 mV to + 1000mV +300 - +340 ideal for healthy ecosystem +200 - +500 oxygen rich conditions -200 - +200 low DO / hypoxic / stressful to aquatic life < -200 anoxic / anaerobic conditions</p>												
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<p>TURBIDITY (NTU-Nephelometric Turbidity Units)</p> <p>Cold Waters <10 NTU Warm Waters <50 NTU flowing waters/lotic <25 NTU still waters/lotic</p>												<p>AMMONIA NITROGEN (mg/L NH₃-N)</p> <p>< 0.1 mg/L recommended < 0.02 mg/L healthy fish populations</p> <p>Range in New England: 0.02 - 0.09 mg/L</p> <p>NH₃ measures "N" in all NH₃ & NH₄ present in water. NH₄ measures "N" "toxic" to aquatic life (un-ionized ammonia) NH₄⁺ ammonium ion/less "toxic" (ionized ammonia)</p> <p>Rhode Island: < 0.10 mg/L unpolluted waters 0.63 mg/L polluted/impacted</p> <p>EPA Limit: 0.71 mg/L streams 0.32 mg/L lakes</p> <p>NOTE: Excess ammonia - nutrients for algal growth/"blooms" / eutrophication.</p>																																														
<p>DISSOLVED OXYGEN (mg/L DO)</p> <p>>6.0 mg/L during 24hr period</p> <p>Effect of DO levels on Aquatic Organisms</p> <p>[varies day/night due to photosynthesis organisms & respiration changes]</p> <p>0.5-1.0 mg/L too low to support most 2.0-3.0 mg/L tolerated by only a few organisms 4.0-6.0 mg/L OK for most invertebrates too low for cold water fish 7.0-11.0 mg/L supports healthy populations of freshwater organisms</p> <p>Cold Water - retains more DO Warm Water - retains less DO</p>												<p>NITRATE NITROGEN (mg/L NO₃-N)</p> <p>0.10 - 0.43 mg/L - natural range <0.5 mg/L - forested areas >10.0 mg/L - agricultural areas (avg. 2.2 mg/L)</p> <p>Measures "N" in all NO₃ present in water.</p> <p>(most usable form of nitrogen for plants & other producers)</p> <p>NOTE: Excess nitrate → nutrients for algal growth/"blooms" / oxygen depletion / cultural eutrophication</p>																																														
<p>OXYGEN SATURATION (%)</p> <p>80 - 120 % ideal DO Saturation</p> <p>[varies normally 50-140%]</p> <p>[affected by water temperature, cloud cover & time of day]</p>												<p>PHOSPHATE (mg/L PO₄)</p> <p>0.005 - 0.05 mg/L natural range in streams/lakes RECOMMENDED <0.05 mg/L in still waters <0.10 mg/L in moving waters</p> <p>NOTE: Ideal Ratio between Nitrogen & Phosphorus nutrients in freshwater ecosystems: 16 N : 1 P</p> <p>*Major LIMITING FACTOR in Aquatic Ecosystems small increases → "algal blooms" / oxygen depletion / cultural eutrophication</p>																																														
* Data will be shared with RI Dept. of Environmental Management & Newport Water Dept.																																																										

Each parameter will be compared to WATER QUALITY CRITERIAand a yearly report will be generated on the ecological health of the monitored aquatic ecosystems.

We will be sharing our results with the public,
Rhode Island DEM, & Newport Water Department.



Water quality dynamics involves complex interactions between physical & chemical abiotic factors....& the biotic community of organisms in aquatic ecosystems.



Coliform Bacteria Monitoring 3RD Beach/Sakonnet Bay/River

The acceptable level for coliform bacteria in drinking water, as established by the U.S. Environmental Protection Agency (EPA), is **zero total coliform colonies per 100 milliliters of water**. This standard is also a Maximum Contaminant Level Goal (MCLG) for public water systems, meaning any detectable amount indicates a potential health risk. Key details regarding the standard:

- **Total Coliforms:** The presence of total coliform bacteria is used as an indicator that potentially disease-causing organisms (pathogens) could enter the water supply.
- **E. coli/Fecal Coliforms:** Specifically, *E. coli* or fecal coliform bacteria should not be detectable in any 100 mL sample. Their presence is a strong indicator of recent fecal contamination.
- **Action Required:** If a water test comes back positive for any coliform bacteria, it is considered an unsatisfactory result, and the water system requires immediate investigation and corrective action, such as disinfection and re-sampling.

**SAMPLES WILL BE ANALYZED AT
SALVE REGINA U Environmental Lab**

For safe swimming, the acceptable level of indicator bacteria in marine water is generally below **35 enterococci per 100 ml** as a geometric mean (average over a 30-day period) and **104 enterococci per 100 ml** for a single sample. While total coliform standards exist, many jurisdictions use enterococci or *E. coli* to more accurately indicate fecal contamination and potential health risks.

Key bacteria and safety levels

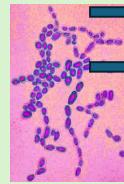
- **Enterococci (Marine Water):**
 - Geometric Mean (30-day average): Less than or equal to 35 per 100 ml.
 - Single Sample: Less than or equal to 104 per 100 ml.
- **E. coli (Freshwater):**
 - Geometric Mean (30-day average): Less than or equal to 126 per 100 ml.
 - Single Sample: Less than or equal to 235 per 100 ml.
- **Total Coliform:**
 - Standards are often higher and less specific than enterococci or *E. coli* for recreational use.
 - For example, California's standard is 1,000 total coliforms per 100 ml as a 30-day average.

Why different bacteria and standards are used

- **Indicator organisms:** Both enterococci and *E. coli* are used as indicators because they are found in the intestines of warm-blooded animals, meaning high levels suggest the presence of fecal contamination, which can also contain disease-causing pathogens.
- **Marine vs. Freshwater:**
 - Marine water is typically tested for enterococci, while freshwater is tested for *E. coli* or enterococci.
 - Freshwater standards can be stricter because bacteria in smaller bodies of water can pose a higher risk of illness.

Other important considerations

- **Local regulations:** Always check local, state, or tribal standards, as they can vary.
- **Rainfall:** Water quality can decline after heavy rainfall, so it's best to avoid swimming for at least 24–48 hours after a storm.
- **Outfalls:** Avoid swimming near stormwater outfalls or other direct discharge



COLIFORM BACTERIA sampling is another form of water quality monitoring associated with human drinking water, swimming safety, & possible shellfish contamination..

Different types of coliform are monitored in freshwater and marine environments.

The presence of coliform bacteria indicates fecal contamination of the water from humans & animals. It can cause skin, ear & throat infections, but more importantly it indicates the possible presence of other pathogens.... such as typhoid fever, hepatitis, gastroenteritis & dysentery.

**Marine Water Quality Monitoring
Third Beach, Middletown RI**

**Sakonnet River Shellfish Management Area
RI Department of Environmental Management (RIDEM)**

General Factors

WATER TEMP.	DO / %DO
ALKALINITY.	ORP
CO2	PH



Calcifying Organisms

(shells / bones)
MAGNESIUM
CALCIUM
Mg:Ca Ratio



Diatoms & Plankton

SILICA

Nutrient Levels

AMMONIA
NITRATE
PHOSPHATE

The purpose of marine ecosystem monitoring at Third Beach is associated with the health of calcifying & plankton organisms,..... and nutrient levels, as they relate to oxygen concentration in the Sakonnet River.

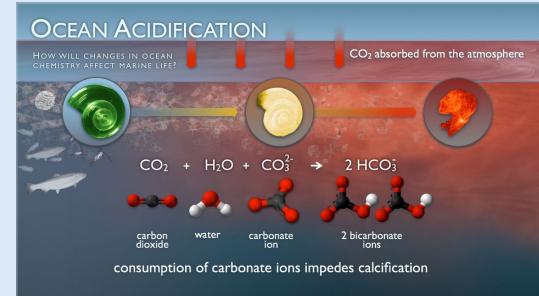
Ocean Acidification Monitoring

3RD Beach, Middletown RI



OCEAN ACIDIFICATION

How will changes in ocean chemistry affect marine life?



Seawater Parameters to be Monitored at or near Solar Noon

Water Temperature
Dissolved Oxygen
pH
Alkalinity
ORP
Salinity
Ammonia
Nitrate
Phosphate
Magnesium
Calcium
Mg : Ca Ratio



pH



Alkalinity

Key factors related to the ability of the water to maintain pH levels important to the ecological health of marine organisms.... & their ability to manufacture bones, shells, sponge & coral material.

PH, ALKALINITY, MAGNESIUM & CALCIUM are especially important to the health of certain groups of marine organisms.

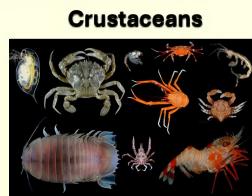
Monitoring these factors is a check on the environmental issue OCEAN ACIDIFICATION.

The lowering of normal pH levels, due to excess CO₂ in the water, can affect the ability of these organisms to utilize Calcium & Magnesium..... by interrupting the MAGNESIUM to CALCIUM Ratio.

OCEAN ACIDIFICATION

Affects ability of “calcifying” marine organisms to use Ca & Mg to construct shells, bones & tests.

MARINE ORGANISMS Affected

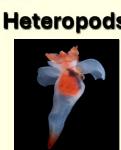
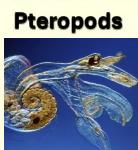


Coralline Algae



PLANKTONIC ORGANISMS Affected

**Produce most of world's oxygen
Major part of ocean food web & Carbon Cycle**



The types of marine organisms affected by this acidification include.....

MOLLUSKS

ECHINODERMS

CRUSTACEANS

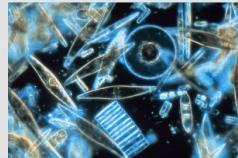
CORALS

....& PLANKTONwhich not only produce most of the OXYGEN on Earth..... they also play a crucial role in the OCEAN FOOD WEB & the Earth's CARBON CYCLE.

Silica (SiO_2) Monitoring

Marine organisms constructing shells of Silica

*Roughly **70% of the Earth's oxygen** is produced by **PHYTOPLANKTON**



DIATOMS - phytoplankton produce an estimated **30% to 50% of the world's oxygen** through photosynthesis.



RADIOLARIANS



SPONGES

*major part of marine food web.

*filters water, habitat & food for other marine life

Monitoring SILICA in the Sakonnet is important to silicon shell production for 3 other important groups of marine organisms....

DIATOMS are responsible for most of the 70% of Earth's oxygen produced by PHYTOPLANKTON !!!

Silica is also required by RADIOLARIANS... that are a large part of the marine food web.

SPONGES play a role in filtering seawater.....as well as providing food & habitat for other marine life..... & they also require silica for their skeletal structures.

Nutrient Pollution -----> Cultural Eutrophication

Agricultural / Septic Waste

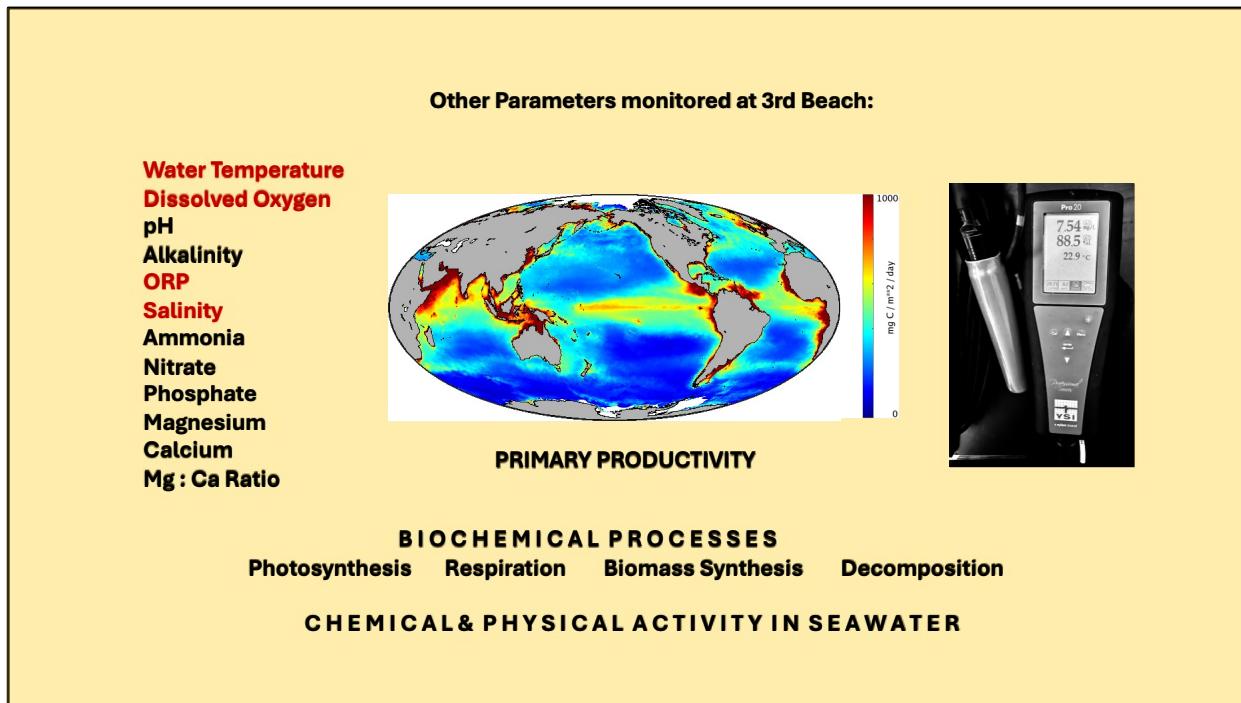


Water Temperature
Dissolved Oxygen
pH
Alkalinity
ORP
Salinity
Ammonia
Nitrate
Phosphate
Magnesium
Calcium
Mg : Ca Ratio

It's also important to monitor NITROGEN & PHOSPHORUS levels in marine ecosystems.

These essential nutrients are used by chlorophyll-bearing organisms to manufacture BIOMASS....

....Along coastal areas during the warm seasons, high concentrations of these nutrients may result in high populations of algae & phytoplankton. When these organisms die, decomposers deplete the oxygen..... resulting in oxygen "dead zones" near the bottom of the water column, which is the habitat of shellfish & other marine life.



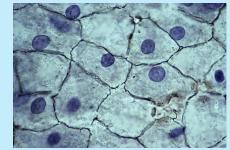
Temperature, Dissolved Oxygen, ORP (Oxidation Reduction Potential), & Salinity will also be monitored at 3RD Beach.

All of these factors are important to maintaining primary productivity in the Sakonnet River, & in the Earth's marine environment & atmosphere.

Marine Environment Parameters



The complex interactions between marine life & their saltwater environment..... have evolved during the past 4.0 billion years since the origin of the oceans.



***Every living thing on Earth consists of 60-90% water,
& requires a constant, unimpaired supply of it to survive.***



[READ WORDS ON SLIDE]