Citizen's <u>ACTION</u> Guide to Watershed Assessment and <u>RESTORATION</u>

Prepared For:

The Citizens of Tennessee

Prepared by:

Obed Watershed Community Association Dennis Gregg www.Obedwatershed.org

> Environmental Law Institute Linda Breggin www.eli.org

Tennessee Environmental Council John McFadden (PhD) www.tectn.org

Center for Watershed Protection Sadie Drescher www.cwp.org

Funded in part by:

US Environmental Protection Agency Tennessee Wildlife Resources Agency Tennessee Environmental Council Members and Donors

Dedication

I first met Ray Norris in 1989 when he was serving as the chair of the Environmental Council's water quality committee. I spent the next two years working with Dr. Norris as he implemented a state wide volunteer monitoring effort and tried to help his volunteers address pollution problems as they were encountered. It was this experience that was the genesis of this project.

Cecil Branstetter was a Nashville attorney who along with others in the early 1970's was a founding member of the Tennessee Environmental Council, board member and past president. Mr. Branstetter was quoted as saying "the world is changing; make sure that you are prepared to guide it". In helping start the Environmental Council, he was preparing citizens to guide the change. In using the Action Guide, it is hoped citizens, educator and others will feel empowered and prepared to guide the change that Mr. Branstetter referenced!

Finally, past, present and future staff at Tennessee Department of Environment and Conservation's Water Resources Division, and stormwater personnel across the state. While we may not always agree with these professional's they have a very hard line to walk between all the competing interests. They are at the front lines, day in and day out fighting the good fight for your and my clean drinking water. Let's give them some help!

Acknowledgements

A project of this magnitude is never carried out in a vacuum and so the authors would like to acknowledge the following individuals and groups for their participation in the project and for the mentor ships provided over time.

- TDEC's Karina Bynum is acknowledged for her feedback and editing the original manuscript and for her encouragement of Mr. Gregg and Dr. McFadden in establishing the need for the work.
- Dave Cour for his drafting of Appendix 1, Watershed Science and Mapping. This was no easy task in that he was the first real scientist we'd told we need to be written in non-science language and we wanted our citizens to be able to delineate a watershed without paying for any software.
- The TN Environmental Council's Board of Directors, staff and supporters are acknowledged for providing the structure under which a project, 20 plus years in the making such as this can be accomplished.
- Bill Phillips, Envision Ecology is acknowledged for his ongoing editing with "a razor's edge" to quote and feedback from him and for his continued work on this "dynamic" document. I believe we will see more from him in the future.

How to Use This Guide

The Citizen's <u>ACTION</u> Guide to Watershed Assessment and <u>RESTORATION</u> (Action Guide) is designed to be used by citizens, stormwater directors, and educators, youth groups such as scouts, church groups and any other group or individuals interested in clean water. The Council will continue to be available for training programs across the state and helping users take action.

The Action Guide provides a framework for non-water quality professionals and professionals to help their communities understand and implement constructive projects designed to address water quality and quantity issues. The Action Guide is broken down in to four sections, with eight appendices. Part I, An Introduction to Water Quality: What you need to know about Water Quality in Tennessee gives users a basic overview of the state's water quality law and designated uses, causes of pollution and why it is vitally important for citizens and educators and others to be involved. In addition Appendix 5 and 8 have information about the law and how to use it to restore clean water. Your basic knowledge associated with these laws is critical to being effective in working with your local communities.

Part II describes how you can become an expert in time by collecting your own data. This is as simple as taking a picture and getting it to the right person to collecting aquatic insect and water samples. Collecting you own water quality data and information makes you knowledgeable about your river or stream in a way that no one else understands and gives you first-hand knowledge about how to conserve and restore your watershed. Appendix 1, 2, and 4 cover basic watershed science and mapping, assessment method and guidance for educators, respectively. Regarding educators and stormwater professionals the guide provides a linkage for these two groups of professionals to work together on shared goals of education and restoration. Appendix 4 outlines an educational strategy where by students collect, process, and analyzes data in an effort to draw conclusions about their local stream's quality. These conclusions are then utilized by students to develop and implement projects (Appendix 3) to address issues and concerns their data may have raised.

Part III addresses how you can go about restoring your watershed and its streams. In addition Appendix 3 lists and gives you more specific guidance on projects you can take to restore your stream. These are project based ideas like building a rain gardens, and planting trees along creek banks. This section helps you figure out how to physically fix your stream. The data and information you collect during the assessment (Part II) will help you determine the right restoration actions to take for your stream. The Council, those listed in Table 3 and Appendix 5 will continue to be available to help you decide the correct action, as they all have a vested interest in clean water!

Part IV and Appendix 5 and 8 include guidance on how you can take action under state and federal law. Once you have completed your assessment work (Part II), and tried to apply the restoration techniques (Part III), but may not be having the level of success you'd like it may be time to look at more aggressive methods. While we don't suggest these right off the start line, they are sometimes necessary to correct a problem. These methods may require legal counsel and will almost always require counsel with knowledgeable organizations such as the Council, Sierra Club, and/or other non for profits who have gone down this road before. In any event, it's a last resort but sometimes necessary

The main thing you should know about how to use the Action Guide is just that; USE IT! You will become an expert on your watershed.

Table of Contents

Dedica	-		ii
		dgements	ii
How to	use	e this guide	iii
Part I: An	In	ater Quality Control Act: Introduction to the Action Guidetroduction to Water Quality: What you need to know about Water ennessee	
Quanty II		What You Need to Know About Stream Designated Uses	
	В.	Leading Causes of Pollution in Tennessee's Rivers and Streams i. Agricultural Pollution ii. Mining Pollution iii. Urban Stormwater Runoff	3
		Why You Need to Help Assess Water Quality in Tennessee	
	D.	Leading Causes of Pollution in Tennessee's Lakes and Reservoirs	5
Dowt II II a	٠ ٦	Von Con Agang Watanghad and Stucom Haalth	(
rart II no		You Can Assess Watershed and Stream Health	
	11.	Land Uses	
	В.	How Healthy is Your Stream? A Guide to Assessment	
		i. How to Do a Visual Stream Assessment (VSA)	
		ii. How to Do Aquatic Insect Sampling	
		iii. How to Do Water Physical/Chemical Sampling	
		at You Can Do to Restore Streams	
I.		rect Actions You Can Take to Restore Streams	
		How to Conduct a Litter Cleanup	
	b.	How to Remove a Debris Dam	. 10
		i. Permits for Debris Dam Removal	
		ii. Debris Dam Removal Techniques and Safety Tips	
		How to Plant Streamside Forestation	
	d.	How to Use Bioengineering to Improve Stream Health	11
		i. Plantings	
		ii. Streambank Stabilization	
		iii. Bank Reshaping	
		iv. Cedar Revetments	
		v. Rock Barbs and Vanes	
II.	In	direct (Off-Stream) Restoration	. 16
	a.	Use Rainwater Harvesting Systems	. 17
	b.	Water Detention and Retention Systems	17
	c.	Water Infiltration Systems	18
	d.	Use Lawn Chemicals Properly	
		i. Fertilizer	
		ii. Pesticides	
	e.	Identify and Correct Pollution Hot Spots	19

f.	Handling Household Automotive Fluids, Chemicals and Pet Waste Appropriately20
Part IV: Hov	w You Can Take Action Under State and Federal Water Quality Laws22
Water Q	You Need to Know About the Federal Clean Water Action and the Tennessee uality Control Act
c.	How to Search for Water Permits
	How to Report Violations and Concerns
Part V. Cond	clusion
	List of Tables
Та	able 1 – Tennessee's Current Stream Use Classifications
Та	able 2 – Citizen Stream Assessments
Та	able 3 - Sharing Water Quality Assessment Results
	able 4 – Native Tennessee Trees and Plants for Water's Edge and Moist Upland tes
Po	able 5 - Title 69 Waters, Waterways, Drains And Levees, Chapter 3 - Water ollution Control Part 1 Water Quality Control Act, Tenn. Code Ann. 69-3-118 (2013)
	List of Figures
Fi	gure 1 - The Effect of Development on Stormwater
Fi	gure 2 - The Water Cycle
Fi	gure 3 - Water sampling diagram

List of Figures (cont.)

Figure 4 – Live stakes a soft bank stabilization stream repair technique shown here installed on a "3:1" stream bank slope				
Figure 5 - Live fascines (or bundles of longer live stakes) are a soft bank stabilization stream repair technique				
Figure 6 - Vertical stream bank, 3:1 slope, 2:1; slope with small "floodplain" Bench				
Figure 7 – Cross section of cedar revetment with stone placed at bottom of bank				
Figure 8 – Rock placement to protect bottom of revetments when bank has greater slope				
Figure 9 – Tree/rock barb (top down view) and tree/rock barb (side view) placed at undercut stream bank				
Figure 10 - Typical rain garden cross section diagraming the basic components of a rain garden				
Action Guide Appendices				
Appendix 1 – Watershed Science and Mapping Appendix 2 - Watershed Assessment Appendix 3 – Restoration methods Appendix 4 – Contacts and online resources Appendix 5 – Permits Appendix 6 – Watershed Restoration Plan general guidance Appendix 7 – Federal Water Pollution law (CWA) Appendix 8 – TN Water Pollution Control Act Appendix 9 - Glossary				