**Sediment collection protocol**

1. Label the Whirl-Pak bag with the appropriate sample ID.
2. Wearing gloves, open the 5ml syringe and remove the plunger completely.
3. Trying not to disturb the sample area, wade in to the stream.
4. Stick the back of the syringe (side where the plunger was removed) in to the sediments. Make sure the syringe is filled with 3-4 ml of sediment.
5. Place your finger under the syringe to keep the sediment in the syringe.
6. Bring the core to the surface with your finger holding the sediments in and place the plunger back in to the syringe to cap the sediment core.
7. Place the syringe in the Whirl-Pak bag, seal, and place in cooler.

**Water collection protocol**

1. Label the bottle with the appropriate sample ID.
2. Wearing gloves, wade in to the stream, trying not to disturb the bottom sediments.
3. Fill the bottle 1/3 of the way. Cap the bottle and shake to rinse.
4. Pour out the contents of the bottle downstream of your sampling location.
5. Repeat 2 more times.
6. Fill the bottle with water completely and place in cooler.