KLSA

KAWARTHA LAKE STEWARDS ASSOCIATION

WATER TESTING VOLUNTEER INSTRUCTIONS

May 8, 2019

E.COLI TEST PAYMENT

I am remitting fee	es for 2019 te	sting Payment is	due by July 1	\triangle
My name		Email		
Exact name of my cottag	ge association:			KLSA
Address			Postal code	
I am paying 2019 test fe	es of \$70 per	site for sites as fo	llows:	
Lake		Site number(s)		
Lake		Site number(s)		
research, and p Water Quality R □ I would like to g	ublic education. ` Report. ive a personal donual water Quality	uding a donation to support ke Your association will be hone that to KLSA to support its Report. Test fees	oured as a donor in the ne	ext KLSA Annual red as a donor in the
		Association donation	\$	· · · · · · · · · · · · · · · · · · ·
		Personal donation	\$	
	7	ГОТАL	\$	
I wish to receive a maile	ed copy of the nex	t KLSA Annual Water Quality	Report Yes No)
Please mail ch		Ed Leerdam 264 Bass Lake Rd. Frent Lakes, ON		

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KLSA

KAWARTHA LAKE STEWARDS ASSOCIATION

WATER TESTING VOLUNTEER INSTRUCTIONS May 8, 2019

KLSA East End Program Coordinator:

Kathleen Mackenzie kmm.viola@gmail.com
Home: (705) 651-1083
Cottage: (705) 654-3051

TESTING SCHEDULE, SUMMER 2019

DATE	PHOSPHORUS	E.COLI	SECCHI DISC
By May 20	XXX		Please try to take
Near June 1	XXX		your Secchi
Tuesday, July 2	XXX	XXX	measurements every
Monday, July 22		XXX	2 weeks from May
Monday, July 29		XXX	1 to Oct. 1
Tuesday, Aug 6	XXX	XXX	
Monday, Aug 12		XXX	
Tuesday, Sep. 3	XXX	XXX	
Near Oct. 1	XXX		

Cost: The cost of *E.coli* testing is \$70 per site for the season (6 tests per site). Payment is due by July 1, 2019. Please use the form on page 1.

Introduction

The Kawartha Lake Stewards Association (KLSA) is a volunteer-driven, non-profit organization of cottagers, year-round residents and local business owners in the Kawartha Lakes region. The Association was initially established to provide a coordinated approach to lake water monitoring by testing for phosphorus, water clarity and *E.coli* bacteria during the spring, summer and fall. While the activities of the Association have expanded significantly over the years, lake water monitoring continues to be a focal point. This document provides detailed instructions for the many volunteers involved in KLSA water testing.

Payment for E.coli Tests

Phosphorus testing and Secchi disc measurements are conducted under the auspices of the provincial Lake Partner Program. Although many KLSA volunteers are involved in the collection of samples and measurements, there is no direct cost incurred.

E.coli testing is coordinated by the KLSA but funded by individual lake, cottage and road associations, local organizations or interested individuals. The annual cost is **\$70 per site** for the six tests that are conducted at each site between July and September.

Payment for *E.coli* tests sites is **due by July 1st**; please remit payment using the form on page 1. It is important that you clearly identify the portion of your payment that is for *E.coli* testing and name the associated sites.

Phosphorus and Secchi Testing – General Guidance

The phosphorus and Secchi testing is conducted under the auspices of the Provincial Lake Partner Program. Test kits are mailed directly to those involved in the program. Water samples and Secchi measurements are returned to the Dorset Environmental Sciences Centre by mail.

Detailed instructions for the conduct of phosphorus and Secchi testing are included with the test kits. Following are a few brief points that will assist in planning your participation:

- You should receive your testing kit by the end of April. If you have not, please contact the Lake Partner Program (<u>lakepartner@ontario.ca</u>, 1-800-470-8322).
- Samples for phosphorus testing are collected on or around the first of the month, May to October; 6 tests in total. The exception is May, which is better in the middle of the month, when the lakes have mixed.
- The May test is important because it establishes a baseline for the year. If you can't get out in May, please ensure you test at the beginning of June.
- Try to follow the schedule as closely as possible. If you cannot sample on the suggested date, please do so as close as possible to the suggested date; either before or after. Try not to miss a date, particularly June to September; those four measurements are critical.
- Be consistent. Take your samples and Secchi readings at the same location, at the same time of day and to the maximum extent possible in similar weather.
- Please label your sample exactly as it is in the list below. These are long established site names and it is important that they be retained to enable a year-to-year comparison. Do not change the wording as it is very confusing for the Lake Partner people who are dealing with hundreds of samples. For example, "Clear Lake: Mackenzie Bay" is good; "middle of Mackenzie Bay" is confusing.
- If you are collecting samples at multiple sites be very careful not to mix up the samples, and ensure that they are labeled correctly.
- You are welcome to send in your Secchi readings with each phosphorus sample rather than waiting until the end of the year when they can be forgotten.
- At the end of the season, if you have leftover kits please return them with your last sample; they can be recycled and reused. As well, please return the filter and associated equipment.
- Annual data reports are available on the Lake Partner Program website in January, on the FOCA website and published in the KLSA Annual Report.
- If you are unable to do the testing next year and have been unable to find a replacement, please contact one of the KLSA coordinators.

KLSA Phosphorus Test Sites
Please use these exact site names when you label your water samples.

Balsam Lake E of Grand Is Balsam Lake Lightning Point Balsam Lake N Bay Rocky Pt. Balsam Lake W Bay2, deep spot Balsam Lake South Bay-Killarney Bay Big Bald Lake mid-lake, deep spot Big Cedar Lake Mid lake, deep spot Buckhorn L (U) Narrows - red buoy C310 Buckhorn L (U): Young's Cove, deep spot Cameron Lake South end	
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Chemong Lake S. of Causeway	
Clear Lake Bryson's Bay	
Clear Lake Mackenzie Bay	
Clear Lake Main basin	
Clear Lake Fiddler's Bay	
Julian Lake mid-lake	
Katchewanooka Young Pt near locks	
Katchewanooka SE Douglas Island	
Katchewanooka Buoy C132	
Lovesick Lake 80' hole at N End	
Lovesick Lake MacCallum Is	
Lower Buckhorn L Deer Bay - centre	
Lower Buckhorn L. Heron Is.	
Lower Buckhorn L Deer Bay W - Buoy C267	
Lower Buckhorn L Lower Deer Bay, Mid-deep	
Lower Buckhorn L Main basin, deep spot	
Pigeon Lake Con 17 N end, Adjacent Con 17	
Pigeon Lake Middle, Sandy Pt. & Boyd Is.	
Pigeon L NPLRA N-400 m N of Boyd Is.	
Pigeon Lake C340- Dead Horse Shoal	
Pigeon Lake N-300 yds off Bottom Is.	
Sandy Lake mid-lake, deep spot	
Stony Lake Mouse Is.	
Stony Lake Hamilton Bay	
Stony Lake Gilchrist Bay	
Stony Lake Burleigh Channel	
Sturgeon Lake Fenelon R. mouth	
Sturgeon Lake Sturgeon Point Buoy	
Sturgeon Lake Lunge Haven	
Sturgeon Lake Muskrat I-Buoy C388	
Upper Stoney L mid-lake, deep spot	
Upper Stoney L Quarry Bay	·
Upper Stoney L South Bay	
Upper Stoney L Young's Bay	
Upper Stoney L Crowe's Landing	
White Lake S end, deep spot	

E.coli Testing – General Instructions

Please see our new "KLSA Lake Water E.coli Sampling Procedure Video" on the KLSA Facebook page. This contains all the details on where and how to test for E.coli in living, moving colour! Enjoy!

E.coli testing is coordinated by the KLSA but funded by individual lake, cottage and road associations, local organizations or interested individuals. Lake associations are encouraged to oversee the testing on their lake and endeavor to ensure a reasonable distribution of test sites by encouraging individual cottage and road associations to participate by sponsoring a site in their area.

Six *E.coli* water samples are collected at each site throughout the summer commencing immediately after Canada Day and concluding after Labour Day. The intent is to collect the samples after busy weekends when there has been substantial activity on the lakes. Refer to the schedule on Page 2 for sampling dates.

Selection of *E.coli* Test Sites

Following are some considerations when selecting *E.coli* test sites:

- The water should be 1 to 1½ metres deep (3 to 5 feet). In shallower areas there is the risk of getting sediment in the sample.
- Generally, you will want to test in areas where there may be a problem such as:
 - Areas of poor circulation, such as quiet bays
 - Inflows from agricultural areas
 - Inflows from wetlands
 - Areas where waterfowl are numerous
 - Marinas
 - Areas where live-aboard boats dock
 - Popular swimming areas (although the Public Health Unit tests most 'public beaches')
 - Areas where you might expect change or development in the near future
 - Inflows in general, as upstream conditions may change unexpectedly
- Avoid changing sites haphazardly. Data will be more valuable if sites are maintained from year to year to provide a baseline, identify long-term trends and observe the effect of weather on *E.coli* counts.
- Notwithstanding the previous consideration, if, after three or four years, a site proves to have extremely low counts, it may be appropriate to dedicate the resources to another site of greater concern.
- Identify sites in a logical fashion and ensure that site identifiers are used consistently from year to year. Do not reuse an old site identifier for a new site. Assign a new unique identifier to a new site.

Laboratories

Samples collected in the Eastern Kawartha Lakes – generally the east shore of Pigeon Lake and east – are analyzed at SGS Lakefield. Detailed instructions for those taking samples to SGS Lakefield are provided in Annex A. KLSA *E.coli* testing in the Eastern Kawartha Lakes is coordinated by Kathleen Mackenzie. Refer to page 2 for contact information.

Bottles, Labels and Chain of Custody Forms.

Bottles, labels and Chain of Custody forms will be available for pick-up at the KLSA Annual Spring Meeting.

If you are unable to attend the meeting and are unable to have somebody pick up the materials for you, please contact the coordinator for your region. Refer to Page 2 for contact information.

Bottles are also available at the laboratory and can be picked up in small quantities (less than 15) when samples are delivered for analysis. If you require a large number of bottles, contact the laboratory to place an order.

E.coli Log

Volunteers conducting *E.coli* testing are asked to maintain an *E.coli* log to record weather conditions and other factors that may affect the *E.coli* count. A record of recent rainfall is particularly important because heavy rain tends to flush contaminants into the lakes. The *E.coli* log form is included in Annex A. Please complete the form throughout the summer and submit it at the end of the season.

Collection of E.coli Samples

This section provides general guidance for the collection of *E.coli* water samples. This information is all contained in the *KLSA Lake Water E.coli Sampling Procedure Video* on our Facebook page. Careful adherence to these guidelines is essential to minimize the possibility of contaminating water samples. Remember, healthy human faecal material contains about 100 million *E.coli* per ½ tsp. Even when you're clean, you're germy! Skin or clothing can easily contaminate. Adhere to the following protocol when collecting water samples for *E.coli* testing.

- 1. If you are collecting more than one sample, mark the bottle with a waterproof marker so that you can affix the correct label after the sample is collected.
- When collecting the sample, use a clean pair of nitrile/latex gloves. If gloves are not available, wash your hands with soap and water before collecting the sample. Unscrew the lid and collect the sample from a representative location. Do not place the cap where it can become contaminated. Do not let the open mouth or neck of the bottle touch any clothing, fingers or unsterile objects before or after collection of the sample. Don't breathe in the direction of the sample. Turn your head to the side while the sample is being collected.
- 3. Using a wand or holding the bottle near the base, plunge it neck down to a depth of 15 to 30 cm (6 to 12 inches) below the surface. The water should be 1 to 1½ metres (3 to 5 feet) deep at the test site. The bottle should then be turned so the neck points slightly upwards with the mouth directed toward the current. If no current exists, push the bottle horizontally forward in a direction away from your hands. (You do not want water that has touched your hand to flow into the bottle.) Try not to let water wash off the hull of your boat flow into the bottle.

- 4. Fill the bottle about 90% full. If you overfill it, don't pour it out; 'flip' it out. As quickly as possible, carefully replace the cap again ensuring that you do not touch the neck of the bottle or the inside of the cap. Ensure that the cap is tight.
- 5. Keep the samples cool; approximately 5 degrees C (38 degrees F) which is refrigerator temperature. Do not freeze. It is recommended that you have an insulated container and ice packs with you when collecting and transporting the samples. Ice packs are better than ice cubes because they do not create a pool of water (potential source of contamination) around the sampling bottles.
- 6. Enter the appropriate data on a KLSA label (sample ID, the volunteer who collected the sample, and the date and time) and affix the label to the bottle. To affix the label, you may have to dry the outside of the bottle. Do so carefully avoiding contact with the neck and cap.
- 7. Complete the *E.coli* log.
- 8. Deliver the samples to the appropriate laboratory in accordance with the detailed instructions outlined in the applicable annex.

When Will You See the Results?

E.coli test results will be emailed from the laboratories to the coordinator within two to three days of the samples being submitted for analysis. The coordinator will distribute the results to all of the volunteers and points of contact in their region. Volunteers are encouraged to further distribute the results to their lake, cottage or road associations and interested parties. The goal is to maximize distribution of the results, create awareness of the program and develop an understanding of the potential water quality concerns.

Be sure to maintain a record of the results for your sites. Although the KLSA publishes an annual Lake Water Quality Report, keeping a record of your results is ultimately your responsibility.

What do the Results Really Mean?

Results of the *E.coli* testing will be presented as the total number of *E.coli* colony forming units per 100 milliliters (*E.coli* CFU per 100 mL). The following examples will assist in the interpretation of the results:

- The safe swimming level (at which public beaches are posted) is 100 *E.coli* CFU per 100 mL. This is related to approximately 7 incidents of waterborne disease per 1000 swimming events. If 10 children went swimming 14 times over a period of time, that would be 140 swimming events, and it would be very likely that one child would experience a waterborne disease (1 per 140 = 7 per 1000) such as gastrointestinal problems or an outer ear infection. Counts of over 100 are considered significant.
- As stated in the KLSA reports, the KLSA is of the opinion that our lakes should normally be cleaner than a public beach, and we have set the trigger for retesting at 50 *E.coli* CFU per 100 mL.
- How serious is a count of 10 or 25? Firstly, bacteria tend to clump, so three samples out of the same bottle might give readings of, for example 10, 25, and 6. Anything under 20 can be considered low and 5 really isn't much different than 20. Secondly, high counts can be very temporary; they may be caused by a child or a wild animal (some children might be classified by their parents/grandparents as 'wild animals' but in this context we are referring to beaver, geese, etc.).

- Counts between 20 and 100 that happen only occasionally are likely not of concern.
- Counts which remain over 50 for two or three weeks are unusual for our lakes and warrant further investigation in an attempt to identify the source of the *E.coli*.

What Do You Do if You Have a High Count?

As a general rule, the KLSA policy is that counts over 50 *E.coli* CFU per 100 mL should trigger a retest. In the event of a high count, a KLSA Coordinator will contact the volunteer responsible for the site to determine if a retest is both required and feasible. If a decision is made to retest, ideally the retest should be conducted as soon as possible after the original test and should consist of three to five separate samples collected at the same site.

In the event of high retest counts, the responsible volunteer in consultation with a KLSA Coordinator will discuss possible courses of action. Attached is a draft letter that can be used when addressing high counts in your area.

Neither the volunteer tester nor KLSA has any legal obligation to report high E.coli counts to anyone. Locations of sites are known only to the tester. It is up to the tester and his/her community to decide who they would like to inform regarding the high counts, and what if any remedial action they would like to take.

KLSA E.coli Log

Name of Tester	Name of Lake

Please use this form to record weather conditions and other factors that may affect the E.coli count. A record of recent rainfall is particularly important because heavy rain tends to flush contaminants into the lakes. Please complete the form throughout the summer and submit it at the end of the season. Completed forms can be passed to the KLSA Coordinator for your area or sent directly to Kathleen Mackenzie at the following address:

Kathleen Mackenzie kmm.viola@gmail.com

Box 146 54 Stewart Drive,

Lakefield, ON K0L 2H0 Thank you very much for your help!

Date	C=calm R=ripples W=wavy	Rain in past 48 hr: N=none L=light H=heavy	Presence of animals nearby, including birds or farm animals	Other Observations



KAWARTHA LAKE STEWARDS ASSOCIATION

DATE:

TO:

FROM: (Enter your name as the KLSA Volunteer responsible for the test site)

Volunteer

Kawartha Lake Stewards Association

RE: High *E.coli* Levels in Nearby Lake Water

The Kawartha Lake Stewards Association (KLSA) is an organization of volunteers who monitor water quality on the Kawartha Lakes. One of the parameters we test is *E.coli*, a bacteria which is an indicator of faecal pollution from warm-blooded animals. Our volunteers collect water samples at over 100 sites, six times per year, on a number of the Kawartha Lakes. The samples are tested by an accredited laboratory. Results are reported to the KLSA Coordinator and to the KLSA Volunteer who submitted the sample.

Recently, the results of the KLSA testing showed high *E.coli* counts in your region, specifically:

DATE	LOCATION	E.coli/100 mL

To put the results in perspective:

- 100 *E.coli* per 100 mL (based on a geometric average of 5 readings) is the level at which public beaches are posted unsafe for swimming.
- KLSA believes that a level in excess of 50 *E.coli* per 100 mL on the Kawartha Lakes is cause for concern and warrants further investigation.

Neither the KLSA nor the Peterborough County-City Health Unit [or Haliburton, Kawartha, Pine Ridge District Health Unit as appropriate] is required to report or act on high bacterial counts in surface waters. The Health Unit does monitor bacterial levels in drinking water, and in swimming water at lifeguarded public beaches; however, bacterial levels in surface water are considered a 'natural hazard,' along with slippery rocks or sharp zebra mussels. We the public use our lakes at our own risk.

Results of all KLSA tests are published in our annual report (see www.klsa.wordpress.com) but sample sites are given code names so that specific locations are not identifiable.

If you are concerned about these high counts, here are some things you may want to do:

- Try to identify the source of the bacteria. It might be from waterfowl, or water flowing from an area with a high concentration of wildlife such as wetlands or a large lawn adjacent to the lake that attracts a large concentration of geese. It might be from a malfunctioning septic system. If there is evidence that the source of the bacteria is the result of a malfunctioning septic system, you should contact the local Health Unit. The KLSA would be interested in your ideas on why counts were high.
- Try to lower bacterial levels. If waterfowl (Canada geese, seagulls) seem to be the problem, there are a number of deterrents. If too much runoff seems to be the problem, perhaps local shorelines need more vegetation. If a stream from a wetland area is the source, perhaps you need to be aware of bacteria levels, and swim in an area further from the inflow. Often counts are high only after a heavy rainfall.

The KLSA, unfortunately, does not have the expertise to identify sources of bacteria, or identify methods that will be guaranteed to decrease bacterial counts. We do, however, have some information that we can provide to you if you are interested in pursuing these issues.

Bacteria levels can change quickly from hour to hour and from place to place. These results are valid only for the times and locations tested.

KLSA advises shoreline residents if five samples taken at one location and time have a geometric average of over 100 *E.coli*/100 mL; however, KLSA collects samples at each location a maximum of six times per summer. If you are concerned about the water quality in your area, you may want to conduct more frequent testing.

We hope you find this information useful. Please contact me or the KLSA Coordinator for your area if you would like to discuss the results or obtain additional information.

KLSA Program Coordinator: Kathleen Mackenzie

kmm.viola@gmail.com Home: (705) 651-1083 Cottage: (705) 654-3051

Sincerely,

(Enter your name as the KLSA Volunteer responsible for the test site) Volunteer
Kawartha Lake Stewards Association
(Your phone number or email address)

KLSA

Annex A: East Kawartha Lakes

Additional Instructions

Eastern Kawartha Lakes – SGS Lakefield

This annex provides additional instructions for the Eastern Kawartha Lakes (generally the east shore of Pigeon Lake and east), specifically for volunteers who take their samples to SGS Lakefield for analysis.

Location

The SGS Lakefield Laboratory is located at 185 Concession Street. Go south on Concession St from Queen Street almost to the end. The lab is in the building that has an orange stripe around it. Park in the 3 spaces for "Drop Off for Environmental Samples) and take the samples in the Customer Service door. Hours are M - F = 7:30-5 (delivery must be before 2 pm).

Collection of Samples

Samples must be collected in accordance with the protocol outlined in the main body of the KLSA Volunteer Instructions. Be particularly careful to avoid contaminating the lid or neck of the bottle. As soon as the sample is collected, it should be placed in a cooler with ice packs until the sample is delivered to the laboratory.

All samples must be taken between July 1 and September 12, for invoicing purposes. Bottles can be picked up at the May KLSA meeting. You can pick up 15 bottles or less at any time at SGS Lakefield Laboratory. If you want to pick up more than 15, please order them 2 weeks ahead of time. To order, contact Kim Didsbury kim.didsbury@sgs.com 705-652-2114. Be sure to have at least 6 extra in case of contamination or retests.

The SGS Lakefield Laboratory is closed on Saturdays, Sundays, and holiday Mondays. If you test the day before you bring them into the lab, keep the samples refrigerated overnight, and deliver to the lab within 18 hours of testing.

Do not submit samples on weekends or holiday Mondays; you will be charged a fee of \$50!

Samples must arrive at the laboratory no later than 2 PM. If you are late, contact the laboratory and try to coordinate a later delivery.

Chain of Custody Form

The Chain of Custody form for SGS Lakefield and a sample of a completed form are included at the end of this annex. You must use these forms as they have been customized for KLSA, simplifying the paperwork at the laboratory and minimizing the cost for KLSA. Be sure to include the exact Association Name on the Chain of Custody form in accordance with the list below.

All samples delivered to SGS Lakefield must be accompanied by a completed Chain of Custody form (one form per delivery) listing each sample by Sample Identifier (location code), Date, Time, Number of Bottles and Analysis Required (E.coli). All sample bottles must be individually labeled with a KLSA label showing the Sample ID, the volunteer who collected the sample, and the date and time.

Association Names for SGS Lakefield Chain of Custody Forms

Big Bald Lake Big Cedar Lake

Buckhorn Lake: Buckhorn Sands

Clear Lake: Birchcliff Property Owners

Clear Lake: Kawartha Park Katchewanooka Lake – Site 7

Katchewanooka Lake – Lake Edge Cottages

Lovesick Lake

Lower Buckhorn Lake

Pigeon Lake: Concession 17 Cottagers' Assoc. Pigeon Lake: North Pigeon Lake Ratepayers' Assoc.

Pigeon Lake: Victoria Place

Sandy Lake: Sandy Lake Cottagers' Assoc. Stony Lake: Assoc. Stony Lake Cottagers

Upper Stoney Lake

SGS Contact Information

Kim Didsbury 705-652-2114 kim.didsbury@sgs.com

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considered authorization for completion of work. Signatures may appear on this form or be retained on file in the contract, or in an alternative format (e.g. shipping documents). (3) Results may be sent by email to an unlimited number of addresses for no additional cost. Fax is available upon request.

This document is issued by the Company under its General Conditions of Service accessible at http://www.sgs.com/terms_and_conditions.htm. (Printed copies are available upon request.) Attention is drawn to the limitation of liability, indemnification and jurisdiction issues defined therein.

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