

Recreationalists

Working together, Oregonians have the opportunity to help restore clean water and wild salmon for the benefit of us all and for future generations. The suggestions in this guide are practical changes we can consider making in our daily land management, work and lives to support this statewide restoration effort. These suggestions do not substitute for any local, state or federal legal regulations.

For more information on these and other ways we can modify our activities to help restore clean water and salmon, please call the Oregon Department of Fish and Wildlife at (503) 872-5268.

This guide for recreationalists is part of a series of lists targeting a wide variety of groups in Oregon. For information on other guides in this series, please contact the Governor's Natural Resources Office at (503) 378-3589.



THE OREGON PLAN
for salmon & watersheds

Ten ways recreationalists can help restore clean water and salmon

designated trails

- Stay on designated trails when hiking and biking. Hiking and biking off-trail damages natural vegetation and increases erosion of sediment to streams. Sediment can smother gravel fish nests and reduce the amount of oxygen available to fish and other aquatic life.

stream restrictions

- Avoid hiking or swimming near areas where restrictions are posted or where you see salmon in streams. Any human disturbance can cause substantial stress to fish attempting to spawn, and may completely inhibit spawning during this vulnerable stage in the salmon lifecycle.

biodegradable soaps

- When camping, use biodegradable soap and rinse dishes away from streams and lakes. Non-biodegradable soaps can persist in soils and waterways for long time periods, and can harm native plant and animal life. If used away from streams and lakes, soils can serve to filter biodegradable solutions before these pollutants reach waterways.

streamside vegetation

- Try not to disturb plants, shrubs and trees, especially along streambanks. Streamside vegetation helps stabilize banks and shade waters, maintaining the clean and cool conditions needed by fish.

garbage disposal

- Use campground trash collection where available; otherwise pack your waste home for later disposal. Proper disposal of garbage when camping and hiking reduces our impact on natural areas.

waste disposal

- Use campground toilet facilities or carry your waste paper out for later disposal. Trash and untreated sewage pollute recreational areas, groundwater and can wash into nearby waterways.

Animal wastes

- Tether riding stock away from wetlands, lakes and streams. Animal wastes entering streams can reduce the dissolved oxygen available to fish. If left near waterways, horses can damage streamside vegetation and trample banks, which increases erosion of sediment into the water.

dogs

- Keep dogs leashed when hiking and camping. If allowed to roam in streams, rivers and lakes, dogs can disturb gravel beds where fish spawn and lay eggs and can increase erosion on streambanks.

vehicle pollution

- Make sure your vehicles are free of oil and other fluid leaks before taking to the outdoors. Oil, gas and other chemicals can run off parking lots and roads to pollute the waterways, killing fish and other aquatic life.

volunteer

- Volunteer for trail restorations and clean-up days in the places you love to recreate. In these ways, Oregonians throughout the state can come together to preserve our natural resources for future generations.