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## Standard Guide for Monitoring Sediment in Watersheds<sup>1</sup>

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### INTRODUCTION

Soil erosion and resulting sedimentation is the major cause of nonpoint source pollution that threatens water resources. These impacts include: impaired aquatic habitat; destruction of sport and commercial fisheries and shellfisheries; lost reservoir capacity for flood control, power generation, and storage of potable water supplies; excessive flooding; impaired navigation; aggradation of irrigation and drainage channels; lost productivity of lands swamped by deposition and infertile overwash; increased levels of water treatment; lost or declined recreational opportunities; and impaired aesthetic values. The amount of sediment in a stream can affect channel shape, sinuosity, and the relative balance between riffles and pools. Excessive sediment in a stream causes a decrease in channel capacity which in turn results in more frequent and larger out of bank floods. In addition to the adverse physical effects of sediment loads, many nutrients, pesticides, and heavy metals are sorbed onto fine sediment particles which may result in eutrophic or toxic waters. Indirect effects of increased sediment loads may include increased stream temperatures and decreased intergravel dissolved oxygen levels.

This guide recommends a process for developing and implementing monitoring projects for sediment in a watershed. It follows Guide **D 5851** with more specifics applicable to watersheds and sediment.

These guidelines are presented for use in the nationwide strategy for monitoring developed by the Intergovernmental Task Force on Monitoring (ITFM). The nationwide monitoring strategy is an effort to improve the technical aspects of water monitoring to support sound water-quality decision-making. It is needed to integrate monitoring activities more effectively and economically and to achieve a better return of investments in monitoring projects **(1)**<sup>2</sup>.

This guide is offered as a guide for standardizing methods used in projects to monitor and evaluate actual and potential nonpoint and point source sediment pollution within a watershed. The guide is applicable to landscapes and surface water resources, recognizing the need for a comprehensive understanding of naturally occurring and manmade impacts to the entire watershed hydrologic system.

### 1. Scope

1.1 *Purpose*—This guide is intended to provide general guidance on a watershed monitoring program directed toward sediment. The guide offers a series of general steps without setting forth a specific course of action. It gives advice for establishing a monitoring program, not an implementation program.

1.2 Sedimentation as referred to in this guide is the detachment, entrainment, transportation, and deposition of eroded soil and rock particles. Specific types or parameters of sediment may include: suspended sediment, bedload, bed material,

turbidity, wash load, sediment concentration, total load, sediment deposits, particle size distribution, sediment volumes and particle chemistry. Monitoring may include not only sediments suspended in water but sediments deposited in fields, floodplains, and channel bottoms.

1.3 This guide applies to surface waters as found in streams and rivers; lakes, ponds, reservoirs, estuaries, and wetlands.

1.4 *Limitations*—This guide does not establish a standard procedure to follow in all situations and it does not cover the detail necessary to define all of the needs of a particular monitoring objective or project. Other standards and guides included in the reference and standard sections describe in detail the procedures, equipment, operations, and site selection for collecting, measuring, analyzing, and monitoring sediment and related constituents.

1.5 Additional ASTM and US Geological Survey standards applicable to sediment monitoring are listed in **Appendix X1** and **Appendix X2**. Due to the large number of optional

<sup>1</sup> This test method is under the jurisdiction of ASTM Committee D19 on Water and is the direct responsibility of Subcommittee D19.02 on General Specifications, Technical Resources, and Statistical Methods.

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<sup>2</sup> The boldface numbers given in parentheses refer to a list of references at the end of this standard.

standards and procedures involved in sediment monitoring, most individual standards are not referenced in this document. Standards and procedures have been grouped in the appendices according to the type of analyses or sampling that would be required for a specific type of measurement or monitoring.

1.6 *This standard does not purport to address all of the safety concerns, if any, associated with its use. It is the responsibility of the user of this standard to establish appropriate safety and health practices and determine the applicability of regulatory limitations prior to use.*

## 2. Referenced Documents

### 2.1 ASTM Standards:

- D 1129 Terminology Relating to Water<sup>3</sup>
- D 4410 Terminology for Fluvial Sediment<sup>3</sup>
- D 4411 Guide for Sampling Fluvial Sediment in Motion<sup>4</sup>
- D 4581 Guide for Measurement of Morphologic Characteristics of Surface Water Bodies<sup>4</sup>
- D 4823 Guide for Core-Sampling Submerged, Unconsolidated Sediments<sup>4</sup>
- D 5851 Guide for Planning and Implementing a Water Monitoring Program<sup>4</sup>

## 3. Terminology

### 3.1 Definitions:

3.1.1 For definitions of terms used in this guide, refer to Definitions D 1129 and Terminology D 4410.

### 3.2 Definitions of Terms Specific to This Standard:

3.2.1 *assess*—to determine the significance, value, and importance of the data collected and recorded.

3.2.2 *best management practice (BMP)*—a practice or combination of practices that are determined by state or area-wide planning agencies to be the most effective and practical means of controlling point and nonpoint pollution.

3.2.3 *hydrograph*—a graphical representation of the discharge, stage, velocity, available power, or other property of stream flow at a point with respect to time.

3.2.4 *measurement*—determining the value of a characteristic within a representative sample or in situ determinations of selected components of riverine, lacustrine, or estuarine systems.

3.2.5 *nonpoint source pollution*—a condition of water within a water body caused by the presence of undesirable materials that enter the water system from diffuse locations with no particular point of origin.

3.2.6 *resource management system (RMS)*—A combination of conservation practices identified by the primary use of the land that will protect the soil resource base, maintain acceptable water quality, and maintain acceptable ecological and management levels for the selected resource use.

3.2.7 *watershed*—all lands enclosed by a continuous hydrologic surface drainage divide and lying upslope from a specified point on a stream.

## 4. Significance and Use

4.1 This guide is intended to be used in the planning stage or phase of developing a sediment monitoring program. This guide is an assembly of the components common to all aspects of watershed sediment monitoring and fulfills a need in the development of a common framework for a better coordinated and a more unified approach to sediment monitoring in watersheds.

4.2 The user of this guide is not assumed to be a trained technical practitioner in the water quality, sedimentation, or hydrology fields. The intended users are managers and planners who need information to develop a water quality monitoring program or project with an emphasis in sediment and hydrology. Sediment specialists will also find information on procedures, equipment, methodology, and operations to conduct a monitoring program.

4.3 This guide is used during the planning process of developing, designing, and reevaluating a sediment monitoring program.

## 5. Monitoring Purpose

5.1 A watershed monitoring program for sediment is comprised of a series of steps designed to collect sediment and related flow data in order to achieve a stated objective. The purposes of monitoring may be several and include: analyzing trends, establishing baseline conditions, studying the fate and transport of sediment and associated pollutants, defining critical source areas, assessing compliance, measuring the effectiveness of management practices, project monitoring, implementation monitoring, making wasteload allocations, testing models, defining a water quality problem, and conducting research.

5.2 Monitoring to analyze trends is used to determine how water quality or sediment load changes over time. Normally, measurements will be made at regular well-spaced time intervals in order to determine the long term trend in some sedimentation parameter. Typically the observations are not taken specifically to evaluate BMPs or management activities, water quality models, or water quality standards, although trend data may be utilized, in part, for one of these other purposes.

5.3 Baseline monitoring is used to characterize existing sediment or water quality conditions, and to establish a data base for planning or future comparisons. Baseline monitoring should capture as much of the temporal variations as possible in order to assess seasonal and long term climatic influences upon runoff and sediment yield. In some cases baseline monitoring is included as the early stage of trend monitoring.

5.4 Fate and transport monitoring is conducted to determine whether sediment and associated pollutants move and where they may go.

5.5 Sediment monitoring can be used to locate critical source areas within watersheds exhibiting greater pollution or loading potential than other areas.

5.6 Sediment monitoring may also be used to assess compliance with water quality management plans or standards. This is the monitoring used to determine whether specified

<sup>3</sup> Annual Book of ASTM Standards, Vol 11.01.

<sup>4</sup> Annual Book of ASTM Standards, Vol 11.02.

water-quality criteria are being met. The criteria may be numerical (quantitative) or descriptive (qualitative).

5.7 Sediment monitoring may assess the effectiveness of individual management practices or resource management systems for improving water quality or, in some cases, may be used to evaluate the effect of an entire program in a watershed. Evaluating individual BMPs may require detailed and specialized measurements made at the practice site or immediately adjacent to the management practice. Monitoring the overall effectiveness of BMPs is usually done in the stream channel and it may be difficult to relate measured values to individual practices.

5.8 Implementation monitoring may assess whether BMPs were installed or implemented, or if significant land uses changes occurred. Typically this activity is carried out as an administrative review or a monitoring of land use changes. On its own, however, implementation monitoring cannot directly link management activities to water quality or sediment yield, as no actual sediment or water measurements were taken.

5.9 Monitoring of water bodies receiving runoff and sediment or other suspended loads can be used to make wasteload allocations between various point and nonpoint sources. Such allocations require good knowledge of the individual contributions from each source.

5.10 Sediment monitoring may be used to fit, calibrate, or test a model for local conditions. Sediment monitoring may be used to evaluate samplers, rainfall simulators, runoff collection devices and other related instruments or devices for research purposes.

5.11 Finally, sediment monitoring may be used to give adequate definition to a water quality problem or determine whether a sediment related problem exists.

5.12 Guide D 5851 provides overall guidance on water monitoring and provides detailed information on purposes of monitoring water quality. Additional information on purposes of watershed monitoring is provided in USDA-NRCS Water Quality Monitoring Handbook (2), the ITFM reports (1, 3, 4, 5), and EPA Guidelines (6, 7).

## 6. Monitoring Components

6.1 This guide suggests and discusses the following steps in designing a watershed monitoring program for sediment. More detail on each step may be found in USDA-NRCS Monitoring Handbook (2).

6.1.1 *Identify Need*—The first step is to define the need for water quality monitoring. The need statement should include several components: the potential or real water quality issue requiring attention, the potential use impairment or threats, the name of the actual water resource(s), and finally the potential sources that may cause the problem(s) (2). Very often the need is to identify a water quality problem but in some cases, the need may be to assess the existing water quality whether a problem exists or not. An example of a need statement might be: “The decline in shellfish in Big Bay is due to accelerated sedimentation caused by excessive erosion from forestry operations within the Trout Brook watershed”. Since sediment may originate or become resuspended from a vast variety of nonpoint and point sources, the cause(s) of the sediment

problem may be difficult to establish or distinguish unless detailed monitoring plans are implemented.

6.2 *Monitoring Objectives*—The second step in developing a sediment monitoring program is to define the monitoring objectives. The objectives of the monitoring study should address the water quality need or problem. An objective statement should include an infinitive verb, an object word or phrase, and some constraints on the objective such as the surface or ground water watershed boundaries and variables to monitor. An example of a monitoring objective might be: “To determine the effect of implementing best management practices on sediment concentration or sediment yield in Trout Brook”. When several objectives are used, a hierarchical approach may be used to determine higher priority objectives. An objective tree can be used to distinguish among several objectives. To determine how several objectives can be linked, the following question can be asked: “Does the achievement of objective A contribute directly to the achievement of objective B”? To assess whether objectives are being achieved, objective attributes could be determined. These attributes may be binary, achieved or not, or scalar.

6.3 *Sampling Design*—A wide variety of instruments and techniques have been developed for field measurements of soil erosion, sediment movement, turbidity, and sediment deposition. In general four basic types of studies exist: measurements of sediment in surface runoff from small experimental plots and field size watersheds, stream sampling of suspended sediment load and bedload, measurements of eroded areas to determine volume of material removed, and measurements of the volume and density of deposited sediment. All four studies may also include particle size analyses and chemistry of the sediments and associated pollutants. A statistical experimental design should be stated that is consistent with the objectives of the monitoring program. Appropriate experimental designs for monitoring sediment in motion or suspended sediment could include: reconnaissance, plot, single watershed “above-and-below”, single watershed “before-and-after”, paired watersheds, multiple watersheds, and trend stations (2).

6.3.1 The design selected will dictate most other aspects of the monitoring project including the study scale, the number of sampling locations, the sampling frequency, and the station type.

6.3.1.1 Reconnaissance or synoptic designs may be used as a preliminary survey where no data exist or to assess the magnitude and extent of a problem. This type of sampling could be used to identify critical source or problem areas as well. Randomization in sampling locations may be important for reconnaissance monitoring.

6.3.2 Plot designs have been commonly used in agricultural and forestry experiments for 100 years. Plots are generally small areas that allow replication and control on the landscape of certain variables, such as soil type, slope, and land cover. Plot studies can utilize natural rainfall events or artificial rainfall simulators (eg rainulators). Plot studies are best utilized for evaluating individual BMPs, developing model algorithms, and evaluating specific soil, climatic, and physiographic variables. Plot designs are generally analyzed using analysis of variance (2).

6.3.3 The single watershed “before-and-after” approach has been sometimes used to compare water quality conditions before an application of BMPs or landuse changes to conditions after activity has occurred. Generally, this technique is not recommended, since the results are confounded with time, and should be avoided. For example, the water quality differences from year-to-year may be caused by climate differences not the watershed activity or land use management.

6.3.4 The single watershed “above-and-below” design is used after a watershed practice is in place. Sampling is conducted both upstream and downstream from the activity of interest. Although this design is not as susceptible to the effect of climate as the single watershed design, the differences in water quality between the two stations may be partly due to inherent watershed differences such as soil type, land gradient, geologic materials, or varying watershed runoff characteristics, or all of these.

6.3.5 The paired watershed approach uses a minimum of two watersheds – control and treatment – and two periods of study– calibration and treatment (8). The control watershed serves as a check and provides information on the effects of year-to-year climate variations and receives no changes in land uses or activities during the monitoring study. During calibration, the two watersheds are managed or treated identically and paired water quality data are collected. During the treatment period, one watershed is treated with a practice or management system while the control watershed remains in the original management.

6.3.6 The multiple watershed approach involves more than two watersheds. Watersheds with treatments already in place are selected from across the region of interest. Sampling from these watersheds is conducted over a period of time. Groups of like watersheds are tested against each other to determine water quality differences (2).

6.3.7 Trend stations are single watersheds monitored over time. A trend is a persistent change in the water quality variables of interest over time. It is important for trend analysis that there not be gaps in the data set, that water quality analysis methods not change, that the hydrological control is stable, and a causal link can be made between the water quality and watershed activities. A control trend station is highly recommended where no changes in watershed activities occur during the trend investigation (2).

6.3.8 In addition to erosion and sediment yield studies from plot and field size watersheds, sediment investigations in a land resource area may require measurements of sediment yield from channels, gullies, and other major or critical sediment sources. Typical sites may not exist, but sites selected should represent local conditions as nearly as possible. Often these studies require detailed topographic surveys in order to determine volumes of material eroded.

6.3.9 Sampling of sediment deposited in stream beds and valley bottoms is used to provide information on sediment particle size distribution, specific gravity, mineralogy of the sediment particles, sediment volumes, effects on benthic ecosystems, sorbed toxic chemicals, and nutrients. The most common purpose for sampling sediment deposits in streams is to obtain information on the character of the sediment particles

that are subject to movement during storm runoff events. This information is needed for channel stability analyses, sediment transport studies, and assessing the effects of bed scour and deposition upon benthic organisms.

6.3.10 Sampling of reservoir and lake deposits often provides information on the sediment yield and sediment characteristics of an entire watershed. Most reservoir sedimentation studies are directed toward determining the quantity, characteristics, and distribution of sediment as determined by periodic volumetric surveys of the lake or reservoir. Reservoirs are normally surveyed to determine rate of sediment buildup and assess remaining useful reservoir life or water storage, determine sediment yield from a watershed that represents a typical landuse pattern in a region or land resource area, evaluate the effects of watershed protection measures, determine sediment yield of unusually large storms, determine long term regional sediment yields, provide basic data for planning and designing reservoirs, monitor quality, and evaluate sediment damages. Reservoir sedimentation investigations may be part of single watershed, paired watershed, multiple watershed, or trend station study approaches. In addition, determination and evaluation of reservoir trap efficiencies can be made if inflow or outflow sediment measurements, or both, are made or are available.

6.4 *Study Scale*—The size or scale of the monitoring program should be determined. Appropriate scales include: point, plot, field, and watershed.

6.4.1 Points are the smallest scale considered for water quality monitoring and are characterized by obtaining single observations. A rain gage, a sediment probe, or a staff gage represents a point sample.

6.4.2 Plots are microcosm sampling units which are appropriate if the objective is to replicate several treatments or activities. Generally, fractional acre (hectare) plots are used to study basic erosion rates and edge of plot sediment yield of various soil cover complexes with various BMPs installed. Replicate plots are often required to obtain representative data due to such factors as inherent errors in measurement and natural variations within soil units. The number of plots needed for a study is a function of the number of treatments applied (2). For most experiments, ten or more years of study is required in order to cover the normal range in weather patterns. Utilizing rainfall simulators can greatly reduce the evaluation period or allow greater numbers of test to be performed in a short period of time. Detailed information on designing plot studies may be found in Ref (9).

6.4.3 Monitoring on a field scale implies a larger area than an individual plot. The area of a field is difficult to state because it varies greatly in different parts of the United States. Field scale monitoring is normally used to determine erosion rates and edge of field (mini-watershed) sediment yield from tracts of land a few acres (hectares) in size which are representative of given land resource area under specific land use and management with or without BMPs installed.

6.4.4 Watershed scale monitoring is used for most water quality monitoring purposes. One of the most difficult decisions is the watershed size. Generally, size is influenced by stream order, climate, number of landowners, homogeneity in