

## HOW TO GET INVOLVED

**"Are you doing anything to help keep our rivers healthy?"**

- ✓ Join a catchment group
- ✓ Encourage your school to adopt a part of the river or a wetland
- ✓ Take part in foreshore and wetlands restoration projects
- ✓ Find out about local conservation groups in the area where you live
- ✓ Get involved in Clean Up Australia Day and Tidy WA Day
- ✓ Take part in planting and weeding days
- ✓ Join in community water quality monitoring in your local area
- ✓ Get your school to join the Ribbons of Blue/Waterwatch WA program
- ✓ Ask your school or sports club to organise a river care day with the Swan River Trust
- ✓ Make sure that you and your family are not adding nutrients to the river system

**"If you don't like to get your hands dirty, you can help in a different way."**

- ✓ Find out about the Swan-Canning Cleanup Program
- ✓ Report any pollution you see to the Swan River Trust
- ✓ Get people to talk about water pollution
- ✓ Help organise an activity to help keep our rivers healthy



**To learn more about water pollution and the environment:**

- Visit the Swan River Trust's website [www.wrc.wa.gov.au/srt](http://www.wrc.wa.gov.au/srt)
- Call 1800 062 549 for more information
- Visit the Swan Catchment Centre, at 108 Adelaide Terrace, East Perth, to find out more information and talk to people who can help you get advice on caring for our environment
- Find out if there is a Catchment Group in your area and volunteer to help

**"You can do a lot as an individual or in a group to help improve the health of our rivers."**

## CONTACTS

**"And if that's not enough to keep you busy, give these numbers a buzz!"**

Swan River Trust (08) 9278 0400  
 Water and Rivers Commission (08) 9278 0300  
 Ribbons of Blue (08) 9278 0300  
 Swan Catchment Centre (08) 9220 5300

Your local Council \_\_\_\_\_

Your local catchment group \_\_\_\_\_

Prepared by the City of Canning and Swan River Trust as part of the Swan-Canning Industry Survey (Swan-Canning Cleanup Program).

Special thanks to the Year 8 students from Lynwood Senior High School for their fantastic words, ideas and drawings that were used in this leaflet



87 Adelaide Terrace  
 East Perth Western Australia 6004  
 Phone (08) 9278 0400  
 Fax: (08) 9278 0401

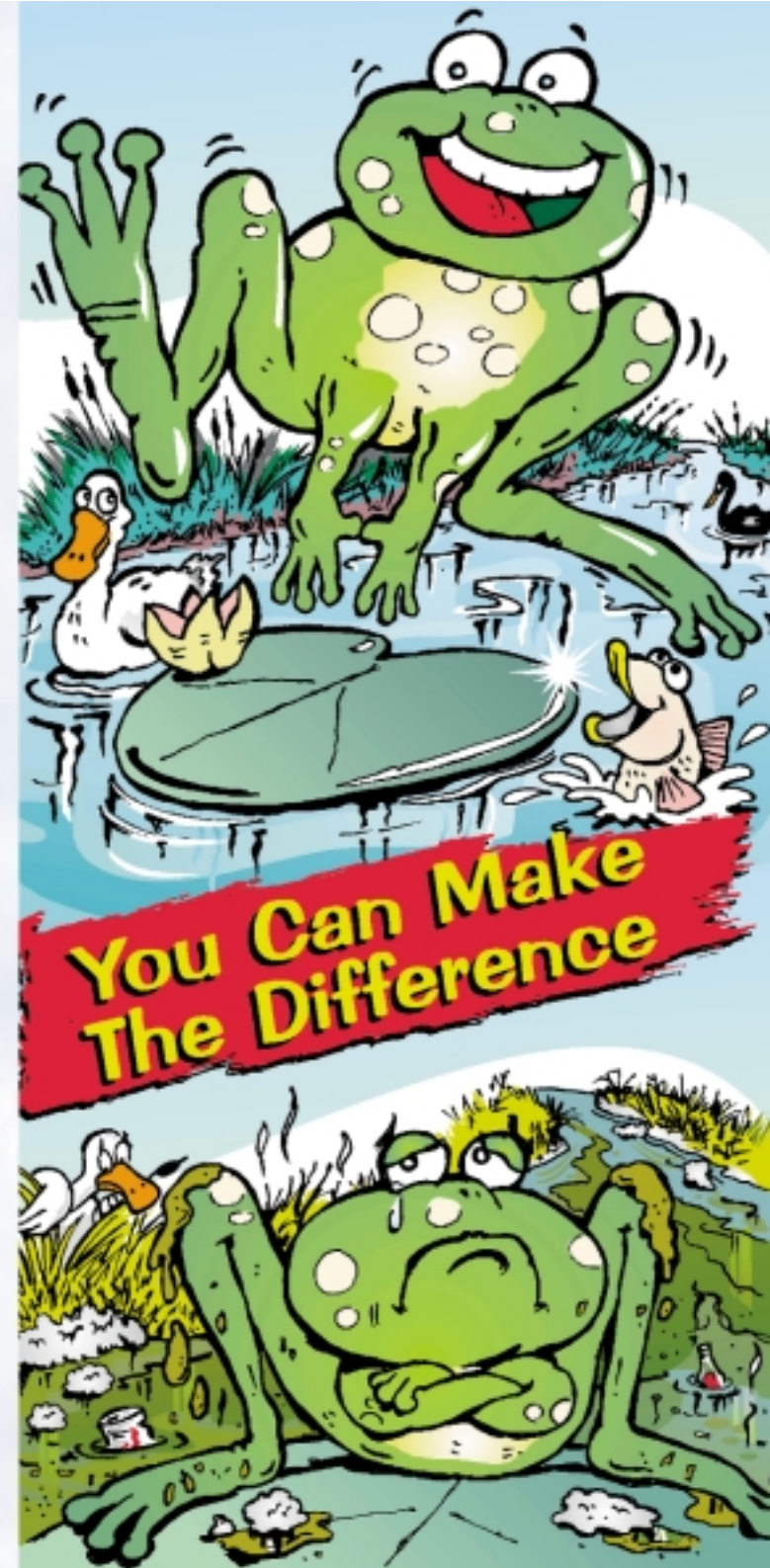


E-mail: [srt@wrc.wa.gov.au](mailto:srt@wrc.wa.gov.au)  
 Web site: [www.wrc.wa.gov.au/srt](http://www.wrc.wa.gov.au/srt)



CITY OF CANNING

Printed on recycled paper  
 March 2001





## OUR RIVERS ARE IMPORTANT

**"Rivers are very important to everybody and you can have lots of fun on them."**

**R**ivers provide us with food – fish, crabs and prawns.

**I**n winter the river is used for the Avon Descent

**V**ery important water comes from dams and rivers.

**E**very day the river is used to transport people.

**R**ivers provide shelter for fish, tadpoles and frogs, and a habitat for water life.

**S**wans and other birds make the river their home.

**"Enjoying a picnic lunch while the fish aren't biting."**

**"Relaxing with a candle light cruise."**

**"If waterways are clean and healthy it may give many animals a chance to survive."**



## CAUSES OF WATER POLLUTION

**"Pollution prevents people from using and enjoying the water for recreation."**

**"There are so many causes of pollution in the rivers it would take around ten pages to name them. I'm just going to name a few."**

- ✗ Industrial wastes
- ✗ Oil and chemical spills
- ✗ Sewage spills
- ✗ Litter washed into drains by rain
- ✗ Animal wastes
- ✗ Fertiliser and agricultural chemicals washed or blown from farmlands
- ✗ Rubbish thrown into our rivers
- ✗ Excess nutrients especially nitrogen and phosphorus that make algae grow

**"So of course we have to stop all of this pollution otherwise we'll end up paying the price."**



## WHAT YOU CAN DO

**"Ways to help the environment in your day to day activities."**

- ✓ Don't tip paint or chemicals down the drain - they can end up in the river and kill fish and other wildlife
- ✓ Find out from your local Council where to recycle and dispose of wastes properly
- ✓ Use biodegradable materials and phosphorus free detergents
- ✓ Check that your septic tank does not have a leak
- ✓ Don't put hazardous chemicals in the bin
- ✓ Dispose of rubbish carefully, especially plastic - it could become a trap for wildlife
- ✓ Keep garden plants, clippings and aquarium plants away from rivers and wetlands - they could become invasive weeds
- ✓ Use slow release fertiliser – too much fertiliser encourages the growth of algal blooms
- ✓ Wash your car on the lawn - it saves water and stops detergents and chemicals going down the drains
- ✓ Use less water on the garden and water early in the morning
- ✓ Use local plants that belong in the area where you live – natives grow best and provide happy habitats for local birds and other animals
- ✓ Put a frog pond in your garden - frogs eat the bugs, and you can cut down on pesticide usage
- ✓ Pick up rubbish around the river and from the water
- ✓ Pick up your dog poo and put it in an appropriate worm farm or in your rubbish bin

**"If you think of any more, add them to the list."**

