

# Training Environmental Stewards from Mountains to Ocean

A Water Quality Training Curriculum



*Protecting  
water in our forests,  
farms, cities and backyards*



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*Applying knowledge to improve water quality*

# National Water Program

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## Training Environmental Stewards from Mountains to Ocean

# Introduction

### Purpose Statement

*To provide a coordinated approach for training volunteers about preserving water quality and quantity across a diversity of land uses, particularly those that you would experience when traveling from the ridge of the Cascade Mountains to the shores of Puget Sound and the Pacific Ocean.*

Our goal is to train volunteers as “natural resource stewards”. This document is a water quality volunteer training curriculum designed to teach sustainable land-use practices that reduce human impacts in the Pacific Northwest. It may be used as a stand-alone course, or modules may be integrated into existing volunteer training programs such as Master Gardener, Extension Watershed Steward, Beach Watcher, or Extension Livestock Advisor programs. Extension Faculty members have developed this curriculum in cooperation with regional experts, and with funding from USDA-CSREES. It has been piloted in several WSU Extension programs and is available for use throughout the Pacific Northwest.

### How to Use this Curriculum

The curriculum is divided into 6 separate modules. Each module can stand alone as an individual presentation, or the curriculum may be used in its entirety to deliver a complete water quality stewardship training.

**CD Contents:** In addition to the files in their original formats (PowerPoint, Word, etc.), the CD contains each module in PDF format for ease of printing. The PDF files are formatted for double-sided printing. When printing the curriculum in its entirety, it is suggested that binder divider tabs be used to separate each module, to facilitate navigation.

**Organization:** Each module may contain the following sections:

1. Cover Page
2. Title Page: learning objectives, table of contents
3. Presentation Outline: overview of topics covered in the presentation
4. Presentation Slides and Speaker Notes (PowerPoint)
5. Handouts

6. Classroom Activities: activities to be completed in-class
7. Homework Assignments: activities to be completed at home
8. Optional Activities: activities to build on main concepts, such as field trips
9. Resource List
10. Additional Reading Materials
11. Participant Evaluation

**Presentation:** The presenter is encouraged to read through each module before presenting to select the module components appropriate for his or her audience.

- The title page of each module contains a list of activities, and an estimated time needed to complete each activity. Depending on the components selected, a class/presentation can take 1 hour to 8 hours.
- These materials were developed with an emphasis on local conditions in King County Washington, but the concepts are universal. The presenter is encouraged to alter examples within presentations, activities and assignments as needed to make them relevant to the local conditions of the audience.

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