A healthy stream is dynamic and complex with bends, turns, side channels, and plenty of overhanging plants and trees. The system is always changing and it includes interactions with living things and the non-living environment. Connections to forests, wetlands, floodplains, and groundwater help moderate the flow of water while providing a steady supply of leaves, bugs, wood, nutrients, and more to a stream.

**ROCK BERMS**
Slow the water, create pools, and trap gravel for spawning.

**STREAMSIDE VEGETATION**
Provides cover in addition to shade for temperature regulation. In autumn, leaves drop into the stream and eventually provide food for invertebrates that are eaten by fish.

**ROOT WADS**
Provide shade, cover, and resting areas; also produce spot scouring.

**COVER LOGS**
Provide shade, cover, and resting areas; also produce spot scouring.

**AREAS OF RIP RAP (ROCKS AND VEGETATION)**
Protect banks from erosion.

**ROCK WING DEFLECTORS**
Redirect water flow, cause gravel deposition, and create pools, pocket water, and resting areas.

**SHADE PLANTINGS**
Provide shade for water temperature regulation and food for invertebrates when leaves fall.

**COVER TREES**
Provide shade, cover, and resting areas; also produce spot scouring.

**LOG SILLS**
Trap gravel for spawning and create pools and cover.

**BOULDER CLUSTERS**
Change the stream’s flow pattern and provide cover and pockets of diverse habitat.

**POOLS**
Provide resting areas.

**GRAVEL BARS**
Provide spawning habitat.