



## Camp Cody Youth & Water Bars Protect Lake Health

Camp Cody, located on Ossipee Lake in Freedom, has all the usual summer camp activities – boating, creative arts, team sports, and more. The camp also has some erosion problems, so, during the summer of 2016, campers had an opportunity to get involved in a different type of activity. They had a hands-on experience learning one way to help prevent erosion and protect the clean water of Ossipee Lake.

### The Problem

Just as campers follow trails to the waterfront, so do rivulets of water when it rains. As the water flows down the path or road, it loosens and erodes sand and soil. One resulting problem is obvious: the path may become unstable or unusable and need repair. Another problem often happens when the flowing water carries the sand and soil into a water body such as Ossipee Lake – water pollution. The sand and soil may contribute to unhealthy lake water by delivering excessive nutrients that stimulate the overgrowth of water plants. That overgrowth of plants such as algae and common water weeds may make the water toxic, cloudy, or choked with too much vegetation. See the chart below for a step-by-step description of how this occurs. Additionally, the sediment itself may stay suspended in the water making it cloudy and a poor habitat for fish, or the sediment may settle on the bottom suffocating critters that live there.

### Water Bars & Campers to the Rescue

To help prevent this chain of events at Camp Cody, Corey Lane of the Green Mountain Conservation Group partnered with the New Hampshire Charitable Foundation, Camp Cody, and Soak Up the Rain NH to install a set of water bars. Jessica Starkman, Assistant Director of the camp, orchestrated the installation on a beautiful day in September 2016. First, the water bars were constructed by the camp's



Camp Cody campers and counselors digging a trench for one of the two water bars installed to prevent runoff from entering Ossipee Lake.



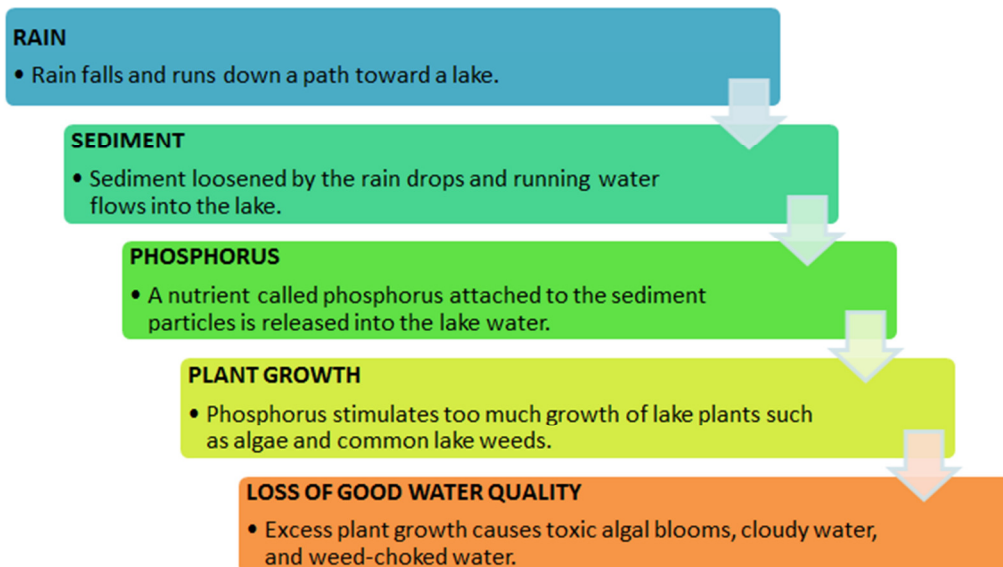
The water bar's flexible rubber material allows bikes, golf carts, and trucks to drive over it, bending back into place to stop the flow of water down the path toward Ossipee Lake

maintenance department by sandwiching strips of used conveyor belt material between two pieces of lumber. Then the bars were installed by hard-working groups of campers and counselors taking turn digging trenches, fitting the bars in place, and hauling stone to backfill the bars.

### Success

The result was exactly what was needed to help address the erosion issue: two water bars installed along a well-used path to the lake. Water flowing down the path hits the water bars and is directed off the path into the vegetation. This prevents the water from continuing down the path toward Ossipee Lake. This in turn helps prevent sand, sediment, and nutrients from entering the lake protecting the clean, clear water enjoyed by the campers and wildlife.

### THE RAIN WATER / PHOSPHORUS CONNECTION



*For more information about how runoff from rain storms can affect lakes and other bodies of water – and to learn ways you can help – visit our website [Soak Up the Rain NH](#).*