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# HELP KEEP THEM BEAUTIFUL



**Freshwater ponds - clear water, sandy bottoms, tree-lined shore, inviting water temperatures: perfect for an enjoyable swim or a relaxing canoe ride - perfect for the whole family's recreation.**

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## Take only memories, leave only footprints.

Please leave the pond cleaner than when you arrived. Use waterproof sunscreen. Put garbage in garbage cans, or carry it away with you. Cigarette filters, band-aids, and diapers last for years. Broken glass and fishhooks are safety hazards. Wildlife can ingest fishline, plastics, and other discarded materials that will harm them.

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## Use established paths.

Use stairs or designated trails where they exist. If you hike parallel to a shoreline, keep back from it. Stay off steep banks and vegetation. Foot traffic kills the grasses and shrubs that keep the sloping shoreline stable. Runoff from rainfall can further erode damaged slopes. Motorized vehicles are prohibited including boats, mopeds, motorcycles, and ATVs.

## Use restrooms and leave your dog at home.

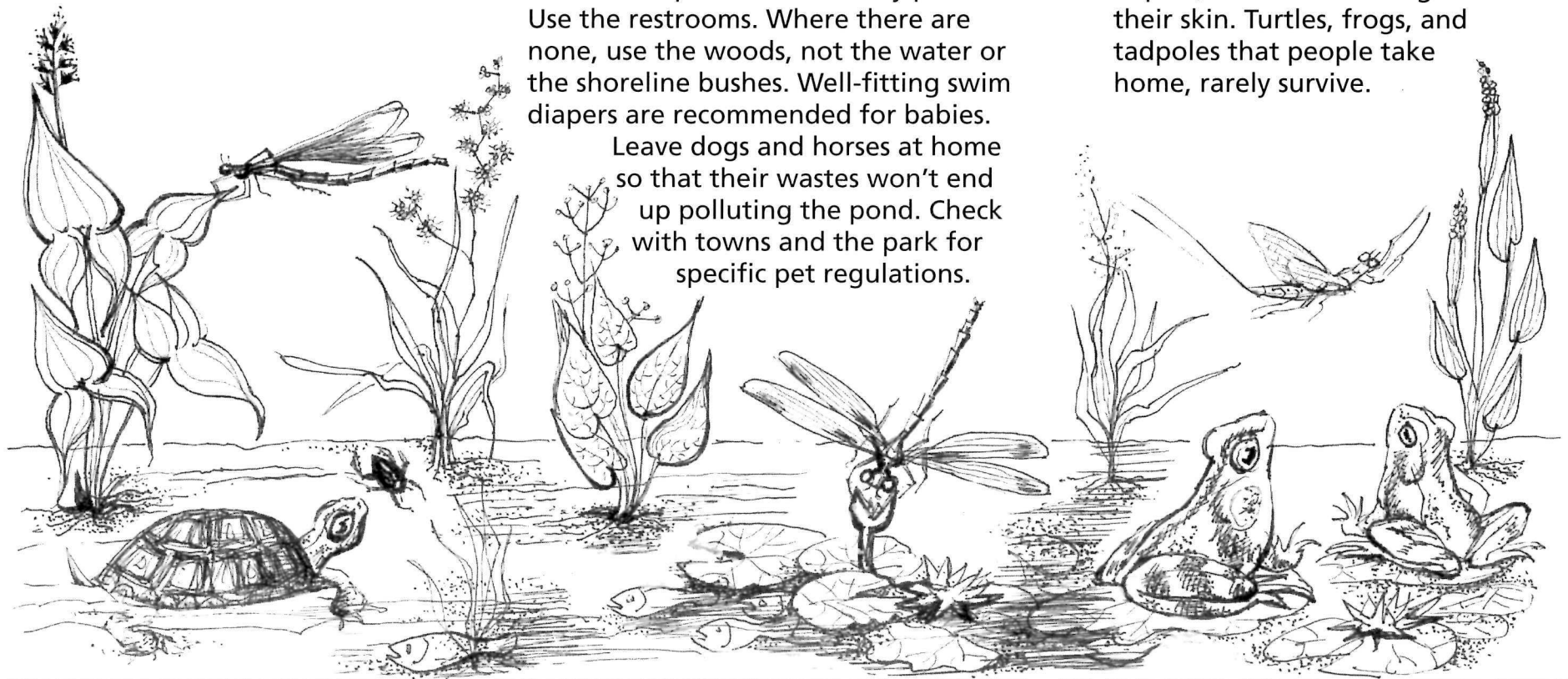
Human and animal waste can turn a clear kettle pond into a murky pool. Use the restrooms. Where there are none, use the woods, not the water or the shoreline bushes. Well-fitting swim diapers are recommended for babies.

Leave dogs and horses at home so that their wastes won't end up polluting the pond. Check with towns and the park for specific pet regulations.

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## Ponds are home to more than people.

Enjoy and explore through observation - without handling plants and animals. Do not pick plants: some are rare, all have limited numbers. Please leave pond animals in their homes and natural settings. Frogs that are repeatedly captured can die of exhaustion. Squeezing a frog or tadpole can damage organs and cause death. Aquatic animals can suffocate in a net, bucket, or dug-out hole. Sunscreen and insect repellent on hands can harm animals that, in part, "breathe" through their skin. Turtles, frogs, and tadpoles that people take home, rarely survive.

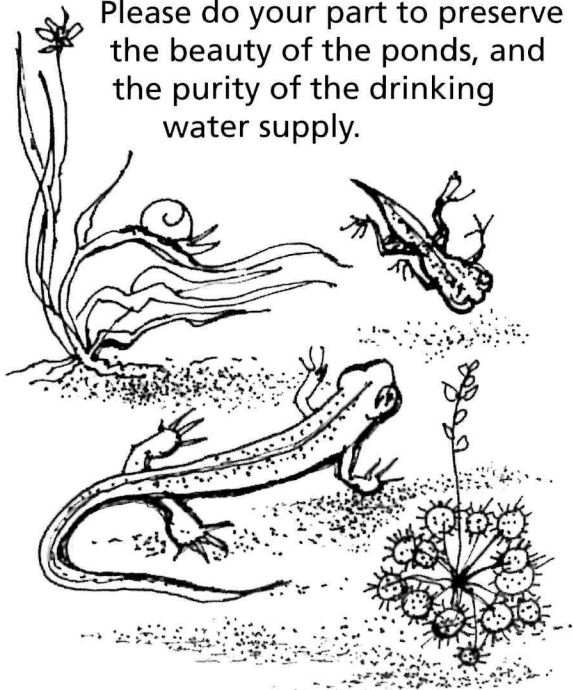


Thousands of years ago, huge ice chunks that broke from a melting glacier were surrounded in accumulating sand left by subsiding melt-water. When the ice chunks melted, they created holes. These are called "kettles." Ponds formed in kettles that were deep enough to intersect groundwater.

You can think of the ponds of Cape Cod as open wells. Any tap water that you drink on Cape Cod originated as groundwater - it is our sole source of drinking water.

Unlike the water in a river basin or other flowing system, the water in Cape Cod ponds has a long "residence time" - perhaps ten years or more. Anything added to one of the ponds stays in the water for a long time.

Please do your part to preserve the beauty of the ponds, and the purity of the drinking water supply.



## SAVE OUR PONDS

Although the shorelines of ponds may be privately, town, or federally owned, the water itself is a public resource. We can all work together to preserve the pond environment for the future by following the suggestions outlined in this brochure.

You can also take steps at home that will help preserve your community's drinking water quality.

- ❖ Consider reducing the area that you keep as a lawn, and practice sustain-able lawn care through the use of natural fertilizers and pest control products. Water deeply, and less frequently. Maintain a higher grass height which helps reduce weed growth. Taller grass requires less watering.

- ❖ Consider reducing and eliminating the use of hazardous products in your home. A variety of natural cleaning and household products are available.

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