### Lake Montclair

# Water Quality Testing, Assessments and Advisories

Dated: December 2024

Water Quality is perhaps the most important concern for management of Lake Montclair. Ongoing monitoring and assessment activities of Lake Montclair and Powells Creek Watershed ecosystem will provide information vital for evaluating water quality to decide whether the lake is safe for swimming, fishing, boating and other uses. This document serves as a guide for the Montclair Property Owners Association (MPOA) Management Staff and Lake Management Committee in assessing water quality compared to E coli and Harmful Algae Blooms.

Testing goals include:

- Provide information to advise Montclairions on water quality issues that could affect their health.
- Sustain water quality and healthy aquatic biological communities.
- Monitor water quality and provide reporting to better enable timeliness of actions.
- Provide information for community engagement, notification, and education related to lake issues.

# Escherichia Coli (E. Coli)



E. Coli bacteria is found in the environment, foods, and intestines of people and animals. E. Coli are a large and diverse group of bacteria. Although most strains of E. Coli are harmless, others can make people sick. Some kinds of E. Coli can cause diarrhea, while others cause urinary tract infections, respiratory illness, pneumonia, and other illnesses.

All warm-blooded animals have E. Coli living in their lower intestines and found in their feces. While E. Coli is not likely to cause illness on its own, it is easy to detect in the lab, making it a useful biological indicator of contamination. If a water sample has high concentrations of E. Coli, other more dangerous and infectious organisms may be present. While most E. Coli strains are harmless, their presence can mean that illness-causing pathogens are also present.

Because of the risk posed to public health, one of the primary reasons for beach closures is when elevated levels of E. Coli are detected. Those who are most at risk of developing illness are children, the elderly, and people with compromised immune systems. Healthy individuals who get an infection will normally not develop serious problems and recover on their own with rest and drinking plenty of fluids. Unfortunately, those at higher risk can develop more severe illnesses.

## E-COLI TESTING AND ADVISORY PROCEEDURES

Surface water testing for E-Coli is conducted weekly at all three of Montclair's beaches during the summer swimming months. Past testing has shown overall good conditions. MPOA contracts for water testing at beaches to examine the level of fecal coliform and to assess impact on the health of swimmers; long term trends of fecal coliform count at each beach and causes and potential actions to correct issues stemming from fecal coliform. The Table below shows results of those tests conducted during the 2024 swimming season. Results were recorded using one 100 ml sample from each beach evaluated for counts of fecal coliform.

Surface Water	Testin	g for E-C	Coli Te	esting Con	ducte	d by Joii	ier Lab	during	g
2024 Swimming Seasons									
MONIA PLA		4 11	1.	225/100	1.0		,	•	

MPN 3-dilutions - Acceptable readings 235/100ml for single sample maximum and 126/100 ml monthly average limit

Date	Beaver Landing (MPN/100ml)	Dolphin Beach (MPN/100ml)	West Beach (MPN/100ml)	Day Air Temp F	Night Air Temp F
5/13/2024	8	18	12	76	52
5/21/2024	6	23	7	82	63
5/28/2024	36	121	39	82	65
6/4/2024	291	2,420	4	88	70
6/6/2024	22	238		86	75
6/11/2024	8	5	22	75	64
6/18/2024	17	23	6	93	75
6/25/2024	12	210	6	92	70
7/1/2024	238	7	7	81	65
7/16/2024	8	727	12	103	80
7/18/2024		10		88	76
7/19/2024	11	8	9	89	75
7/23/2024	40	196	145	89	73
7/30/2024	8	131	29	88	75
8/6/2024	8	770	20	92	79
8/7/2024		4		89	77
8/13/2024	6	3	19	85	69
8/20/2024	3	< 1	50	75	52
8/27/2024	61	38	63	92	63

Montclair's monitoring program uses the U.S. Environmental Protection Agency standard, which triggers short-term swimming advisories when bacteria levels exceed 235 Most Probable Number (MPN). The "Advisory" standard of 235 MPN /100 mL (E. Coli in water) was adopted based upon data

from three EPA studies. These studies show that E. coli and/or Enterococci are the best bacterial indicators to assess the risk of getting a gastrointestinal illness because of using recreational waters.

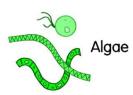
With E. coli count under 235 MPN/100 mL, the beach has no advisories or warnings issued. Once the E. coli count is greater than 235 MPN/100 mL management will issue an advisory. Once a reading is reported more than 235 MPN organisms per 100ml sample management will order more testing and lift advisories once samples are below 235 MPN.

Daily removal/disposal of goose droppings and pet waste from beaches during the beach season is conducted to reduce the E-coli counts. Goose droppings are the main contributor to higher levels of E-Coli in the lake, creating human health hazards, aesthetic losses, & property damage.

## Sample Swim Advisory

Caution: Water Quality Advisory. Increased risk of illness may be present based on recent monitoring for E Coli bacteria. Swim at your own risk. For your safety: Do not ingest lake water, Shower after swimming, Wash hands before eating and do not swim if you are ill.

# **Algae**



Algae are naturally microscopic organisms that are found in freshwater lakes including Lake Montclair. Many are beneficial because they are major producers of oxygen and food for many of the animals that live here. Most algae do not harm people, wildlife, or the environment.

But some types of algae can be dangerous. Some algae species may multiply rapidly when environmental conditions are favorable. The excessive number of algal cells in the water results in what is called algal bloom. Bloom often (but not always) results in a color change in the water. Most algal bloom. are not harmful, but some can affect fish, birds, mammals, including pets and humans. A large, often considered excessive, growth of algae on or near the surface of water, because of an oversupply of nutrients is known as Harmful Algal Blooms (HABs).

# **Cyanobacteria**

Cyanobacteria, or blue-green algae are single-celled organisms that naturally exist in fresh waters. They use sunlight to make their food. When there are a lot of nutrients available in the water, the bacteria can grow rapidly or "bloom" to form a visible film or scum on the surface of the water. This is more likely to occur in warm spring and hot summer months, however, unseasonably warm

temperatures in fall and winter can produce blooms. Cyanobacterial blooms are often green or blue green in color but not always.

The development and proliferation of algal blooms likely result from a combination of environmental factors including available nutrients, temperature, sunlight, ecosystem disturbance (stable/mixing conditions, turbidity), hydrology (flow and water storage levels) and water chemistry. However, the combination of factors that trigger and sustain an algal bloom is not well understood and it is not possible to attribute algal blooms to any specific factor.

### **Algae Actions Taken**

In the summer of 2021 lake Montclair experienced Harmful Algal Blooms (HAB). Lab testing results confirmed excessive cyanobacteria. 08/31/2001 lab test. Since then, testing at the three beaches has been routinely tested prior to Memorial Day and up until Labor Day during the swimming season. These samples are taken by MPOA management and sent to SePRO Labs for testing and analysis reporting.

In 2024 Lake Montclair is experienced elevated levels of harmful Algae. Lab testing results confirmed harmful cyanobacteria. Some test results have found two HABs, and the total of both readings determined the alert index. Evaluate results from 5/142024 and 5/16/2024 were extreme where scum/mats were found.

Lake Montclair - Hazardous Algae Test Results							
YEAR	Date	HAB Identification	1- Dolphin Beach	2- West Beach	3- Beaver Landing	Day Air Temp F	Night Air Temp F
2024	5/14/2024	Aphanizomenon	107,100	109,200	134,200	68	61
2024	5/16/2024	Aphanizomenon	101,900	146,500	142,700	81	59
2024	5/16/2024	Cyclotella	970	2,600	1,200	81	59
2024	5/28/2024	Aphanizomenon	3,100	34,200	48,000	82	65
2024	5/28/2024	Dolichospermum	42,900	61,800	33,600	82	65
2024	6/10/2024	Aphanizomenon	49,800	41,300	27,200	84	61
2024	6/24/2024	Aphanizomenon	8,200	5,700	5,400	92	70
2024	7/8/2024	Aphanizomenon	24,200	42,800	33,300	94	75
2024	7/22/2024	Aphanizomenon	12,400	9,800	16,200	95	76
2024	8/5/2024	Aphanizomenon	64,200	97,800	20,100	92	74
2024	8/20/2024	Aphanizomenon	52,300	74,500	51,900	77	59

Once algae test results reach moderate and elevated levels of exposure risk MPOA management posts signs at all three beaches.



The type of test completed are Algae Identification Panels. The results include algae identification, classification, description, and cell density found within each SePro Lab – SeSCRIPT Analysis Report.

Decisions concerning the beaches are based on the type of algae and the cell density (cells/mL). Following Virginia Department of Health criteria on cyanobacteria, MPOA management issues advisories for the beaches.

## HAB TESTING AND BLOOM ADVISORY PROCEDURES

Maintaining transparency and trust of the Montclair Community is vital. If a cyanobacteria bloom is known to be present residents need to be made aware of this issue, as well as the possible health risks that exposure occur (that they may produce toxins, etc.).

Observation data includes visual and basic observations such as weather condition, color, turbidity and presence/absence of algal scums and mats. Also - is aquatic life (fish, macroinvertebrates, etc.) present. Collecting visual observations and water chemistry data at least weekly will help with tracking seasonal/trend conditions in the waterbody.

Understanding when the lake gets to best conditions to support algae blooms is key. Cyanobacteria tend to like consistently warm temperatures. Blooms tend to become more stable from July-August because nightly temperatures aren't dropping too low in the summer evenings. The conditions within each cove may be vastly different from the large lake body. Conditions in the morning, afternoon, and evening can differ widely. A bloom visible in the morning may dissipate by afternoon.

Identifying cyanobacteria requires lab analysis. Samplings are taken every two weeks at the onset of an Algae bloom which is consistent with VDH recommendations. VDH advisories in VA are issued due to elevated cell counts, not elevated toxins. Samples are collected, packaged, and shipped

overnight to the lab. The analysis report can take up to (3-4 days) to complete. Lab turn-around times are important when results are needed to make informed decisions.

Once a bloom is set up and becomes consistent and the presence of scum areas in excess an advisory will be issued. Scum is dead HAB that has risen to the surface is giving off toxics and should be completely avoided. Animal mortalities or extensive toxigenic scums, if present, indicate a continued risk of human HAB exposure.

Once an advisory is issued, then sampling will be conducted to lift the advisory and decide when it is safe to enter lake waters and swim in the lake. Two consecutive sample events, with acceptable Cyanobacteria levels of cell counts at least 10 days apart which indicate total PTOX taxa densities are below advisory thresholds will be used to determine when to lift an advisory.

Well established blooms in July/Aug commonly persist into the fall months. Weather events can change water conditions of the bloom.

Sample testing will not extend beyond Labor Day.

By 1 October, the advisories will be lifted, even if prior sample results show thresholds are exceeded. HABs may continue beyond the recreational season, therefore public messaging and outreach should clearly indicate that while advisories are lifted, the risk of human HAB exposure may continue, especially for those who engage in activities likely to result in accidental ingestion within the waterbody.

Laboratory services are provided by SePro. See the collection procedures document provided below. Water samples will be collected and shipped to SePro labs per instructions. The goal is to issue advisories and drop advisories based on correct information. Winter is a reset for cyanobacteria, clearing the set for the next summer season.

### **Harmful Algae Bloom Advisories**

Virginia Department of Health, Guidance for Cyanobacteria Bloom Recreational Advisory Management will be used for deciding when to issue an advisory. A hybrid approach for microcystin and Microcystis has been used by VDH since 2012. This was expanded in 2018 to include cylindrospermopsin an added potentially toxigenic taxon. Below are the Cyanobacteria bloom recreational advisory thresholds using cell densities.

Metric	Concentration
Microcystis species	≥40,000 (total cells/mL)
total potentially toxigenic (PTOX)	≥100,000 (total cells/mL)
cyanobacteria taxa	

Cell counts of the Microcystis species of cyanobacteria above 40,000 will trigger an advisory. Cell counts above 100,000 of any combination of the species on VDH list below will trigger an advisory.

Virginia Department of Health list of regional potentially toxigenic (PTOX) cyanobacteria taxa based on literature reviews, other state plans, and discussions with regional partners: Anabaena; Anabaenopsis; Aphanizomenon; Chrysosporum; Cuspidothrix; Dolichospermum; Lyngbya; Microcystis; Microseira; Nodularia; Nostoc; Oscillatoria; Phormidium; Planktolyngbya; Planktothrix; Raphidiopsis; Sphaerospermopsis; Woronichinia.

### **Examples of Harmful Algal Bloom Community Notices and Updates**

Month, XX, 20XX
Toxic harmful algal bloom occurring in lake Montclair.
Public recommended avoiding water contact.
Elevated levels of toxic algae have been found in Lake Montclair. A harmful algal bloom of
is occurring in the waterbody. This type of blue-green algae produces a toxin
that can cause rashes and other illness. The Virginia Department of Health warns citizens to stay
out of the water and to keep their pets and children out as well. Due to low body weight, children
and pets are at greater risk of severe illness if the water is ingested. The lake will continue to be
checked and when the HAB levels drop below (safety thresholds) these advisories will be lifted.

Harmful algal blooms occur when warm water and nutrients combine to make conditions favorable for blue-green algae growth. The algae become so abundant that they can turn the water green or bluish-green and may produce and release toxins. Microcystin, a type of toxin which can produce blue-green algae, can develop in green, blue, or white clumps or globs on the surface of the water. It may also look like thick, green-blue paint on the surface of the waterbody.

To prevent illness, people should:

Avoid contact with any area of the waterbody where water is green, or an advisory sign is posted. Keep children and pets out of affected areas too, and quickly wash them off with soap and water after contacting algae and never drinking untreated water.

### X or TWITTER and FACEBOOK

"WARNING—Water Contact Might Cause Illness. The water at Lake Montclair holds [cyanotoxins *or* cyanobacteria] at levels that could cause harm. Do not swim.

"Lake Montclair is contaminated with [cyanotoxins or cyanobacteria]. Water samples were evaluated on [dates] for [cyanotoxin or cyanobacteria name] and show levels that may cause harm. People, and pets should avoid any contact with the water, scum, foam or algae.

### **AUTOMATED TEXT MESSAGES**

"Advisory has been posted for Lake Montclair. Levels of [cyanotoxins or cyanobacteria] at potentially harmful levels. People and pets should avoid contact with the water.



# Cyanobacteria Alert Guide

The water sample analyzed from this water body exceeded a threshold cyanobacteria level and consequently produced a SeSCRIPT Cyanobacteria Alert (Table 1). This SeSCRIPT Alert Index highlights potential risks associated with toxic cyanobacteria and provides general management options for consideration.

Table 1. Alert levels of cyanobacteria in freshwaters (modified from World Health Organization 1999).

SeSCRIPT* ALERT INDEX	EXPOSURE RISK	CYANOBACTERIA LEVELS (cells/mL)	POTENTIAL EXPOSURE RISKS
*	Low	< 20,000	Although cyanobacteria may currently be at low levels, presence is an indicator the water body may support conditions that could fuel levels of health concern for animals and humans.
**	Moderate	20,000 - 100,000	Moderate probability of short-term adverse health outcomes (skin irritations, gastrointestinal illness). Potential for long-term illness with chronic exposures.
***	High	>100,000	High probability of short-term adverse health outcomes (skin irritations, gastrointestinal illness). Potential for long-term illness with chronic exposures.
***	Extreme	>100,000 with scums/mats	High potential for significant respiratory, gastrointestinal and neurological impacts. Potential for acute poisonings. Potential for long-term illness with chronic exposures.

#### Cyanobacteria Facts

Cyanobacteria, also known as blue-green algae, are readily present in freshwaters throughout the United States. Cyanobacteria blooms often appear as bluish-green surface scums or thick mats (Images 1 and 2), although some infestations are dispersed through the water and provide slight discoloration (Image 3). With rapid growth rates under certain conditions, these organisms have the ability to achieve levels of concern in short order. Some cyanobacteria have the ability to form surface scums through buoyancy regulation and become highly concentrated in static or windblown areas of water bodies. Caution should be taken around cyanobacteria infestations to avoid exposure and resultant potential health risks.



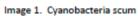




Image 2. Cyanobacteria mat



Image 3. Discolored water

#### Cyanobacteria Impacts

Cyanobacteria are capable of producing toxins that can pose significant risks to humans and wildlife. Common cyanobacteria associated toxins includes; hepatotoxins (impacts liver/kidney), neurotoxins (impacts brain), dermatitis toxins (impacts skin, digestive system) and gastrointestinal toxins (impacts digestive system). Animal mortalities from cyanobacteria toxin exposure have, in part, included: cows, dogs, pigs, and ducks (Cook et al. 1989; Mez et al. 1997; Wood et al. 2007). Human exposure is commonly from inhalation of aerosolized toxins, ingestion/consumption of contaminated water/ algae cells, or recreational skin contact with cyanobacteria infestations. A summary of toxins groups and exposure signs and symptoms is presented in Table 2. Correlations have been made between chronic cyanotoxin exposure and neurodegenerative diseases, such as ALS and Alzheimer's (Bradley & Mash 2009), and human mortalities have been observed (Carmichael 2001) in extreme exposure scenarios.

Table 2. Partial summary of cyanobacteria toxin types and associated exposure signs and symptoms (modified Codd et al. 1999; WHO 1999; Graham 2007, Jewet et al. 2008).

Toxin Group	Toxin Name	Exposure Signs & Symptoms		
Hepatotoxins (liver/kidney)	Microcystins Nodularins Cylindrospermopsin	Numbness of lips, tingling in fingers/toes, dizziness, headache, diarrhea, jaundice, shock, abdominal pain/distention, weakness, nausea/vomiting, severe thirst, rapid/weak pulse, acute pneumonia		
Neurotoxins (brain)	Anatoxins Saxitoxins β-Methylamino-L- alanine	Tingling, burning, numbness, drowsiness, incoherent speech, paralysis, weakness, staggering, convulsions, difficulty in breathing, vomiting, muscle twitching, gasping, backward arching of neck in birds, and death		
Dermatitis/Gastrointestinal toxins (skin/digestive)	Aplysiatoxins Lipopolysaccharides Lyngbyatoxin	Rash, redness, burning, skin irritation, acute dermatitis, hives, blisters, abdominal pain, vomiting, diarrhea		

#### Cyanobacteria Management

Even if toxins are not at detectable levels, we cannot conclusively say there are no risks associated with cyanobacteria infestations due to, 1) the continued discoveries of new toxins and other secondary metabolites and consequent lack of knowledge regarding their toxicological effects or analytical detection, and 2) the production of toxins is intermittent (some algae may not produce today, though may tomorrow or next week). Therefore, source control of the potential toxin producing culprits (i.e. cyanobacteria) is recommended to shut off the potential toxin source, remove the exposure and offset consequent risks. Management can be proactive (phosphorus management) to prevent further growth and/or reactive (algaecides). Management programs are developed on a site specific basis by incorporating characteristics of the algae (density, structure, location etc.), characteristics of the water (nutrient levels, hardness, pH etc.) and the designed formulation of solutions (phosphorus inactivation, copper formulation, surfactant presence, etc.). See the Treatment Guidance section of your SeSCRIPT report for a customized, site-specific management program and contact your SePRO Aquatic Specialist for additional assistance.

#### References

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### **Collection Procedures**



# Algae & Water Quality Analytical Services



## **Procedures for Sample Collection & Shipment**



The following procedures are provided to ensure that algae and water collections are adequate for analysis and that sample integrity is maintained during shipment. It is critical that these steps are followed to provide accurate results.

#### Prepare Labels and Chain of Custody

Complete the Chain of Custody (COC) form online at <a href="https://sepro.com/sync/aquatics/sescript-chain-of-custody">https://sepro.com/sync/aquatics/sescript-chain-of-custody</a> for the corresponding sample including analyses requested. Write out a label for EACH sample bottle that will be used at the sample collection site beforehand. Include ECOC number on each sample label. Place label on bottles after collection procedure.

NOTE: Only use black or blue ballpoint pens or permanent marker. Other ink types can be washed away by condensation.

#### Sampling for Algae ID

- Grab one (1) 250 mL non-preserved sample bottle from your supplies. Label this bottle with the prepared label above for this sample collection site.
- 2. Triple rinse the sample bottle with water from the sample collection site.
- Fill the sample bottlewith a representative sample of water from the sample collection site. Do not overfill; fill to the bottom of the neck of the bottle.
- If sampling an algae mat, do not stuff the bottle full; take a small sample of the mat and place in water in the bottle.
- Seal the bottle well and place inside cooler on ice or with ice packs.

#### Sampling for Water Qulity Analysis

- Two (2) 250 mL plastic bottles are required for each sample collection station; one (1) preserved sample bottle and
  one (1) non-preserved sample bottle. Label these bottles with the prepared labels above for this sample collection site.
   NOTE: The preserved bottle contains sulfuric acid, which can cause burns.
- Triple rinse the non-preserved sample bottle with water from the sample collection site.
- 3. Fill the sample bottle with a representative sample of water from the sample collection site. Using appropriate personal protective equipment (gloves, safety glasses, etc.), open the preserved bottle and pour sample water from non-preserved bottle the into the preserved bottle. Do not overfill; fill to the bottom of the neck of the bottle. Seal the bottle well and place inside cooler on ice.
- Refill the non-preserved bottle with water from this same sample collection site. Do not overfill; fill to the bottom of the neck of the bottle. Seal the bottle well and place inside cooler on ice.

### Sample Shipment

- Place fresh ice packs or ice in leak-proof bags into cooler and immediately ship via Overnight Express (morning delivery please). Samples should be 39°F upon arrival to ensure sample integrity. Packages that are leaking do not get delivered to the SRTC.
- 2. FedEx is the preferred freight method. Do not ship via U.S. Mail.

### NOTE: Do not ship on a Friday.

3. Ship samples to:

SePRO Research & Technology Campus

16013 Watson Seed Farm Road Whitakers, NC 27891 E-mail: srtclab@sepro.com

#### Ouestions?

If you have questions pertaining to sample collection, please contact your SePRO Aquatic Specialist.

Always read and follow label directions. SeSCRIPT is a registered trademark of SePRO Corporation. Revised 09/22/2023.







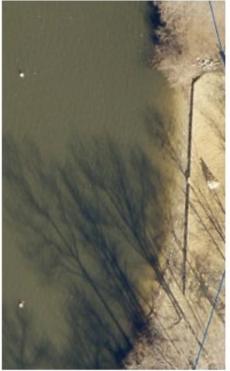
## Lake Montclair - Water Sample Field Conditions

Vionitor Name(s):Date Samples:
Vater temp
Oolphin Beach Sampling Site Water Temp:
Nas the sample taken between 9AM and 10AM? Yes No If no, what time?
Was the sample taken at a depth of 1' to 1.5'? Yes No If no, what depth?
Vas the sample taken from same location? Yes No If no, where?
What was the water conditions? Clear Green Brown
Are surface scums or mats present? Yes No f yes, What is the color of the mats? Green Blue Yellow Brown Are dead or dying animals present? Yes No Are there any unusual odors? Yes No
West Beach Sampling Site Water Temp:
Nas the sample taken between 9AM and 10AM? Yes No If no, what time?
Vas the sample taken at a depth of 1' to 1.5'? Yes No If no, what depth?
Vas the sample taken from same location? Yes No If no, where?
What was the water conditions? Clear Green Brown
Are surface scums or mats present? Yes No f yes, What is the color of the mats? Green Blue Yellow Brown Are dead or dying animals present? Yes No Are there any unusual odors? Yes No
Beaver Landing Sampling Site Water Temp:
Nas the sample taken between 9AM and 10AM? Yes No If no, what time?
Nas the sample taken at a depth of 1' to 1.5'? Yes No If no, what depth?
Nas the sample taken from same location? Yes No If no, where?
What was the water conditions? Clear Green Brown
Are surface scums or mats present? Yes No f yes, What is the color of the mats? Green Blue Yellow Brown Are dead or dying animals present? Yes No Are there any unusual odors? Yes No

# On the lake maps mark the location of harmful algae







### Other Reference links for Further Education

Centers for Disease Control and Prevention – There are articles covering blue green algae.

https://search.cdc.gov/search/?query=blue%20green%20algae&dpage=1

Intergovernmental Oceanographic Commission (UNESCO)

Harmful Algal Information

https://hab.ioc-unesco.org/?option=com content&view=featured&Itemid=100001

Solutions for managing cyanobacterial blooms: A scientific summary for policy makers.

https://oceanexpert.org/document/26293

Environmental Protection Agency - Harmful Algal Blooms (HABs) in Water Bodies

https://www.epa.gov/habs/protecting-human-health-cyanotoxin-exposure-during-recreation

Virginia Department of Health (VDH) – Harmful Algal Blooms

https://www.vdh.virginia.gov/waterborne-hazards-control/harmful-algal-blooms/

VDH- Beach Monitoring

https://www.vdh.virginia.gov/waterborne-hazards-control/beach-monitoring/

Michigan Natural Shoreline Partnership – scroll down the page to a PDF link to Natural Shorelines for Inland Lakes. This is an excellent PDF on Simple Solutions for Lakefront Property Owners.

https://www.shorelinepartnership.org/library.html