

Minding The 3 R's:

FIT EXPLORER MISSION HANDOUT, Protecting Connecticut's Coastal Resources Through Response,

YORemedianidalised Past Grounter 0!

You will perform throwing and catching techniques on one foot to improverblatance and spanial awarenesses from wintalsies expedies many negative and longities obset vaturis rabutify my rovernents are barance age a spatiar awarethes sviron ment, wildlife pecide eries, and habitat may suffer harm, beaches may be closed, and navigation may be curtailed. Dealing with harmful effects from these releases is a challenging undertaking, but federal trustee agencies, including the National Oceanic and Atmospheric Administration (NOAA), are available to assist Connecticut residents:

Trustees are stewards of the public's natural resources, designated by Congress and charged with protecting and All people need to have well-developed balance and spatial awareness. NOAA is a trustee for If not, we would all fall over constantly and have trouble walking around wetlands, multats, and coastal corners. Seeing our surroundings and being able to move around them is

important so wesde and bumpinets things and pethalith the public to provide ecological and represent With envior of a reparticipation of the investigation of the control of the contr

skined raiding to wing this ingrand sking Abalance and spatial awareness

are very comportant. Even judgoing dos astramo Bline dation diagramion Program (DARN) rendives the with co-trustees including the Connecticut Department of Environmental Protection **I**P) and the U.S. Department of Interior. The trustees also coordinate their efforts with the public and responsible darges

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would timp not be that have and spatial a Walterness of and the Comprehensive Environmental Response

Compensation, and Liability Act require responsible parties to clean up the environment after a spill or release, and also to restore those natural resources and services that were injured. Response agencies like the U. S. Coast Guard

Again metate repairements the cleanup. Natural resource

continued next page



Record observations before and after this physical experience in your Mission Journal. Gephard, CT DEP

Wrack Lines 8:1 Spring/Summer 2008

Spatial Awareness:

Knowing where you The 3 compared to you?

Being ready and able to move quickly and

It's a NASA Fact:

Running the first few days of space flight and after returning to Earth, sur lotted ting Connecticute to Course the Course to Connecticute to Course to Course the Course the Course to Course the Cours sense of balance when they return to Earth. Research scientists from Agreemediation, and Response Laboratory closely monitor the crew members, who often report difficulty walking around corners and feeling like they are Anthorym Diagrawhen they move their heads from side-to-side. Their brain has easily. Oil spills and releases of hazardota releasinch of was einformation if com the ingayes, atiny doglaroc in gains tin Coertinational resources. When oil theirzinderseats and their rive selected their rive Using voud making pay suffer harm, beroldemsy are disually no broad aftery several awark beave passed and together from these releases is a challer balance lexercises and educated to the infilment charibave yourned despressed way Administration (NOADE), extravolate fullows hich conceans the year and not be able to do some physical you waltuittees are stewards of the bublectivities like oflyces planguated be a faress and charged with protecting and

restoring natural resources in the event of an oil spill or release of hazardous substances. NOAA is a trustee for coastal resources such as estuarine and anadromous fish and their habitats, including wetlands, mudflate

'NOAA's trustee authority directs us to work on behalf of the public to provide ecological and recreational pemission de Normalie natura Satura Collina de de se of oil or other hazardous substances," Finkelstein, an environmental scientist with NOAA

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you practice this activity for improving balance and spatial awareness.

State and federal laws such as the Oil Pollution Act and the Comprehensive Environmental Response, Completentheibalance: gamerwithputsibsing would ballance the environment after a spill or release, and slso to restore those natural resources and services that were injured. Response agencies like the *V*. S. Coast Guard and the Environmental Protection Agency and state counterparts manage the cleanup. Natural resource



S. Gephard, CT DEP