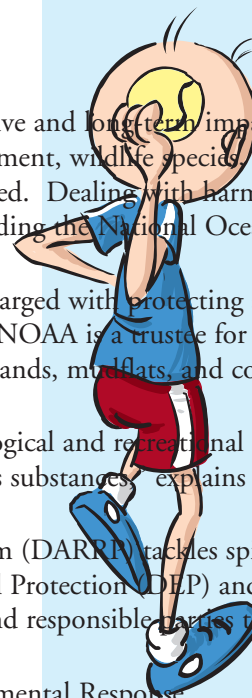


Minding The 3 R's:

FIT EXPLORER MISSION HANDOUT

Protecting Connecticut's Coastal Resources Through Response, Remediation, and Restoration!

YOU WILL BE A PART OF THE SOLUTION!



Anthony Dwarakas
You will perform throwing and catching techniques on one foot to improve balance and spatial awareness. You will also record observations about improvements in balance and spatial awareness during this physical experience in your Mission Journal.

Oil spills and releases of hazardous substances from waste sites can cause many negative and long-term impacts to coastal natural resources. When oil or hazardous substances are released into the environment, wildlife species, fisheries, 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 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, mudflats, and coastal streams. Seeing our surroundings and being able to move around them is important so we do not bump into things and get hurt.

NOAA's trustee authority directs us to work on behalf of the public to provide ecological and recreational compensation for the harm that releases of hazardous substances cause. When you are participating in athletics, especially sports such as dancing, skateboarding, bowling, diving, and skiing, balance and spatial awareness are very important. Even jumping on a trampoline or riding a bicycle requires both.

NOAA's DART (Disaster Assessment and Remediation Training) Program (DART) tackles spills and restores sites with co-trustees including the Connecticut Department of Environmental Protection (DEP) and the U.S. Department of Interior. The trustees also coordinate their efforts with the public and 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 and the Environmental Protection Agency and state counterparts manage the cleanup. Natural resource

continued next page



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

Knowing where you

Minding

Agile

Being ready and able to move quickly and easily. Oil spills and related

Coordination:

Using your muscles

together to move effects from the

your body the way

you want it to.

Trustees are stewards of the public's natural resources, designated by Congress 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, mudflats, and coastal streams.

“NOAA’s trustee authority directs us to work on behalf of the public to provide ecological and recreational compensation for the impact of natural resources following a release of oil or other hazardous substances,” explains Ken Finkelstein, an environmental scientist with NOAA.

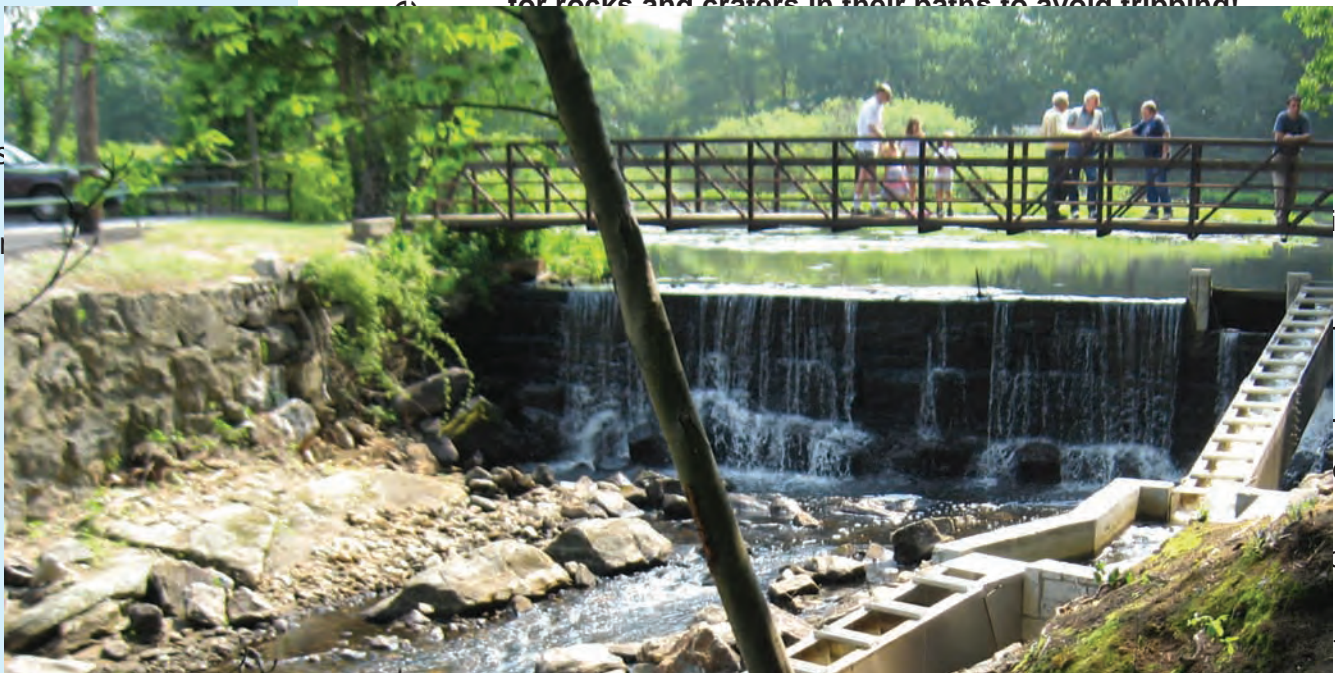
Complete the practice of throwing and catching the tennis ball for 60 seconds without reaching your hand out to an object or touching your other foot down.

Look in a mirror or have another student watch you to check for accuracy as you ensure the protection and restoration of the injured natural resources.

State and federal laws such as the Oil Pollution Act and the Comprehensive Environmental Response, Compensation, and Liability Act require companies 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 and the Environmental Protection Agency and state counterparts manage the cleanup. Natural resource

styli

- While exploring, astronauts must watch out for rocks and craters in their paths to avoid tripping! *continued next page*



to increase the difficulty.

S. Gephard, CT DEP