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<p>H Swimming Mayfly Nymph</p>  <p>up to 11mm</p> <p>3 tails, torpedo shaped body. Swims rapidly through water. Row of gills down each side of body.</p>	<p>D Squat Mayfly Nymph</p>  <p>up to 7mm</p> <p>3 tails, 6 legs. Similar to swimming mayfly but often has silt/sediment coating giving a scruffy appearance.</p>	<p>H Flattened Mayfly Nymph</p>  <p>up to 16mm</p> <p>Flat with moon shaped head. 6 legs and 3 tails. Crawls rather than swims.</p>	<p>D Burrowing Mayfly Nymph</p>  <p>up to 40mm</p> <p>6 legs and 3 tails. Long brown body with 2 rows of feathery gills along its back.</p>	<p>C1C2 Damselfly Nymph</p>  <p>up to 30mm</p> <p>3 flattened tails. Body moves from side to side when swimming. Usually green or brown.</p>	<p>C1C2 Dragonfly Nymph</p>  <p>up to 70mm</p> <p>3 short tails (prongs) & 6 legs. Crawls.</p>	<p>H Stonefly Nymph</p>  <p>up to 30mm</p> <p>6 legs & 2 long tails. Crawls slowly. Gills not usually obvious.</p>
<p>C1HD Cased Caddis Larva</p>  <p>up to 55mm</p> <p>Lives in a case of sand, stones, twigs, pieces of leaf. Crawls, dragging its case.</p>	<p>C1 Caseless Caddis Larva</p>  <p>up to 26mm</p> <p>6 legs. Usually a dark head and a paler body. 2 small hooks at the end of the tail.</p>	<p>C1C2 Alderfly Larva</p>  <p>up to 40mm</p> <p>Long gills trail from side of body. Stout brownish body with a single tail.</p>	<p>D Blackfly Larva</p>  <p>up to 15mm</p> <p>End of body swollen. Moves by 'looping'. Often attached to stones by a sucker.</p>	<p>C1 Cranefly Larva</p>  <p>up to 30mm</p> <p>Grey, maggot-like appearance.</p>	<p>HD Non-biting Midge</p>  <p>up to 20mm</p> <p>(Blood worm). Bright red or green. Swims by flicking its body in a figure 8 shaped movement.</p>	<p>D Worm</p>  <p>up to 40mm</p> <p>Like a small earthworm. Dull, reddish brown colour.</p>
<p>D Rat-tailed Maggot</p>  <p>up to 55mm</p> <p>Grey, fat body and very long tube to breathe air at the water's surface.</p>	<p>DC1 Flatworm</p>  <p>up to 40mm</p> <p>Very flat. Sometimes has 'horns' or eye spots. Glides over stones.</p>	<p>C1 Leech</p>  <p>up to 30mm</p> <p>Segmented body with a sucker at each end. Moves by looping or swimming.</p>	<p>H Water Snail</p>  <p>up to 50mm</p> <p>Hard shells which may be coiled or spiral. Many types.</p>	<p>H Freshwater Limpet</p>  <p>up to 20mm</p> <p>Small cup-like shell which is steeper on one side than the other.</p>	<p>D Pea Mussel</p>  <p>up to 715mm.</p> <p>White/grey shell, hinged on one side - a bit like a seaside cockle shell.</p>	<p>C1C2 Water Beetle</p>  <p>(variable size)</p> <p>Hard wing covers, meeting in a line down the back. Beetle-like appearance. Swim or crawl. Many types.</p>
<p>C1C2 Water Boatman</p>  <p>up to 17mm</p> <p>Back 2 legs enlarged to form paddles. Swims rapidly through the water.</p>	<p>C1C2 Pond Skater</p>  <p>up to 18mm</p> <p>Black body. Skates on the water surface.</p>	<p>D Water Hoglouse</p>  <p>up to 12mm</p> <p>Greyish-brown, flat, like a woodlouse. Crawls.</p>	<p>D Freshwater Shrimp</p>  <p>up to 20mm</p> <p>Swims on its side very quickly. Colour varies from reddish to grey.</p>	<p>C1 Water Mite</p>  <p>up to 3mm</p> <p>Round body. Spider-like. Swims rapidly. Very small.</p>	<p>FEEDING LEVELS KEY:</p> <p>D - Detritivore</p> <p>H - Herbivore</p> <p>C1 - First order carnivore</p> <p>C2 - Second order carnivore</p>	