

FIT Count checklist

When should I do a FIT count?

A Flower-Insect-Timed (FIT) Count can be carried out between 7 am and 6pm all year around, as long as it is not raining and the following conditions are met:

Temperature, cloud cover and windspeed

- If sunny and sky is clear (less than half cloud) the minimum temperature for a count is **13 C**
- If sky is cloudy (half cloud or more) the minimum temperature for a count is **15 C**
- **Do not record if it is more than 30 C as it will be too hot for the insects and you!**
- Wind speed must not exceed force 5 on the Beaufort scale (see below)

Beaufort scale with speeds in miles per hour and kilometres per hour

Wind force	mph	km/h	Description	Specifications on land
0	0-1	0-1	Calm	Smoke rises vertically
1	1-3	1-5	Light air	Slight smoke drift
2	4-7	6-11	Light breeze	Wind felt on face & leaves rustle
3	8-12	12-19	Gentle breeze	Leaves and twigs in constant motion
4	13-18	20-28	Moderate breeze	Raises dust and small branches move
5	19-24	29-38	Fresh breeze	Small trees in leaf begin to sway
6	25-31	39-49	Strong breeze	Large branches move and trees sway

Which flowers do I count?

Counting the flowers

To get an idea of the amount of flower resources in the area you are surveying we ask you to give counts of the number of target flowers **within the 50x50 quadrat** using the following number categories:

1-5 6-20 21-50 >50

Depending on the plant species you will record the number of target flowers using different units as follows:

Individual flowers  Flower heads  Flower umbels  Flower spikes 

In addition, we also ask you to record how much of your 50x50 quadrat the target flower covers. As with the above count of flowers, this is for flowers of your target flower species only. Do the target flowers:

Less than half the quadrat  About half the quadrat  More than half the quadrat 

Finally, we ask you to record whether your target flowers within the quadrat are growing:

- Within a larger patch of flowers all of the same species
- Within a larger patch of flowers of different species
- In an isolated patch that does not extend beyond your quadrat

Target flower species

Below is a list of some of the more common flower species to target for FIT counts (with their flower units). More detailed information on this can be found in the *FIT Count target flower guide* which can be found on the PoMS-Ký website and provides a much greater list of potential target flower species.

Common name	Cypriot name	Latin name	Status	Flowering from	Flowering to	Flower type
Chrysanthemum	Χρυσάνθεμο	<i>Glebionis coronarium</i>	Native	Jan	Dec	Flower head
African Boxthorn	Φραμός, Αρκοτομοσθικά	<i>Lycium ferocissimum</i>	Non-native	Jan	Dec	Ind. flower
Tree Tobacco	Γιατρός	<i>Nicotiana glauca</i>	Non-native	Jan	Dec	Ind. flower
Common Winter-Cherry	Μερτζανιά	<i>Withania somnifera</i>	Native	Jan	Dec	Ind. flower
Rock-roses	Ξισταριά	<i>Cistus spp</i>	Native	Jan	Jun	Ind. flower
Anemone	Ανεμώνη	<i>Anemone coronaria</i>	Native	Jan	Apr	Ind. flower
Hopseed-Bush	Δωδόνεια	<i>Dodonaea viscosa</i>	Non-native	Jan	Apr	Ind. flower
Spiny Broom	Ασπάλαθος	<i>Calicotome villosa</i>	Native	Jan	May	Flower spike
Primrose Jasmine	Κίτρινο γιασεμί	<i>Jasminum mesnyi</i>	Non-native	Feb	Sept	Ind. flower
Common Lantana	Λαντάνα η καμάρα	<i>Lantana camara</i>	Non-native	Feb	Sept	Flower head
Acacia	Ακακία	<i>Acacia saligna</i>	Non-native	Feb	May	Ind. flower
White Mustard	Λαψάνα	<i>Sinapis alba</i>	Native	Feb	July	Ind. flower
Poppies	Παπαρούνα	<i>Papaver spp.</i>	Native	Feb	Jun	Ind. flower
Waterbush	Μυοπόρο	<i>Myoporum tenuifolium</i>	Non-Native	Feb	Apr	Ind. flower
Bindweed	Χωνάκι	<i>Convolvulus spp.</i>	Native	Mar	Jul	Ind. flower
Judas Tree	Δέντρον του Ιούδα	<i>Cercis siliquastrum</i>	Non-Native	Mar	May	Ind. flower
Lavender	Λεβάντα	<i>Lavandula stoechas</i>	Native	Mar	May	Flower spike
Camel's Foot	Παθκία του καμήλου, Μποχίνια	<i>Bauhinia variegata</i>	Non-native	Mar	May	Ind. flower
Bottlebrush	Καλλιστήμων ο λογχοειδής	<i>Callistemon lanceolatus</i>	Non-native	Mar	May	Flower spike
Chinese Hibiscus	Ιβίσκος	<i>Hibiscus rosa sinensis</i>	Non-native	Apr	Jan	Ind. flower
Heliotropes	Ηλιοτρόπιο	<i>Heliotropium spp.</i>	Native	Apr	Nov	Flower spike
Common Passion Flower	Ρολογάκι	<i>Passiflora caerulea</i>	Non-native	Apr	Oct	Ind. flower
Fennel	Αναθρήκα	<i>Foeniculum vulgare</i>	Native	Apr	Sept	Flower umbel
Myrtle	Μερσινιά	<i>Myrtus communis</i>	Native	Apr	Aug	Ind. flower
Olive	Ελιά	<i>Olea europaea</i>	Native	Apr	Jun	Flower spike
Silky Oak	Γρεβιλλέα η ισχυρή	<i>Grevillea robusta</i>	Non-native	Apr	May	Flower spike
Sharpleaf Jacaranda	Τζιακαράντα	<i>Jacaranda mimosifolia</i>	Non-native	Apr	Oct	Ind. flower
Blue Plumbago	Πλουμπάγο η ωτοειδής	<i>Plumbago auriculata</i>	Non-native	May	Nov	Flower head
Silk Tree	Αλμπίτσια	<i>Albizia julibrissin</i>	Non-native	May	Sept	Ind. flower
Spanish Jasmine	Γιασεμί το μεγανθές	<i>Jasminum grandiflorum</i>	Non-native	Jun	Jan	Ind. flower
Lesser Bougainvillea	Βουκεμβίλια, Γιαννής	<i>Bougainvillea glabra</i>	Non-native	Jun	Nov	Ind. flower
Jerusalem Thorn	Παρκινσονία	<i>Parkinsonia aculeata</i>	Non-native	Jul	Aug	Ind. flower
Yellow Elder	Βιγνόνια	<i>Tecoma stans</i>	Non-native	Oct	Jan	Ind. flower
Bermuda buttercup	Ξινάκι	<i>Oxalis pes-caprae</i>	Non-native	Nov	May	Ind. flower

Which insects do I count?

We encourage you to record all insects, and other invertebrates such as spiders, that are observed in your quadrats, not just the main groups that are known to be important as pollinators. It is important to record whether or not the insect is visiting the flower or not: when the insect is in contact with one of the focal flowers within the quadrat it should be recorded as ‘On the flower’ in the left hand column of the recording box. If an insect is recorded in the quadrat but does not contact the flower, for example it sits on the leaves or on the ground, it should be recorded as ‘Not on the flower’. If the same individual is at any point recorded on the flower it should not be recorded as not on the flower as well. As much as possible the same individual should not be recorded more than once so if the insect moves from one flower to the next or strays outside the quadrat and then back in do not record it again. Where these insects and other invertebrates do not belong to one of the main groups as listed on the recording form please add them to the ‘Other groups’ section on the recording form and where known please list which groups these are e.g. Dragonflies, Spiders. Thus a completed form may look something like the example below.

Insect group (see insect ID guide)	Tally of number seen: ### II = 7, etc.	
	On the flower	Not on the flower
Bumblebees	IIII	
Honeybees	### ### II	
Solitary bees	II	I
Wasps (including ichneumon wasps)		II
Hoverflies (including ‘non-typical’ hoverflies)	### II	
Other flies	### ### ### ###	IIII
Butterflies and moths	III	I
Beetles	I	
Small insects (such as pollen beetles) less than 3mm long	### ### ### ### ### ### II	II
Other insects or invertebrates (known). Please write down the type of insects (e.g Bugs) or invertebrates (e.g. Spiders)	Grasshoppers: I Bugs: I Spiders: IIII	Grasshoppers: ###
Other insects/invertebrates (unknown)	III	