Male spinners ‘dance’ in a swarm around markers over land. Females enter the swarm from above. They mate, lay their eggs and die within a day or so. The female lays batches of eggs on or below the water surface.

Dun flies to bank-side vegetation and transposes into a spinner (from within a few minutes to a day or so). Spinner has transparent wings, longer legs and tails (particularly in males).

Nymph goes through a number of moults as it grows. Nymph crawls or swims to the surface and emerge as a dun.

Egg hatches into a nymph which lives in the water for up to 2 years.