



COVID-19 Foray Rules

Isolation, social distancing, face masks, hand sanitizer, hand washing. These are all terms that have entered our vocabulary and general conversations, and are commonplace. As the saying goes, '**an ounce of prevention is worth a pound of cure**', it is important that these phrases do not fade into the background as we live within the parameters of the COVID-19 pandemic precautions. Make them your first thoughts when planning a foray.

Forays, as we all know, are good for the soul, not to mention potentially our dinner! Now that the third wave of the pandemic VERY small open-air events are allowed. Mushroom forays are an excellent way to enjoy the fresh air with good company and friendly rivalry as the best spots are found and our discoveries shared.

To arrange and/or take part in an AMS foray it is now, more than ever, important to abide by a few simple rules.

Be safe, stay healthy and have fun.

AMS foray rules:

1. Foray notifications will announce the maximum number of participants. Currently Alberta Health Services limits outdoor social gatherings to 20, and these **MUST NOT** have an indoor component. AMS forays can be set at 20 or less; but not greater than 20.
2. All participants **MUST** register prior to the foray and check in with the Foray Leader. Registration procedures will vary.
3. Anyone with symptoms of COVID-19 must **NOT** participate, and **WILL** be asked to leave if present.
4. Social distancing (6 ft/2 metres) **MUST** be strictly enforced when in the field **AND** at follow-up get-togethers.
5. Non-medical masks/face coverings **MUST** be worn.
6. Hand sanitizer containing at least 60% alcohol **MUST** be used after touching common touch points (including mushrooms!).
7. Participants must abide by all current Alberta Health Services restrictions on socializing. There is a \$1000 fine for violation. [Stronger public health measures | Alberta.ca](#)

These simple rules will help keep us all safe and able to enjoy mushrooming at its best.