Foray Leader – Day of Foray Instructions

At the Meet-up Site

Introductions: Let's gather around in a circle and introduce ourselves. There will not be a test, but hopefully everyone will take the opportunity to meet and talk to someone new today, and knowing a name is a good start. As you say your name, we will also be checking you off on our roster of persons who registered for the foray. So, we will let you know if you need to slow down so that we can get everyone checked off.

I will start – my name is _____ and I am the foray leader. My cell phone number is _____, if I am not in your phone's contact list; please add my phone number now. Remember, that even though you may not have enough bars to make a phone call in the woods, you still may be able to send a text. Please leave your cell phones turned on for the duration of the foray.

_____ is helping me as a co-leader today and will be checking off names. We also have _____ who is our volunteer Identifier for the day.

- In case of emergency, you will need names for Search & Rescue.

Transportation: We will be carpooling to _____. If you are driving and willing to take others in your car, please raise your hand. If you need a ride, please go seek out a willing driver. If you are riding with someone we encourage you to contribute some gas money.

Is there anyone who does not have a ride yet that needs a ride?

- Work out carpools.

Return time/Leaving Early: We expect to be back here by _____. Is there anyone who will need to leave the foray early or be back to this location before then?

- Make sure that anyone who needs to leave early is driving on their own, or is in a carpool that can accommodate their schedule. Document on the roster those that are leaving early.

Site Location: Go over the site location and directions. If you have a map, written directions, or GPS coordinates, hand those out to drivers.

We will caravan to the location. I am driving a _____ and will lead the caravan. As we get into our cars to leave this location, please notice the make and color of cars in the caravan. I will try to pull over if I see that the caravan is getting too separated. If at some point, while we are driving to the location you believe you have lost site of the caravan or are concerned about directions, have someone in your car call or text my phone. I will either pull over to answer or have someone else answer my phone.

At The Foray Site

This section is oriented towards a single site foray. Multi-site foray instructions follow.

Arrival:

- Upon arrival at the foray location gather everyone and do a head count. If you do not have the right number, go through the roster to identify who is missing. Attempt to call and/or text them.
- It is good to have a group picture for both safety reasons and posterity. Take one now.

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Agenda/Purpose: Today we will be looking for _____. But, I encourage you to also look for other mushrooms. If you see a mushroom you are not familiar with, bring it back for identification.

- Go over the agenda and the purpose for the day. If the purpose is primarily finding edibles, encourage people to look at/examine other types of mushrooms just to expand their knowledge.

Identify "newbies" or others who may be vulnerable: We want to make sure everyone stays safe today and is able to learn from those that are more experienced. So, I am going to ask a few questions of everyone. Please do not feel embarrassed to speak up and let me know if you are inexperienced, we have all been there.

Is there anyone in the group that is new to mushroom hunting?
Is there anyone who is not familiar with the mushroom species that we are looking for today?
Is there anyone who is uncomfortable in the woods or directionally challenged?

- If there are any “newbies” encourage them to stay close to you, or assign a more experienced person to stay with them.
- Also identify anyone who you think may be uncomfortable in the woods, directionally challenged, or may have difficulty with the terrain. Make sure these people buddy with someone more experienced.

The Time: Is there anyone who does not have a watch or phone to tell the time?

- Make sure everyone has a watch or time piece. Encourage people to buddy up if they do not.

Buddy System: I encourage everyone to find at least one person to buddy up with. You do not have to stay next to each other all the time, but you should try to stay within eyesight or ear shot. Just look around every once in a while to see where they are. If you cannot see them, call out their name to make sure that you are both staying in the same general vicinity or heading in the same direction.

Does everyone have someone to buddy with?

- Pair up anyone without a buddy, or ask them to buddy with you.

Whistles: I have a whistle with me, and hopefully everyone brought theirs. If you do not have a whistle come get one (Give whistles to anyone who does not have one). So let’s review the whistle codes:

- One whistle – Where are you? How are you?
- Two whistles – Here I am, I am fine.
- Three whistles – I am in distress, I need help.

Site geography: Describe the site geography and any major landmarks you are aware of (streams, ridges, valleys). Talk about the importance of looking back behind you as you go in the woods so that landmarks will look familiar from both directions.

Meeting Time: Establish a time to be back at the cars or meeting spot. Make sure everyone knows it. If appropriate for the foray location, inform the group that a car honking indicates that it is time for everyone to re-group at the vehicles. Instruct everyone to mark the meetup location with their phone using google maps or their preferred app.

Multi-site Foray

If the foray involves driving to multiple sites, please do the following at each location:

- Head count, and roll call if needed before you start.
- Explanation of site geography.
- Time to meet back at cars.
- Head count, and roll call if needed before you leave for the next location.

At the end of the Foray

Review and identification - Allow some time at the end of the foray to gather everyone together to see what everyone found. If you are at a park location, gather around a picnic table. Otherwise, you may have to make do with just looking through baskets. Ask if anyone needs anything identified or if they have questions about something they found.

If you have inexperienced participants be sure to check everything in their basket for edibility.

Review Edibility Guidelines: Ask if anyone is taking home an edible mushroom they have never tasted before. If so, review these Edibility Guidelines for tasting new species.

- Cook mushrooms thoroughly – always, not just for a first taste.
- Do not drink alcohol when tasting a new mushroom.
- Only taste a teaspoon, then wait 24 hours before eating more.

Send everyone home with a few edibles - Hopefully everyone in the group will have found some edibles to take home. Some foray leaders ask people who have found a lot to share with others. Another option is to give any mushrooms you may have found during the foray to those who have not found any or many.

Species Lists: If the group is required to make a species list in exchange for permission to foray by the land owner assign someone to record species. Provide a copy to the Foray Coordinator. Even if a list isn't required, it is nice to forward a species list to newsletter@cascademyco.org and/or webmaster@cascademyco.org.

Count Participants: At end of the foray, before leaving, make sure all carpool drivers have all of their riders. Check your list to be sure everyone is accounted for.

If You Lose Someone

Don't panic!! Wait about 15 minutes and start honking car horns, blowing whistles, or air horn if you have one.

1. If you have cell reception, call their cell phone. If you cannot call, you can often still send a text.
2. Think carefully about sending people out to search, you do not want to lose more people. If you do send someone out, make sure you can communicate with them via walkie-talkie or cell phone.
3. Do not let a bunch of people leave! You will need their help. You'll need people to wait, go to phone for help, or someone to lead Search and Rescue, etc.
4. After waiting at the meeting spot (you have to decide how long you are comfortable waiting. I'd wait at least an hour) call 911. If you do not have cell phone reception, leave a reliable person (with a car) to wait where you lost the person. Work out with them how you will communicate with them in case the person turns up.
5. If you have a GPS, get the coordinates, the police will want them. You may need to lead the police to the spot. When talking with the police, give them the following:
    a. Road number and milepost where you lost them
    b. GPS coordinates (include NAD), if you have any.
    c. Name and description of the lost person.
    d. Your current location. Or if appropriate, an alternate location to meet up with the police and/or rescue team.
6. Find out how long it will take the police or Search & Rescue to get there.

7. When the police arrive identify yourself and any co-leaders as the responsible persons. Ask them if the remaining foray attendees should go home or stay to assist.
8. Follow the directions the police/search & rescue give you as to what to do. As a Foray leader or co-leader, you should stay as long as practical until the missing person is found or the search & rescue team informs you that your assistance is no longer needed.

If Someone is Injured

Basic steps in accordance with Red Cross protocols:

1. Take control and check the scene for safety. Keeping yourself safe will help you take care of others.
2. Form an initial impression of the situation. If possible, obtain consent from the injured person before taking any actions.
3. If the person appears to be non-responsive or appears to have a serious injury. Call 911 or ask someone to call 911 immediately.
4. To check for responsiveness use the Shout-Tap-Shout method.
    a. Shout “Are you OK”, tap on the shoulder, Shout “Are you OK” again. **Note:** CHECK for no more than 10 seconds
    b. While you are doing the "shout-tap-shout" sequence, quickly look at their chest to check for normal breathing, observe for life-threatening bleeding, or spot other obvious injuries.
    c. If the person does not respond to the final shout and is not breathing (or only gasping), they are considered **unresponsive**. This tells you that it is a critical emergency and you must immediately call 911, and begin CPR
5. If the person does not respond, responds but is not fully awake, is not breathing or is only gasping, or has life-threatening bleeding or another obvious life-threatening condition, CALL 9-1-1 and get a first aid kit, or tell someone to do so. Then, give CARE based on the condition found and your level of training and continue your check to determine if additional care is needed **Note:** For a person who is unresponsive and not breathing, **start CPR** immediately
6. If the person is responsive or responds to stimulation and is fully awake and does not appear to have a life-threatening condition:
    - Interview the person (or bystanders, if necessary), ask questions about signs and symptoms, allergies, and medications and medical conditions (SAM)
    - Do a focused check based on what the person told you, how the person is acting and what you observe

    Note: Do not ask the person to move if you suspect a head, neck or spinal injury. Do not ask the person to move any area of the body that causes discomfort or pain
    Note: As you check the person, take note of any medical identification tags

After the Trip

Send a report to the Foray Coordinator that includes the number of people that attended, a species list if one was compiled, any great finds, and any problems or issues that arose. If someone in the group was lost or injured the details of the incident must be documented in writing and reported to the entire CMS Board.