



Camp Allergy Management Checklist

This checklist helps both camp staff and groups attending camps prepare for a safer camp experience for those at risk of anaphylaxis. The list is meant as a guide and does not include every safety measure a facility could implement.

- Have majority of staff (including chef/cook) had specific anaphylaxis training?
- Have relief staff been trained?
- Are all staff aware of attendees with FOOD and INSECT allergies? (i.e. attendees that have an ASCIA Action Plan for Allergy/Anaphylaxis +/- an adrenaline autoinjector)
- Who is responsible for the camps catering? Do they have information on attendees and what food they are allergic to?
- Has the catering supervisor/chef spoken directly with attendee with food allergy/their parent?
- Can the allergen be removed or minimised? (Remember: food bans do not work and are not to be trusted).
- Always keep labels so food content can be checked. If food arrives without a label, call manufacturer and ask for printed ingredient list .e.g. bread from bakery.
- Be aware of cross contamination of foods during storage, preparation, cooking and serving of foods. (for detailed information on appropriate food preparation for those with food allergy, consider purchasing A&AA Food Service Kit through our online shop www.allergyfacts.org.au).
- Designated staff member (that has done anaphylaxis training) to be introduced to attendee/s with food allergy at beginning of camp. This staff member is to be available at meal times to facilitate reading labels and checking of food.
- Can you create a safer dining table for the attendees with specific food allergy? (especially if primary school aged) e.g. no milk in cups or bowls of cereal on the table where an attendee with milk allergy is sitting.
- Have you considered inviting an attendee to supply their own food (especially attendees with multiple food allergy)? If so, how will you manage storage, preparation and serving of their food?
- Are there any activities planned that involve food? Consider non-food activities/rewards.
- Are attendees allowed to bring snacks and treats from home? How will this be managed?





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- Always have attendees' adrenaline autoinjectors and ASCIA Action Plan for Anaphylaxis easily accessible (either in unlocked central location or with the attendee/their group supervisor).
- Has each attendee with an ASCIA Action Plan for Anaphylaxis brought TWO adrenaline autoinjectors to facility?
- Is there a camp "Emergency Response Plan"? Does it consider mobile phone reception, emergency access to property 24/7, is there a clearing of land for a rescue helicopter to land if needed etc? Do you practise your emergency response plan? (i.e. similar to fire drill).
- Who will be responsible for carrying the medication on activities?
- Are there any non-teaching staff attending the camp (e.g. parent volunteers)? Are they aware of attendees at risk of anaphylaxis?
- Have camp staff discussed attendees with severe allergy with coordinator of group attending camp? Have roles, responsibilities, allergy policy been discussed/ sent to this person?
- If primary school age, has the school/facility considered asking the parent of the child with severe allergy to attend?

INSECT SPECIFIC

Checks specific to insect allergy

- Mow grass areas before arrival of attendees where possible.
- Get professionals to remove insect nests when no attendees are present.
- Have insect repellent available (containing DEET).
- Have a MUST wear shoes when outside policy.
- Consider activities away from areas known to have bees/wasps nests/ant mounds if possible.
- Avoid tick infested areas if possible.
Check attendees for ticks after activity.
(See tick specific information at www..tiara.org.au).





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What we say to children with food allergy

- Wash hands before and after eating.
- Don't accept food from your friends unless a trusted adult says it is OK.
- Always check that your food is appropriate - ASK & READ.
- If in doubt about the food, don't eat it. Eat your own snacks from home.
- Ask for help from staff immediately if they feel unwell.
- Always have medication close by (easily accessible).
- Older students/individuals to read labels of any packaged foods before eating.

What we say to friends of children with food allergy

- Know what your friend is allergic to.
- Don't share food with your friend with food allergy.
- Wash hands after eating.
- Don't tease/trick or make fun of your friend with severe allergy.
- If your friend looks sick get an adult straight away even if your friend does not want you to!
- Take food and insect allergy seriously!

For more information on management go to www.allergyfacts.org.au and www.allergy.org.au. If you have a specific query, call 1300 728 000



Food Allergen Kit for Food Service



Preparing for Camp & Overnight School Trips with Food Allergies

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awareness
avoidance
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