

GUIDELINES FOR MANAGING FOOD ALLERGIES AT CAMP STAGE DOOR CONSERVATORY

Food allergies can be life-threatening. So we have developed the following guidelines for your review:

FAMILY RESPONSIBILITY

Notify the camp of the camper's allergies or suspected allergies.

Use the camp application and/or health form to fully describe the allergy. If necessary, attach a detailed explanation of the type of symptoms. List foods to which the camper is allergic, and the specific symptoms he or she typically experiences during an allergic reaction.

Inform the camp director of an allergy early in the process so that appropriate personnel can be hired or instructed on proper approach to the camper with food allergy.

Make personal contact with the director of your child's program before their arrival at the facility. Call 510-521-6250 to make an arrangement.

Make sure that the camp director notifies all camp personnel.

Provide us a recent photo of your child, attached to written instructions, medical documentation, and medications as prescribed by the physician for handling accidental contact with allergens. *Do not simply transfer school documentation.* The specific camp personnel need to be authorized and instructed on how to proceed.

Check the expiration date of all medication.

Be prepared to replace any expired or unsealed, previously used medication. Review with camp director and nurse the location and storage of medications. Given the remote locations of many camps, provide two (2) epinephrine auto-injectors (such as EpiPen) if prescribed.

Educate and review often with the camper the self management of his or her food allergy.

Camper should know:

- Safe and unsafe foods;
- Strategies for avoiding exposure to unsafe foods;
- Symptoms of allergic reactions;
- How and when to tell an adult about a possible allergic response;
- How to read a food label. For young campers, plan with camp how to handle this.
- How to use an epinephrine auto-injector (such as EpiPen).

CAMPER RESPONSIBILITY

Camper should:

- NEVER trade food with other campers.
- Not eat anything with unknown ingredients.
- Read every label and check with a counselor (if age appropriate).
Be proactive in the management of mild reactions, such as seeking help if a reaction is suspected.
- Tell an adult if a reaction seems to be starting, even if there is no visible appearance of allergic reaction.
- NOT go off alone if symptoms are beginning.