

Camp Kahquah

Allergy Policy

Camp Kahquah is fully committed to ensuring a safe environment for persons with food and environmental allergies. Camp Kahquah takes allergic reactions including anaphylaxis seriously. Therefore we strive to create awareness around, work to prevent and respond quickly to allergic reactions.

Prevention:

- We seek to reduce the risk of anaphylactic reactions at Camp Kahquah by becoming an "allergen aware" environment.
- Camp staff will be trained in recognizing and responding to severe allergic reactions. Training will involve a video and/or presentation from the Camp Kahquah Health Centre Staff.
(Approved by the Camp Kahquah Health Centre Coordinator
<https://www.youtube.com/watch?v=EN83hen4D-Y>)
- Specific emphasis is placed upon those allergies that we know our campers/staff have.
- Camp Kahquah will make efforts to work with parents and campers to help manage their allergies while at camp by
 - Requiring parents/guardians to complete the online medical form during registration which will communicate, in writing, any known allergies that their child/camper have. A copy of this medical form will be stored in various accessible locations in case of apparent reaction (nurse's cabin, office, high-risk areas).
 - Requiring all staff to complete a medical form and clearly communicate, in writing, any known allergies. A copy of this medical record will be stored in the various locations in case of apparent reaction (nurse's cabin, office, high-risk areas).
 - together formulating a strategy to deal with the allergy.

At mealtime:

- Food service personnel will attempt to check ingredients carefully and inform the person with the allergy of foods that may affect them.
- Known food allergies will be listed on a "Food Allergies List" posted in the kitchen.
- We will do our best to provide information on food ingredients served at Camp Kahquah when requested.

In the cabin:

- Cabin leaders with campers in their cabin with severe allergies will discuss anaphylaxis with the cabin emphasizing the importance of helping their cabin-mate avoid their allergen and strategies to do so.

On out-trips:

- If there is a known highly allergic person on an out trip, food should never be prepared directly on unknown surfaces.
- Unknown surfaces need to be covered with a cutting board or wax paper.

- If a site includes surfaces that can be thoroughly cleaned (e.g. stainless steel, plastic, nonporous/smooth), these can be cleaned with soap and water. These surfaces can then be used directly for food preparation.

Response:

- Epipens are kept in the office, health center, at the waterfront and in off-site first aid kits.
- A card or poster outlining the treatment steps will be included with each of Camp Kahquah's Epipens.

Nut-Aware Environment

- Since nut products are a major cause of severe allergic reactions, Camp Kahquah attempts to reduce the risk of potential exposure to nut products at camp by being "Nut-Aware".
- Kahquah strives to use only peanut-free and nut-free products on-site with the exception of the situation described in the note below regarding out-trips.
- Although nuts are usually a major source of energy during out-trips, if a participant on the out-trip has an allergy to nuts, no nut products will be included in that out-trip's supplies. Other foods will be substituted. When no one on the out-trip has a nut allergy, nuts will be included in the out-trip supplies, but when these nuts are on-site at camp they will be stored in a container that is kept away from food preparation areas and away from those with known allergies.
- It is important that all parties (camp staff, parents and campers) clearly understand that, in no way, can we guarantee that we will be a completely "nut-free" environment.
- Staff and campers are asked to abstain from bringing any nuts, or products containing nuts, into camp and they are reminded that if they consume products containing nuts off-site, they should wash their hands thoroughly afterward.
- Family Campers and rental groups will be asked to abstain from bringing any nuts, or products containing nuts, into the main lodge and to wash their hands thoroughly if they consume products containing nuts elsewhere.
- Posters will be placed in the lodge reminding campers of our nut policy (see attached).

Responsibility of Campers and Staff with allergies

- To recognize that they are responsible for themselves and personally do all they can to avoid allergens that could cause anaphylaxis.
- To carry a valid Epipen at all times and if possible, bring at least two Epipens to camp.
- To wear their medic alert bracelet or tag stating the use of epinephrine, if appropriate.
- To wash hands before eating anything.
- To not share food, utensils or straws with anyone.
- To promptly inform a staff member of accidental exposure to a known allergen.