



Camp Kintail joyfully responds to God's call by providing Christian hospitality and programming forming a community where people play, live, and grown in God's creation.

Allergy Policy

*Approved: August 2010
To be reviewed: Spring 2015*

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

Awareness

- We seek to reduce the risk of anaphylactic reactions at Camp Kintail by becoming an "allergen aware" environment.
- Camp staff are trained in the understanding of high-risk allergens. Specific emphasis is placed upon understanding allergies that we are aware of people having who are coming to Camp Kintail.
- Camp Kintail will make efforts to work with parents and campers to help manage their allergies while at camp. We will seek to have parents, staff and campers communicate, in writing, any known allergies that they have and together formulate the best strategy to deal with the problem. Other staff members are informed of people with high-risk allergies and what the established plan is for the individuals. If anyone at Camp Kintail has food allergies, a food allergy list is to be posted in the kitchen.

Prevention

Our Responsibility

- Staff are trained in identifying the high-risk allergens, reducing the risk of cross contamination, and responding to potential emergencies.
- Additional epinephrine is also kept in the first aid cabin or another designated area.
- We will do our best to provide information on all food ingredients served at Camp Kintail to those who request it.
- Cooks will clean the cooking utensils and surfaces before preparing food for the guests with allergies and attempt to minimize the threat of cross contamination.
- Food service personnel will check ingredients carefully and inform the person with the allergy of foods that may affect them.
- People with severe allergies should be served first in buffet lines to reduce the risk of cross-contamination.
- Staff will encourage campers to wash their hands and faces after meals.

- Cabin leaders with campers in their cabin with severe allergies will discuss anaphylaxis with the entire cabin and strategies to deal with it.
- During communion, anyone with a severe allergy will be allowed to go first or alternate arrangements will be made for them to ensure their safety during communion.

Nut-Aware Environment

- Since nut products are a major cause of severe allergic reactions Camp Kintail attempts to reduce the risk of potential exposure to nut products at camp by being “Nut-Aware”.
- Kintail strives to use only peanut-free and nut-free products onsite and on out-trips.
- 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. Similarly, rental and retreat groups will be asked to abstain from bringing any nuts, or products containing nuts, into camp.

Responsibility of Campers and Staff with allergies

- It is important that people recognize that they are responsible for themselves and personally must do all they can to avoid allergens that could cause anaphylaxis.
- Individuals (or their designate for small children) must carry an unexpired epinephrine auto injector (e.g. Epipen or Ana-Kit) at all times. If possible, they should also bring at least two auto injectors to camp.
- If appropriate, wear their medic alert bracelet or tag stating the need for the use of epinephrine.
- Avoid all contact with allergen(s).
- Wash hands before eating anything.
- Do not share food, utensils, or straws with anyone.
- Promptly inform a staff member of accidental exposure to a known allergen.

Emergency Response

Epinephrine Auto Injectors

If there is a suspected exposure to an allergen AND the individual exhibits wheezing, distress/anxiety, difficulty breathing, blue around lips/finger nails, give the first dose immediately. If the individual carries an Epinephrine auto-injector, have them use their pen(s) first, then if required use the camp's epi-pens..

- Inject in outer, meaty part of thigh (Epinephrine auto-injector may be injected through thin layer of clothing, syringe may not)
- Inject slowly (Epinephrine auto-injector - count to 10 slowly) and then remove
- Massage the area afterwards, discard of sharps safely
- Take note the time of injection
- If symptoms continue, repeat dose in 5 - 10 minutes

If the individual is not having severe difficulty breathing:

- Give correct dosage of an antihistamine. (1 tablet for child, 2 tablets for adult). Encourage the individual to chew and swallow or hold under tongue to dissolve.
- Begin process of evacuation immediately.

Hospital

- Inform the camp nurse or staff member immediately to arrange transportation to the hospital in Goderich.
- Follow the advice of the physicians at the hospital. The staff member at the hospital is to report to the camp health care provider and Camp Director any updates.