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GUIDELINES FOR MANAGING FOOD ALLERGIES

Food allergies can be life-threatening. In any camp setting the risk of accidental exposure to a food allergen is present. Camp staff, physicians, parents, and campers themselves must work together to minimize the risk.

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 the allergy early in the process so that appropriate personnel can be instructed on proper approach to the camper with food allergy.
- ✓ Camp personnel need to be authorized and instructed on how to proceed.

Make personal contact with the camp before the camper's arrival at the facility.

Check the expiration date of all medications.

- ✓ Be prepared to replace any expired or unsealed, previously used medication. Review with camp director and nurse the location and storage of medications.

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 use an epinephrine auto-injector (such as EpiPen®).

CAMPER RESPONSIBILITY

Camper should:

- NEVER trade food with other campers.
- Sit at the "peanut free" table if appropriate
- Check with a counselor if unsure of food ingredients.
- 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 response.
- NOT go off alone if symptoms are beginning.



CAMP RESPONSIBILITY

Be informed of the availability of emergency care.

- ✓ Know: How to contact EMT/ambulance;
- ✓ How much time is needed for an emergency crew to arrive;
- ✓ How far it is to the nearest hospital;
- ✓ On trips away from the campsite, a communication device (i.e., cell phone, 2-way radio) should be carried.

Review the health records submitted by parents and physicians.

Prevention protocols at camp.

- ✓ “Peanut free” table will be available at every meal.
- ✓ Nuts and nut oils will not be used in cooking.
- ✓ Epi pens will be kept current and easily accessible to trained personnel.
- ✓ Tables and all food surfaces will be wiped with sanitizer after every meal.
- ✓ All campers and staff are encouraged to wash hands before and after food handling.

Assure that all who will be in contact with camper know of the allergy and can recognize the symptoms of allergic response.

Maintain an appropriate sense of confidentiality and respect for individual privacy.

Identify the camp core emergency response team which includes a RN.

Assure that appropriate personnel are familiar with EpiPen® usage, where medication is located, and protocol.

If there are planned field trips or out of camp activities:

- ✓ Be certain any emergency medications and authorizations accompany the camper and the counselor.
- ✓ Be certain there is a way to contact emergency assistance.
- ✓ Enforce a “no eating” policy in the vehicle.

Medications must be stored in the correct temperature range. Be certain travel personnel understand the importance of this. Many medications are rendered ineffective if left in the sunshine or inside a closed vehicle, or refrigerated. Refer to the manufacturer’s instructions for proper storage.