

## **A Resource for Assisting Parents and Guardians, Teachers and Camp Leaders in the Management of Anaphylaxis.**

The Collaroy Centre is an Allergy Aware Camp Site. This means we do everything we can to try to reduce the risk of food allergy in a world where risk cannot be entirely removed.

Whilst on camp, your Camp Leaders is responsible for managing the response to incidents of anaphylaxis. You may find the following resource helpful in organising your response.

### **A) ANAPHYLAXIS**

In order to assist in the planning for camp the questions raised in the 'Preparing for Camp and Overnight School Trips' booklet, written by Anaphylaxis Australia, have been answered. "Managing food allergies on camp is a shared responsibility, involving school staff, parents and, of course, your child or teen with allergies. While risk can never be eliminated, it can be minimised. With careful planning and a co-operative approach, your child can join in and enjoy everything a school camp has to offer." (Maria Sald, President Anaphylaxis Australia Incorporated, Preparing for Camp and Overnight School Trips) [www.allergyfacts.org.au](http://www.allergyfacts.org.au) and [www.allergy.org.au](http://www.allergy.org.au)

#### **1. How do I contact the Centre to discuss my needs?**

You can call or contact us using the contact us via: Phone: 02 9982 9800 or Email: [collaroy@collaroycentre.org.au](mailto:collaroy@collaroycentre.org.au)

#### **2. How do we usually manage food allergies?**

A special diets form is sent to all Camp Leaders before camp. The Camp Leaders are responsible for gathering the relevant information and returning the completed form to The Collaroy Centre Groups Coordinator. This form is supplied to the Executive Chef for planning purposes and the guest is served the relevant special diet.

#### **3. Is the site nut free?**

We are not a nut free site as being a commercial kitchen we are unable to provide food that is free of trace nuts. Therefore a camper with a severe or life threatening allergy to nuts needs to contact The Collaroy Centre in writing to make arrangements, including but not limited to, providing your own food.

**N.B** It is important to note that at The Collaroy Centre we advise all guests with a severe or life threatening allergy to bring their own food. In this commercial kitchen we are unable to provide a site free of any particular allergen. A microwave is available to the guest for this purpose.

#### **4. Have all staff been trained in how to recognise an allergic reaction and how and when to use an auto injector?**

In practice, the people most likely to be in a position to respond to any allergic reaction will be your Camp Leaders, and this question would most suitably be directed to them. However although not required, many of our staff have been trained to the Senior First Aid or Apply First Aid; but not all staff are required to be trained to this level.

#### **5. How will my child's allergies be communicated to all Centre staff?**

All Centre staff concerned with the preparation and provision of food for the camp, together with relevant staff who may be involved with your group are advised of the allergy. A copy of your ASCIA action plan must be given to your camp leader so that they can attach that to the Medical Diet Form that they send back to us.



**6. Are the meals prepared on site and by whom?**

Meals are prepared onsite, by our catering team, under the guidance of our Executive Chef. Raw ingredients are supplied from a number of suppliers as are pre-packaged foods.

**7. Where is the closest hospital with emergency facilities?**

Northern Beaches Hospital: (02) 9105 5000 Address: 105 Frenchs Forest Road (West) FRENCHS FOREST NSW 2086  
Distance: 10 km and 20 minutes away

**8. Where is the closest medical practice?**

Dee Why Family Medical Centre Phone: 9981 3111 Address: Shop A 1-5 Dee Why Parade DEE WHY, NSW 2099 Distance:  
3.3 km and 7 minutes away

**9. Are the children able to purchase food at the camp?**

The site has several vending machines with numerous different products.

**10. Do all staff have knowledge and experience of preparing foods for children with food allergies?**

The special diets are prepared under the direction of the Executive Chef. Our kitchen shift leaders all have experience in providing special diet requirements.

**11. How are the meals served?**

Food is served to the group as a whole from a servery. Those with special dietary requirements are also served from this area but with prepared plates specific to that need. Those bringing their own foods have access to a separate microwave for reheating and a special diet fridge.

**12. If my child is anaphylactic, can they bring along their own safe snacks?**

They certainly can. Please however, be mindful that what your child is anaphylactic to, eg egg, may differ from other guests on site who may be anaphylactic to nuts, and so you do need to be conscious of the safe snacks you are providing. If you have further questions please do not hesitate to contact the Groups Coordinator on (02) 9982 9800 for further assistance.

**B) Other First Aid Incidents**

Camp Leaders are also responsible for the first aid of students and guests under their leadership. As such, your leaders should provide a first aid kit suitable for the number of guests attending the camp. For any group members with anaphylaxis, asthma or other acute medical conditions, the group is responsible for developing and following an 'Individual Health Care Plan', in accordance with NSW Department of Education and Communities procedures. First aid kits are available in emergencies and are located in Reception and in the kitchen. Please see Centre staff for access.