

# CAMP ROBIN HOOD

## PROTOCOL FOR ANAPHYLAXIS

### Parent / Guardian and Campers

At Camp Robin Hood (CRH) we are sensitive to anaphylactic allergies and we have protocols in place to ensure every effort is made to keep campers safe. We ask parents / guardians to read this protocol and share it with your camper(s) so together we can keep everyone safe and healthy.

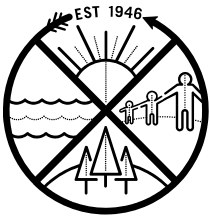
EAI – Epinephrine Auto Injector (Epipen®) Spare – Second EAI stored at CRH Robin Aid – CRH Health Centre
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### A. Nut Aware Camp

- We strive to be a “nut aware” camp. We are proactive in educating all families about allergies prior to and during camp.
- We strongly encourage all families to read food and personal care item labels and to only send nut-free products to camp for snacks, lunch and in sunscreen or personal care products. However, we never assume that camp is a totally risk-free environment as we cannot be sure all families will comply 100%.
- Within our facility, we make every effort to serve only “nut- aware” products. We carefully research, work with our suppliers, contact manufactures and monitor all food products served at camp. Some of the candy we purchase for special days comes from the USA and Israel, where food labelling laws are less stringent than those in Canada. Some families may not be comfortable with these products and may choose to send a special treat bag on special days – you can discuss this with your camper’s section head.
- We have a “No Sharing Food” policy and discourage sharing food. Meal time is monitored closely by camp counsellors who supervise and eat with campers during lunch and snack times.
- If food containing products a camper is allergic to arrives at camp a staff member will ensure that the child who has the food in his/her lunch eats at a designated place within the unit away from the camper with the allergy. That staff member will then follow-through to make sure that the camper’s hands and face are washed after they eat.
- If nut products are sent to camp the food will be packed away and the family who sent the nut products will receive a note or a phone call requesting them to refrain from sending nut products to camp.

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## B. Epinephrine Auto Injectors - EAI (Epipen®)

All campers who have an anaphylactic allergy will be required to have at least **2 EAI's** for camp:

- Each EAI must be labelled with the original label from the pharmacy.
- One EAI must be carried at all times in either a CRH fanny pack OR in your campers own carrying case provided from home. If campers/parents feel more comfortable with camper carrying two EAIs the CRH fanny pack is big enough to accommodate this and will also hold puffers if necessary (more about this under “the fanny pack” below).
- The second EAI will be referred to as “the spare”. It will be stored in an accessible, secure area in Robin Aid and will be locked away safely at night.
  - The spare should be sent to Robin Aid prior to the start of camp. If this is not possible it must be sent via bus mail to Robin Aid / Health Centre on the campers first day.
  - Even if there are 2 EAIs in the fanny pack a spare **MUST** be sent to camp. The spare will be used if a second dose of epinephrine is required in an emergency, in the case of a faulty auto injector, if the camper forgets his auto injector at home or if the fanny pack is misplaced while at camp.
- During extreme hot weather we encourage the camper/counsellor/parent to check the EAI for any discolouration as a change in colour may mean it is ineffective.

## C. The Fanny Pack:

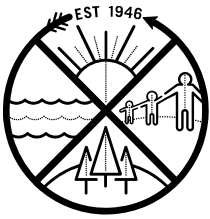
- The CRH fanny pack is a popular piece of camp attire it is large enough for all of the items a camper with severe allergies might require such as puffers or inhalers, if needed. (All other medications, such as Benadryl, must be stored in Robin Aid - more on that later).
- Campers have the option of using their own carrying case or using a Camp Robin Hood fanny pack which we are happy to provide for you.
- Please inform Robin Aid staff if your camper will be using their own Carrying case or if you would like a CRH fanny pack. Please send an email with this info to [health@camprobinhood.ca](mailto:health@camprobinhood.ca)
  - On the first day of a camp session a name tag will be attached to the fanny pack / carrying case we ask you to keep this tag in place throughout the camp stay for fast, easy identification of the EAI in the event of an emergency.

If you request a CRH Fanny Pack it will be distributed as follows:

- For campers taking the door to door service - the fanny pack will be inside the CRH back pack when you receive it.

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- Campers using the neighbourhood pick up service or being dropped off at camp will receive their fanny pack on the first day of their camp session - please send the campers EAI in an alternate carrier and we will transfer it to the CRH fanny pack on arrival.
- If you come to the camp open house you can pick the fanny pack up in Robin Aid

## D. Anaphylactic Alert Posters

- The CRH Anaphylactic Alert Poster can be found on the camp website.
- Please complete an Anaphylactic Alert Poster, attach a recent photograph of the camper and return it to camp prior to the start of your camper's session, either by return email, mail or drop it off at camp.

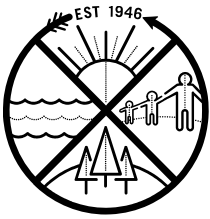
This poster will be photocopied at camp and posted in Robin Aid, the bus book, and MOMS (the kitchen).

## E. Programs

- **Swim and Canoe**
  - In both the swim and canoe areas the fanny pack will be hung in a central location that is easily accessible and protected from the sun.
  - The camper and counsellors are responsible, together, to ensure that the fanny pack is placed on the appropriate hook prior to swim/ canoe and is picked up by the camper as they exit from the swim/canoe areas.
- **Overnights, Extended Days and Special Days**
  - If a camper is staying for an extended day or an overnight a written consent (permission form) will sent home to the families by the camp, please indicate on this form any allergies your camper has, sign and return to the camp office.
  - The spare EAI will be accessible to the section head on the overnight or extended day.
  - During camp wide programs, unit special days and on overnights we often provide special treats for our campers. Some families may choose to send their own special snacks from home on those days. If so, we encourage families to contact the section head through the camp office prior to the special day to discuss these special diet issues and alternate treat options.
  - We can make arrangements for storage of snacks sent from home and we will distribute these snacks to campers.
- **Active Activities and Games:**
  - During highly active times such as sports or at the wall (when wearing the harness), the campers counsellor may hold the fanny pack if it interferes with the campers

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ability to participate in the activity, but after that activity the camper will be expected to carry it.

- **Craft areas** (i.e.: Camp Craft, Nature, Arts and Crafts)
  - The use of allergic products such as acorns, egg shells, nuts etc will be taken into consideration when planning programs.
  - Note: the marshmallows used at CRH are kosher and are made with fish gelatine – care will be given to make sure campers who have fish allergies do not eat the CRH marshmallows. Families are welcome to send alternate marshmallows if desired – your section head will inform you when food is used at camp craft.

## F. Buses

- Families and campers are responsible for making sure the EAI and carrying case / fanny pack are worn by the camper prior to loading the bus each morning.
- Bus counsellors will check that the EAI is in the case / fanny pack before the camper enters the bus.
- If the EAI is not with the camper in the morning, the camper will be asked to go back into the house to get it (door to door pick up only), within a reasonable amount of time (so the buses do not get delayed). If the EAI cannot be located the camper will load the bus and the bus driver will notify dispatch who will let camp know the camper is arriving without the EAI. Robin Aid staff will be notified and arrangements will be made for the camper to have their spare for the day.
- Bus counsellors will check that the camper has the EAI before going home.

## G. Driving a camper to camp and Early Morning Care

- Families who drive their camper to camp will be checked in by our office or early morning care staff. Upon signing the camper in each morning families are asked to notify the staff that the EAI is with the camper.
- If the EAI is not with the camper arrangements will be made for the camper to use their spare.

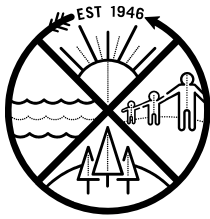
## H. Lost or Misplaced Epinephrine Auto-Injector

- If an EAI is lost or misplaced every effort will be made to locate it.
- If it cannot be found arrangements will be made for the camper to use their spare for the day. Robin Aid will contact the family to notify them.
- The spare will go home on the bus and be used until the lost EAI is located or another spare is sent to camp.

## I. Other Medications

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- Only EAI's, Ventolin puffers and lactaid tablets will be allowed to be carried in the fanny pack / case.
- **All** other medications must be stored in Robin Aid. These medications should be dropped off at camp prior to camp starting or sent to camp via bus mail directed to Robin Aid.
- Prescription medications must come to camp in the original bottle with the original pharmacy label attached.
- Over the counter medications must also be in the original packaging / box / bottle.

## Benadryl

- Benadryl will not be administered when treating an anaphylactic reaction. Benadryl is not the recommended treatment as it does not work to decrease the effects of an anaphylactic reaction itself and it may mask the signs and symptoms of an anaphylactic reaction.
- Benadryl may be used after epinephrine has been administered to help alleviate allergic symptoms.

## J. Communication with Families

- Allergy Letters will be emailed prior to each camp session to all families informing them if there are anaphylactic allergies on a bus or in a cabin. This letter will indicate the types of food that camper(s) in that specific bus or cabin have an anaphylactic allergy to.
- RHSA (Robin Hood Sports Academy): as all campers eat together in the lunch barn at RHSA every athlete will receive an email letting them know about allergies in that area.

## K. Managing an Anaphylactic Reaction on the camp site:

At the first sign of an anaphylactic reaction:

1. An EAI will be administered by a trained staff member
2. The camp nurse will be contacted immediately
3. 911 will be called and the camper will be transported to the hospital with a staff member
4. While the above is taking place, parents or guardians will be contacted.

If you have any questions or inquiries about the Camp Robin Hood Anaphylactic Protocol please do not hesitate to leave a message at the camp office 416-736-4443 for Bev Unger the Coordinator of Health for CRH.

Updated June 2018, by Bev Unger RN, Health Coordinator, Camp Robin Hood

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