



CAMP ROBIN HOOD

NUT AWARE POLICY

At Camp Robin Hood and Robin Hood Sports Academy we provide a NUT AWARE environment. Put simply, we do not provide any foods that contain nuts and nut products and strongly encourage families to refrain from sending foods with nut products to camp. In addition to being NUT AWARE we have also adopted a NO SHARING FOOD policy as there are many other foods to which campers are allergic. Our counsellors DO eat with their campers and actively supervise lunch and snack times to help reinforce this important policy.

How we support campers with life-threatening allergies

In some cases campers have allergies which are life threatening and even being touched by someone who has a trace amount of peanut butter on their hands can trigger an allergic reaction – some severe allergies are even induced by the smell of peanut butter.

1. During staff training, our Health Center staff takes a proactive approach by educating our staff about serious allergies and training them on how to recognize and respond to allergic reactions.
2. We provide snacks and optional lunches which are Nut Free in keeping with our NUT AWARE environment and Kosher certified to respect the dietary laws followed by some of our population.
3. When campers (and staff) celebrate a birthday during camp, we recognize the occasion at one of our twice-weekly Mass Flagpoles. We ask you do not send cakes or donuts to share. If you do chose to send something for your child to share with his/her group, we suggest small trinkets such as stickers. Before sending anything it is a good idea to speak to the camp office for more information.

What Can Your Family Do To Help?

We ask all camper families to be mindful of allergies and kindly respect our NUT AWARE environment.

- Please **DO NOT send food to camp that may contain Peanuts or Tree Nut Products.**
- Please read ingredient labels before you send food and sunscreen to camp as many foods and personal care products contain traces of nuts and peanut products
- Ensure face and hands are thoroughly washed with soap and water before leaving home in the morning, especially if food containing peanuts or nut products was consumed.
- Remind campers of our camp's "no sharing food" policy.

Please keep in mind that the emergency treatment of anaphylactic allergies involves the immediate injection of medication with an epinephrine auto injector (Epipen®) and a trip to the hospital. Your help in following the simple steps listed above will ensure that we are all working together to provide a safe environment for everyone.

For further information or questions regarding this policy, please contact our Health Coordinator Bev Unger, RN, between June 1st and August 31st by calling 416-736-4443 or via email health@camprobinhood.ca .

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