



# CAMP ROBIN HOOD

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## NUT AND ALLERGY AWARE POLICY

At **Camp Robin Hood and Robin Hood Sports Academy**, we are committed to providing a **Nut and Allergy Aware environment**. This means that we **do not purchase or provide** foods that contain or may contain nuts and nut products and we **ask families and staff** to refrain from sending foods and personal care items (such as sunscreen) that contain or may contain nut products.

### Supporting Campers & Staff with Allergies

We recognize that food allergies vary in severity. Some allergies may cause mild reactions, while others can lead to **Anaphylaxis**—a **serious, life-threatening** allergic reaction. Allergies can be triggered by **ingestion, contact, or even airborne exposure** to an allergen. To ensure the safety of all campers and staff, we have adopted a **strict no food-sharing policy**. Camp staff eat with campers and actively **supervise all meals and snacks** to reinforce this rule.

### How We Support Campers with Life-Threatening & Other Food Allergies

- **Staff Training:** Our Health Centre ('Robin Aid') provides thorough training on recognizing and responding to allergic and anaphylactic reactions.
- **Proactive Communication:** Before camp begins, Robin Aid will email families regarding any food allergies in your camper's cabin or on their bus.
- **Nut-Aware Snacks & Lunches:** All camp-provided snacks and optional lunch options are in line with our Nut Aware policy. We diligently check ingredient labels for all food we provide at camp and do not offer any items that list nuts or may contain nut products. The list of all ingredients can be found [HERE](#).
- **Birthday Celebrations:** Instead of bringing food, birthdays are celebrated at Mass Flagpole, ensuring an inclusive experience for all campers.

### How Your Family Can Help

We ask for your support in keeping camp a safe and inclusive space by:

- **Reading labels** and **avoiding** sending any food or personal care items (such as sunscreen) that contain or may contain **peanuts or tree nuts**.
- **Washing your camper's hands and face** thoroughly **before leaving home**, especially if they have eaten nuts or other allergens.
- **Reminding your camper** about our **no food-sharing policy** to prevent accidental exposure.

### Why This Matters

For campers with anaphylactic allergies, even a **tiny amount** of an allergen can trigger a **severe reaction**, requiring immediate treatment with **epinephrine (EpiPen, Allerject)** and a **hospital visit**. Our goal is **prevention**, and your support in following these simple steps helps us create a **safe & fun** environment for all.

If you have any questions about this policy, please contact our office at **416-736-4443** or email [health@camprobinhood.ca](mailto:health@camprobinhood.ca).



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