



Policy Document Anaphylaxis Policy

Policy Rationale

Anaphylaxis is the most severe form of an allergic reaction and can be fatal. Anaphylaxis can affect any part of the body and it often affects several body parts at once (breathing, heart, skin, gut). The most common allergens in school aged children are peanuts, eggs, tree nuts (e.g. cashews), cow's milk, fish and shellfish, wheat, soy, sesame, latex, certain insect stings and medication. The key to prevention of anaphylaxis at BTYC is knowledge of those gymnasts who have been diagnosed at risk, awareness of allergens and prevention of exposure to those allergens. This knowledge helps us to ensure that certain food items are kept away from gymnasts whilst at training. Adrenaline given through an EpiPen auto injector to the muscle of the outer mid-thigh is the most effective first aid treatment for anaphylaxis.

Purpose

- To provide, as far as practicable, a safe and supportive environment in which gymnasts at risk of anaphylaxis can participate equally in all aspects of gymnastics.
- To raise awareness about anaphylaxis and BTYC's anaphylaxis management policy in the BTYC community.
- To engage with parents/carers of gymnasts at risk of anaphylaxis in assessing risks, developing risk minimisation strategies and management strategies for the gymnast.
- To ensure that each staff member has adequate knowledge about allergies.

Policy Description

Parents of every gymnast at BTYC that has been diagnosed as being at risk of anaphylaxis by a medical practitioner will need to ensure that they have a current individual management plan. If they have been prescribed an EpiPen then they must bring their EpiPen Kit to every training session.

The individual anaphylaxis management plan must include the following:

- Recent photograph of the athlete.
- The person's allergens: The known severe allergies should be recorded on the person's Anaphylaxis Action Plan.
- The First Aid Response: There may be other medications (usually an antihistamine) used to treat mild to moderate allergic reactions.
- Name and contact number of parent/guardian, or emergency contact person and the doctor.
- The doctor's signature and the date that the Anaphylaxis Action Plan was prepared.
- Parent/Guardian signature (for minors).

Individual EpiPen Kits must be brought to each training session and given to the gymnast's coach.

EpiPen Kits should include the following:

- An insulated container (lunch box) with the gymnast's name clearly written on it.
- The gymnast's EpiPen.
- A copy of the gymnast's Anaphylaxis Action Plan.
- Telephone contact details for the gymnast's parents/guardian, doctor/medical service.
- Second contact person in case the parents/guardians cannot be contacted.
- Other medication for the allergic reaction if prescribed (antihistamines).
- A permanent marker: The gymnast's individual management plan may need to be reviewed, in consultation with the gymnast's parents/carers and medical practitioner, if the gymnast's condition changes, or immediately after a gymnast has an anaphylactic reaction at BTYC.

It is the responsibility of the parent/carer:

- to provide the emergency procedures plan (ASCIA Action Plan).
- Inform BTYC if their child's medical condition changes, and if relevant, provide an updated emergency procedures plan (ASCIA Action Plan).
- Provide an up to date photo for the emergency procedures plan (ASCIA Action Plan) and date of when it is to be reviewed.