



# **Up & Under Adventures**

## **Managing Nut & Other Allergies Policy**

If you require this document in an alternative format please contact 07540 451379 or email [info@upandunderadventures.com](mailto:info@upandunderadventures.com)

## Introduction

**This policy should be read in conjunction with the Up & Under Adventures First Aid policy.**

ANAPHYLAXIS is a severe allergic reaction at the extreme end of the allergic spectrum, affecting the entire body, and can occur within minutes of exposure. The main causes are attributed to nuts, seeds and seafood. This policy focuses on the management of nut allergies.

One approach could be to ban nuts from Up & Under Adventures; however, the Anaphylaxis Campaign highlights a number of problems with this approach as follows:

- It would be impossible to provide an absolute guarantee that the camp is nut free, given that participants may bring in food from home and food items bought on the way to camp.
- There would be a risk that participants with allergies might be led into a false sense of security.
- The nut ban would be seen as a precedent for demands to ban other potentially 'risky' foods.
- Most of the UK woodland has nut trees growing in them I.E Hazelnut, Beech nuts, Pine nuts etc.

There is a strong case to be argued that participants with food allergies will develop a better awareness and understanding of how to manage their allergies if they are made aware of the hazards in an environment where allergens are regularly present.

## Policy

Our Food Standards Policy (see appendix 2) emphasises the avoidance of nuts (tree nuts, peanuts and pine nuts) and nut related products in the catering services at Up & Under Adventures, recognising the potentially severe allergic reaction, for some people. We also avoid the use of sesame seeds and sesame related products.

We do not claim to be a 'nut-free' company. The Anaphylaxis Campaign advises that this is a pragmatic approach, for the following reasons;

- It would be impossible to provide an absolute guarantee that the camp is nut free. Participants bring in food from home and food bought on the way to camp.
- There would be a risk that participants with allergies might be led into a false sense of security.
- There is a strong case to be argued that participant with food allergies will develop a better awareness and understanding of how to manage their allergies if they are aware of the hazards in an environment where allergens may be present.

Within the camp catering facilities, we take precautions to minimise the risk of anaphylaxis and other allergenic reactions occurring:

- We never knowingly use any nuts (including pine nuts and peanuts) or sesame seeds and associated nut/sesame products in our kitchens.
- Participants who are known to have food allergies (e.g. nuts, egg, milk, gluten, fish, molluscs, and crustaceans) are introduced to key members of the catering team, on their first day at the camp, and are encouraged to seek guidance from the Field cooks – on a daily basis, if necessary – on what they can have, from the menu, for lunch.
- Field Cooks receive regular training in respect of food allergies.
- Field Cooks take precautions to reduce the risk of cross contamination.
- Our recipes are analysed, and allergens contained therein are highlighted and recorded

It should be acknowledged that, given current food manufacturing processes, it is impossible to guarantee that all products will be free from possible 'traces of nuts' and other allergens. EU allergen regulations, effective from December 2014, relating to pre-packaged food and 'loose' food offered in retail and other food outlets require food service operators to provide information on 14 specified allergens (three of which are nuts, peanuts and sesame).

Our commitment to flagging selected allergens on the service counter menu cards now extends to the additional newly prescribed allergens when present in the food we serve.

We keep detailed allergen information on all our recipes and other food and drink items, enabling Field cooks to be able to provide allergen information whenever asked.

Whilst most allergic reactions are the result of food ingestion, we recognise, too, that severe allergic reactions can occur as a result of individuals being susceptible to airborne allergens. Allergic reactions can also be triggered by touching surfaces.

The success of minimising anaphylaxis risk – and all other allergenic reactions - requires the cooperation of participants and staff. Participants are asked not to bring snacks and cakes (birthdays are potentially high risk occasions) that contain nuts and sesame seeds.

A written reminder will be communicated to participants before each camp. It is essential that the Up & Under Adventures has full details of all participant allergies.

This information is requested by Up & Under Adventures on our Food Allergies Form, and must be provided by participants before they attend a Bushcraft Course. The Course Leader should also be provided with a treatment plan and EpiPen, clearly marked with the participant's name.

When participants take part in single or multi-day Bushcraft courses, participant's allergies, their respective treatments and other associated requirements are factored into the planning process.

Whilst Up & Under Adventures will exercise all due care and attention to minimise risk, participants are expected to self-manage their allergy, too, having an understanding of;

- Foods which are safe or unsafe
- When to ask staff to change (self-service) serving utensils, if they think cross-contamination has taken place
- Their specific symptoms, if an allergic reaction occurs
- Their responsibility to carry their EpiPen with them at all times
- Who to advise, if and when an allergic reaction happens
- Letting friends and staff know about their allergy, in case of emergency
- When to seek guidance (and from whom) – if in doubt 3

## **Anaphylaxis protocol**

**How do I recognise an anaphylaxis reaction and what action should I take?**

**Early symptoms include**

- ✓ Itchy, urticarial rash anywhere on the body
- ✓ Runny nose and watery eyes
- ✓ Nausea and vomiting
- ✓ Dizziness

**Danger signs include**

- ✓ Swelling of the lips, tongue and throat
- ✓ Cough, wheeze, tightness of chest or shortness of breath
- ✓ Sudden collapse or unconsciousness

**Treatment** will depend on the severity of the reaction

**For mild symptoms** Piriton may be given by course first aider. The individual's agreed health plan will be in the First Aid Kit.

**For severe symptoms** (see Emergency procedure, below) an EpiPen device should be used. This should be administered into the thigh muscle (can be delivered through clothing) and will allow the adrenaline to quickly reverse the effects of the allergic reaction. The participant should then be taken to hospital.

## **Emergency procedure**

The following procedure must be adopted;

- ✓ Call an ambulance and send a responsible person to fetch the first aid kit.
- ✓ Monitor the participant's condition carefully
- ✓ Administer the Epipen
- ✓ Remove packaging and pull off the blue safety cap from the Epipen
- ✓ Hold the device about 10 cm from the outer thigh
- ✓ Inject – swing and jab the orange tip firmly against the outer thigh and listen for an audible click from the mechanism – hold in place for 10 seconds
- ✓ The orange tip extends on removal
- ✓ Massage the area for 10 seconds
- ✓ Monitor the participant's progress – a second dose of Epipen may be required after 10 minutes, if the condition has not improved and help has still not arrived

When the ambulance crew arrives, ascertain where they will be taking the participant and give all used Epipens to the ambulance crew for safe disposal

- ✓ Contact the participant's emergency contact and advise them to meet at the hospital.
- ✓ Send a member of staff to accompany the participant to hospital.

## **Food standards policy**

At Up & under Adventures, we provide a fresh, healthy, varied and tasty menu, encouraging all our participants to take and enjoy the meals – eating well and stimulating an interest in food and nutrition.

It is our policy to use predominantly fresh food, bought for that course only.

We use salt sparingly, to season the food, during some of the cooking processes but avoid its use as much as possible.

We use natural sugars where possible and we ensure that our daily offer contains fibre, protein, starchy carbohydrate, vitamins, iron and other essential minerals, which are all so important for young, growing people.

Whilst we serve fried food occasionally, we use good-quality vegetable oils and we do not use deep fat fryers.

Each day, there is a selection of green and other vegetables available, together with a range of homemade salads and a variety of fresh fruit.

Our desserts are all freshly mad.

Drinking water is provided throughout the day at the Camp Kitchen. There is also tea and coffee available to all participants at the Camp Kitchen.

We are very conscious of individuals' dietary requirements, whether they arise from personal choice or medical necessity.

A great deal of thought goes into providing vegetarian/vegan/halal/kosher options and our Field cooks are always willing to assist with advice regarding other dietary needs.

In accordance with our Managing Nut and other Allergies policy, we avoid using nuts or nut products in our cooking but acknowledge that there can be no absolute guarantee that cross contamination has not occurred somewhere in the food supply chain.

We do not knowingly use genetically modified foods and our supplier agreements stipulate this requirement.

<b>Policy Control</b>		
<b>Name of Policy</b>	<b>Managing Nut &amp; Other Allergies</b>	<b>Issue Date: 17/06/2020</b>
<b>Written by</b>	<b>Robert McGrady</b>	<b>Review Date: 17/06/2021 or significant change</b>
<b>Associated Policies</b>	<ul style="list-style-type: none"><li>• <b>Safeguarding and Child Protection Policy</b></li></ul>	
<b>Policy Officer/s</b>	<b>Robert McGrady</b>	<b>Owner</b>