



2026 CAMP KWASIND
Anaphylaxis
Policy & Procedures

Camp Kwasind Anaphylaxis Policy & Procedures

Purpose

This document is to ensure the safety of all campers, staff, and guests by establishing clear procedures for the prevention and emergency management of anaphylaxis.

Camp Kwasind is committed to maintaining a **nut-sensitive space** while being an **anaphylactic allergy-aware** and **response-ready** environment.

Definition

Anaphylaxis is a severe, life-threatening allergic reaction that can occur rapidly and requires immediate medical intervention.

Common Allergic Triggers

- Food allergens (e.g., peanuts, tree nuts, milk, eggs, sesame, seafood)
- Insect stings
- Medications and latex

Key Insight for Staff: Even a very small amount of an allergen can cause a severe reaction.

Warning Signs and Symptoms

Life-Threatening (Act Immediately)

- Difficulty breathing / wheezing
- Throat tightening
- Trouble swallowing
- Dizziness / fainting
- Blue or pale skin

Other Warning Signs

- Hives, swelling (face, lips, tongue)
- Vomiting / stomach cramps
- Anxiety or “sense of doom”

If in doubt — treat it as anaphylaxis. Do NOT wait.

Emergency Response Procedure

- **Administer epinephrine immediately** using an auto-injector (EpiPen) for an individual with a known life-threatening allergic reaction.
- Have a staff member **call 911** and state that a life-threatening allergic reaction is occurring – follow emergency procedures.
- Have Health Care team administer a second dose after 5 minutes if symptoms persist.
- Position the individual appropriately (lying down unless breathing difficulty).
- **Monitor continuously** and ensure transport to hospital – never leave alone.

Prevention Strategies

Food Safety

- No food sharing
 - Strict supervision during meals
 - Clear labeling of all food
 - Handwashing before & after eating
 - Clean surfaces thoroughly (tables, utensils)
 - Avoid food in games/crafts when possible
- Cross-contamination is a major risk at camp environments*

Outdoor / Insect Safety

- Keep garbage sealed
- No open drinks for those with allergies (use cups, not cans)
- Encourage closed-toe shoes outdoors
- Avoid scented products (perfume, sprays)
- Monitor high-risk areas (garbage, docks, food zones)

Camp-Wide Practices

- Designate eating areas
- Train ALL staff (including kitchen, dining hall, program, maintenance, waterfront)
- Ensure awareness of campers with allergies
- Keep emergency kits accessible (NOT locked)

Epinephrine Management

Epinephrine auto-injectors (EAI) must be easily accessible, ideally on the camper at all times. If campers are not able to carry them, the location of their epi-pen should be known and in an unlocked area. Backup devices are recommended and should be available in the camp Health Centre.

- Additional auto-injectors should be taken on island/overnight adventures

Roles and Responsibilities

Staff & Volunteers must be trained and aware of individuals at risk. Campers should be educated appropriately. Parents must provide up-to-date medical information and medication.

Camp Staff Understanding of Anaphylactic Allergies

- Know who has allergies (note with camper bracelets)
- Know where EpiPens are (Health Centre) & check campers have their EAI
- Be ready to act immediately – remember your training
- Never assume someone else is handling it – respond immediately
- Be cognizant of the camp allergy policy as part of planned activities
- Do not give food as a reward, demonstration or for winning a contest/challenge

Camp Staff Responsibilities in response to Anaphylactic reaction

- Epinephrine FIRST — not antihistamines
- Never wait to “see if it gets worse”
- You cannot harm someone by giving epinephrine if unsure
- Campers should NEVER be left alone during a reaction
- Be ready to act immediately

Kitchen Staff & Food Services (Those Handling Food)

- Know who has allergies (note with camper bracelets)
- Ensure kitchen is managed to avoid cross contamination
- Double check ingredients
- If you do not know with confidence that the food does or does not have the allergen, do not serve it to guest with an allergy or intolerance
- Do not pick an allergen out of a food (e.g. removing nuts from a salad). The person with the food allergy will need a new meal prepared for them.
- Clean surfaces with soap and water, commercial cleaners or commercial wipes.
- **“May Contain” in our context is to be considered equal to it having the allergen**
- Remember to keep the ingredient labels if you separate large packages of food into smaller portions.

Campers Responsibilities

- Carry their EpiPen (if capable)
- Do not share food
- Speak up immediately if feeling symptoms
- Alert staff to concerns or situations in which they might be at risk

Parents / Guardians

- Provide up-to-date allergy info
- Supply EpiPen(s)

Staff Training Requirements

All staff must receive training before camp begins and participate in refresher sessions. Training includes recognition, response, and proper use of auto-injectors.

- Mandatory staff training before camp starts
 - Signs / Symptoms / Prevention Strategies
 - Course: <https://foodallergycanada.ca/tools-and-downloads/key-resources/allergyaware-ca-training/>
- Mid-summer refresher
- Hands-on EpiPen practice
- Scenario-based drills (like fire drills)

Confidence and speed save lives.

Camp Kwasind Procedures

Nut & Allergy Aware Camp

We aim to be a “nut aware” camp, though we acknowledge that we cannot eliminate all risks as we cannot be sure of 100% compliance by every participant, despite best efforts by everyone.

- We educate families about allergies in our camp literature and throughout the summer.
- Families are encouraged to read labels carefully and only send nut-free food and personal care items.
- We work closely with suppliers to research and serve nut-aware products at camp.
- Our food ingredient list will be posted on our website before the start of camp.
- We maintain a strict No Food Sharing policy to prevent cross-contact.
- Staff actively supervise all meals and snacks.
- If a nut product is sent to camp, it will be packed away, and families will be contacted with a reminder of our policy.
- If food containing other known allergens is sent, the camper will sit beside peers without the allergy and wash hands after eating.

Epinephrine Auto-Injectors (EAI)

Campers with anaphylactic allergies must have at least two (2) EAIs at camp:

- The first EAI must be carried by the camper in a CRH fanny pack or personal carrying case.
- The second EAI (‘the spare’) should be:
 - Given to the bus monitor or health-care coordinator at drop-off on the camper’s first day.

- Stored in Kwasind Health Centre for emergency use.
- All EAIs must: have the original pharmacy label attached and have an expiry date beyond the camp session.