



Preparing for Camp & Overnight School Trips

A Resource for Assisting Parents and Guardians, Teachers and Camp Co-ordinators in the Management of Anaphylaxis.

Whilst on camp, your group's co-ordinators are responsible for managing the response to incidents of Anaphylaxis. You may find the following resource helpful in organising your response.

Our Site is an ALLERGY AWARE SITE

MANAGEMENT OF ANAPHYLAXIS

In order to assist in the planning for camp the questions raised in the '*Preparing for Camp and Overnight School Trips*' booklet, provided by Anaphylaxis & Allergy Australia, have been answered.

"Managing food allergies on camp is a shared responsibility, involving school staff, parents and, of course, your child or teen with allergies. While risk can never be eliminated, it can be minimised. With careful planning and a co-operative approach, your child can join in and enjoy everything a school camp has to offer." (Maria Said, President Anaphylaxis Australia Incorporated, *Preparing for Camp and Overnight School Trips*)

1. How do I contact the camp to discuss my needs?

You can call or contact us using the contact details below:

Phone: 9653 1676 option 2

Email: groupbookings@crusaders.edu.au

2. How do we usually manage food allergies?

A special diets form is sent to all group co-ordinators before camp. The group co-ordinators are responsible for gathering the relevant information and returning the completed form to our Bookings Manager and Special Diet Manager.

This form is supplied to the catering manager for planning purposes.

A guest is served the agreed to special diet.

N.B It is important to note that at the Galston Gorge Conference Centre we advise all guests with a severe or life threatening allergy to bring their own food. In this commercial kitchen we are unable to provide food free of any particular allergen.

3. Is the site nut free or free of traces of allergens?

We generally provide a diet free of whole nuts and nut pieces. However, being a commercial kitchen, we cannot provide food that is free of traces of nuts, or any other allergen. Therefore a camper with a severe or life threatening allergy to nuts or traces of any allergen is advised to bring their own food. We are also unable to guarantee that the whole site is free of whole nuts as generally food bans for guests do not work.

4. Have all staff been trained in how to recognise an allergic reaction and how and when to use an auto injector?

In practice, the people most likely to be in a position to respond to any allergic reaction will be your group's co-ordinators, and this question would most suitably be directed to them. However, many of our staff have been trained in First Aid but not all staff are required to be trained to this level.

5. How will my child's allergies be communicated to all camp staff?

Only campsite staff concerned with the preparation and provision of food for the camp are communicated with. Further to this, it is the responsibility of the group co-ordinators to make any other relevant person know of the allergy, i.e. the group co-ordinator/parent should plan to communicate with the site if more than just the catering team need to be advised of an allergy.

6. Are the meals prepared on site and by whom?

The meals are prepared onsite, with food supplied from a number of suppliers, by our catering team, under the guidance of our catering manager.

7. Where is the closest hospital with emergency facilities?

Hornsby Ku-ring-gai Hospital.

Phone: (02) 9477 9123

Address: Palmerston Rd, Hornsby NSW 2077.

Distance: 13km and 21 minutes away.

8. Where is the closest medical practice?

Galston Medical Centre

Phone: (02) 9653 2133

Address: 31 Arcadia Rd, Galston, NSW 2159

Distance: 3.5km and 7 minutes away.

9. Are the children able to purchase food at the camp?

The site has one vending machine. The products available are free of whole nut pieces. However, we cannot guarantee against traces of any allergens.

10. Can I talk to the campsite catering manager?

Please call the site on 9653 1676 option 2 to talk with our Bookings Manager to arrange a site visit or a chat with our catering manager.

11. Do all staff have knowledge and experience of preparing foods for children with food allergies?

The special diets are prepared under the direction of the catering manager and/or the head chef. Our kitchen shift leaders all have experience in providing special diet requirements.

12. How are the meals served?

Food is served to the group as a whole from a servery. Those with special dietary requirements are also served from this area but with prepared plates specific to that need. Those bringing their own foods have access to a separate microwave for reheating and a special diet fridge.

13. Can I see a menu?

A sample menu indicating the type of food served is provided on our website at:

<http://www.crusaders.edu.au/files/2014/02/Galston-Sample-Menu-2013.pdf>

14. Can my child bring along safe snacks?

They certainly can. They are also able to supply all their own food if that can assist.

If you have further questions please do not hesitate to contact the Bookings Manager on 9653 1676 option 2 for further assistance.

MANAGEMENT OF OTHER FIRST AID INCIDENTS

Group co-ordinators are also responsible for the first aid of students and guests under their leadership. As such, your co-ordinators should provide a first aid kit suitable for the number of guests attending the camp. For any group members with anaphylaxis, asthma or other acute medical conditions, the group is responsible for developing and following an 'Individual Health Care Plan', in accordance with NSW Department of Education and Communities procedures.

When undertaking an activity run by the centre, the instructor will have a first aid kit with them. The instructors will carry out any necessary first aid in conjunction with your co-ordinators. Please ensure the risk waiver is read and understood and signed by a supervising adult.

First aid kits are available in emergencies and are located in reception and in the kitchen. Please see campsite staff for access.