

## ALLERGIES AND NUT POLICY STATEMENT

At Aberdeen Diving Club, our Coaches and Chaperones should be ready to effectively manage divers with known food allergies and should also be prepared to recognise symptoms of an allergic reaction in both diagnosed and undiagnosed children in order to respond to their emergency needs.

Caring for children with diagnosed allergies at-risk for anaphylaxis – both in the diving arena and at away competitions – requires a collaborative partnership with the child, parents and coaching team. ADC may wish to designate or assign a Lead Coach or Chaperone, knowledgeable about food allergies, to serve as the main point of contact at training and competitions.

The club has implemented a food allergy management plan that includes the following:

1. Identification of divers with food allergies at-risk for anaphylaxis
2. Development, communication, implementation and monitoring of food allergy action plans and emergency care plans
3. Reducing risk of exposure within the diving club training facilities and during all away competitions
4. Training for Coaches and Chaperones on recognition of anaphylaxis and appropriate emergency response.

### Nut-Free Guidance

Although we recognise that this cannot be guaranteed, ADC aims to be a Nut-Free club. This guidance serves to set out all measures to reduce the risk to those divers who may suffer an anaphylactic reaction if exposed to nuts to which they are sensitive.

The following items should **not** be brought into training or at competitions (home or away):

- Packs of nuts
- Peanut butter sandwiches
- Fruit and cereal bars that contain nuts
- Chocolate bars or sweets that contain nuts
- Sesame seed rolls (children allergic to nuts may also have a severe reaction to sesame)
- Cakes made with nuts

ADC also discourages the trading of food with other divers.

Reminders will be given prior to any chaperoned away trip to refrain from bringing nut containing products.

If your child has any known allergies it is important to contact one of the coaches to discuss further.