



Allergies and Anaphylaxis Management Policy

Overview

This policy takes a holistic approach to the health care and management of all QCCC stakeholders of our campsite communities suffering from specific allergies.

Anaphylaxis is a severe and sudden allergic reaction. It occurs when a person is exposed to an allergen to which they are sensitive.

QCCC's position is not to guarantee a completely allergen free environment, rather: to minimise the risk of exposure, encourage self-responsibility, and plan for effective response to possible emergencies.

The intent of this policy is to minimise the risk of any guest suffering allergy-induced anaphylaxis or reactions.

Allergens or trigger substances that may cause anaphylaxis are: **peanuts; tree nuts; fish; shellfish; eggs; cow's milk; insect stings; certain medications. Other potential allergens may include soy, sesame, wheat, seeds, coconut and latex.**

While we suggest that guests are mindful of the foods they choose to bring onto our properties and the dangers they may pose to guests with anaphylactic reactions, it is important to understand that it is impossible to create a 'Nut-Free' or "Egg-Free" environment. Due to the fact QCCC's client base are largely school aged experiences, we aim for consistency with the Education Queensland Anaphylaxis Guidelines, which state:

"Although it may be possible to minimise students' exposure to potential allergens within the school environment, the implementation of blanket food bans or attempts to prohibit the entry of particular food substances into schools is not supported by Education Queensland, Queensland Health and the Australasian Society of Clinical Immunology and Allergy (ASCI). Schools should not make claims that their school is 'peanut/nut free' as this is impossible to guarantee and may lead to a false sense of security about exposure to allergens." As students can be allergic to several foods it is not possible, nor practical, to remove all food allergens from schools. Nor is it possible to remove all insects that students are allergic to.

It is also impossible for QCCC to remove all allergens from our sites.

Our QCCC sites have strategies in place to minimise the risks posed by allergies as follows:

- WE CATER FOR: Dairy/Lactose Free, Gluten Free, Seafood Free, Vegetarian, Egg Free (whole egg only), Nut Free, Halal (No Pork & No Beef).
- Due to the complexity of managing a commercial kitchen WE CAN NOT CATER FOR: Soy, sesame, preservatives, flavours and colour free diets and/or allergies. In the event a diet/allergy falls outside of our catered-for list or if they exceed more than two of the listed diets we will not be able to cater for these either. You may be required to contact QCCC Mapleton's Catering Department as self-catering may be the only option (each case is different, if unsure, please contact us).
- We require groups to maintain a minimum of two adrenaline auto-injectors (Epi-pens) stored within a group first aid kit (provided by the group).
- QCCC Chef's are aware of issues related to allergies and anaphylaxis and measures to reduce the incidence of an emergency event.
- QCCC clients must provide all relevant Anaphylaxis Action Plans for attendees.
- Selected QCCC staff are trained in anaphylaxis management and in administering an adrenaline auto-injector.
- ALL guests at risk of anaphylaxis will need to contact our catering department to clarify how we can cater safely for them. QCCC will then determine if self-catering will be the most appropriate option.
- In the case that QCCC cannot cater for a guest, their food will need to be cooked in advance, housed in sealed labelled containers to be stored in the fridge provided, reheated under the direct supervision of the School/Group Coordinator at each meal in the allocated microwave. QCCC requests that self-catering guests please keep in mind all allergens or trigger substances that may cause anaphylaxis, as listed above, when preparing meals for camp.