

**Pilgrim Day Camp (PDC)**  
**Allergen Exposure Policy and Procedures: 2018Camp Season**

**Policy:**

Pilgrim Day Camp is committed to providing a safe environment for campers and staff. We understand the increasing prevalence of life threatening allergies among camp populations. Recognizing that the risk of accidental exposure to allergens can be reduced in the camp, Pilgrim Day Camp is committed to working in cooperation with parents, campers, and physicians, to minimize risks and provide a safe environment for all campers/staff. The focus of allergy management shall be on prevention, education, awareness, communication and emergency response.

**Family Responsibilities:**

- Notify the camp nurse of any allergies the week before the start of camp and any time a new allergy is identified.
- Submit the Pilgrim Day Camp allergy action form signed by both the parent and the camper/staff's physician.
- Alert the Unit Leader of the child's allergy at the beginning of their child's camp session and any time a new allergy is identified.
- Work with the nurse to accommodate the child's needs throughout their time at camp.
- Provide medical documentation, instructions, and medications as directed by the camper/staff's physician. All medications must be brought in in their original prescription bottles/boxes.
- Replace medications when used and upon expiration.
- Educate their child in self recognition and management of his/her allergy.

**Examples:**

- Safe and unsafe foods.
  - Strategies for avoiding allergens.
  - Know symptoms of allergic reaction.
  - Know how to seek help immediately.
  - Having the medication with him/her if appropriate.
  - Know how to self administer medication (age appropriate).
- Ensure that your child wears the color-coded PDC silicone bracelet to camp each day. Different colors identify different types of allergies, and it alerts ALL staff to the fact that the child has an allergy.
    - **RED:** any type of nut allergy
    - **YELLOW:** any time of bee family allergy (e.g. bee, wasp, hornet, etc.)
    - **GREEN:** a food allergy other than any type of nut (e.g. wheat, soy, eggs, etc.) and latex.
  - Review with your child that bracelets are worn for safety reasons and are not to be taken off during the day and/or traded with friends.
  - Most importantly: it is the parent's responsibility to authorize the foods their child can eat at camp. Therefore, your child will not receive any food at camp unless we receive special instructions from you. Additionally, unless you tell us otherwise, you will be responsible to provide lunch, snacks, and special food items throughout the week, especially on Friday's

(cookout and make your own sundae day). The nurses will gladly refrigerate and/or store special foods for your child throughout the summer. Please see us if you'd like to take us up on that offer.

- Any foods you bring in for the nurse's to store MUST BE in the original food container with the nutrition/ingredient label on it!!!
- As always, it's your responsibility to communicate with the nurses and the Unit Leaders regarding safe food and safe practices at camp.
- To review the ingredients in all the foods supplied by camp, you must come to the health office to review the allergy binder or check it online once it is uploaded. Nurses will not read labels over the phone.

### **Camper/Staff:**

- Know your own specific allergen / triggers.
- No trading of food with others at any time.
- Do not eat anything with unknown ingredients or foods suspected to contain the allergen.
- Check with Unit Leader prior to eating any food supplied by camp.
- Notify your Unit Leader and/or counselor immediately if you eat or come in contact with a known allergen.
- If old enough to carry your own medication, and with parent permission, know how to administer the medication (e.g. Epi-Pen, or Inhaler). Always notify the Unit Leader and/or counselor if you're administering any medication to yourself.
- Be sure to wear the appropriate colored Pilgrim Day Camp silicone bracelets, as noted above, on a daily basis. DO NOT TAKE THESE OFF and DO NOT TRADE WITH FRIENDS! Bracelets are waterproof.

### **Camp Health Care Personnel:**

- The nurses will review the health records submitted by parents and physicians.
- All pertinent allergy information will be put into the computer and a list of campers with allergy's will be given to each Unit Leader on the Friday before the start of a new week/session and will be updated as often as need be.
- Alert all parents with children who have allergies regarding camp policy as it relates to food. The labels of all food offered at camp will be placed in a binder in the health office and online at pilgrimdaycamp.org (early summer 2012). It is the parent's responsibility to let the nurses and Unit Leaders know which foods we serve are and are not safe for their children.
- Provide a fun alternative snack for campers/staff that are unable to eat special treats offered throughout the camping session.
- Be proactive in protecting students from offending allergies around camp (e.g. peanut free tables at lunch, not nuts (in their truest form) or peanuts will be served by camp staff.
- Pilgrim Day Camp will not serve nuts of any kind in their truest form (e.g. nuts themselves and/or peanut butter); however, campers are allowed to bring those foods into camp for lunch/snack. Children with food allergies will be moved away from campers eating the offending food. While Pilgrim Day Camp endeavors to not serve foods with nuts in it, we cannot guarantee that the foods

we serve are not processed in a facility that also makes foods with nuts and other well-known allergen foods (e.g. wheat, soy and eggs).

- It is the parent's responsibility to let the camp staff know what is and is not safe for their children to eat.
- Parents of children with food allergies are strongly encouraged to bring in all the food their child will be eating at camp; however, we endeavor to accommodate the camper as best we can. That will often depend on the nurse's availability to review labels at the time of the activity. The camp nurses are happy to store any special foods necessary to make the camper feel included in all special activities (e.g. safe candy on days that involve piñata's, etc.).
- For campers with severe allergies, Pilgrim Day Camp will educate "designated" staff to recognize signs and symptoms of an allergic reaction and administer Epi-Pens as needed.
- Keep rescue medications easily accessible in secure but visible locations relevant to the campus layout (health office, extended morning first aid kit, and extended day first aid kit (p.m.)
- All Unit Leaders and specialty area staff (e.g. arts and crafts, project adventure, and athletics) will be given a summer schedule listing the name of the nurse working each day, as well as the camp office phone number and the nurse's cell phone numbers. This will allow for quick contact with the nursing staff in an emergency situation
- A golf cart is made available to the nursing staff so that they can get to campers/staff in a timely fashion in an urgent and/or emergent situation.

### **Procedures:**

When a camper/staff presents to the health care staff for treatment of an actual or potential allergen exposure, the following procedures will come into play:

If a camper/staff with a known allergy comes to the health office with a potential exposure to a known allergen, they will be closely monitored for signs and symptoms of an anaphylactic reaction and their parents/contact person will be called.

If a camper/staff with a definitive exposure to a known allergen comes into the health office, they will be monitored closely for signs and symptoms of an anaphylactic reaction, and their parents/contact person will be called. Additionally, the nurse/health care provider (HCP) will ask the front office personnel to immediately summons health office backup so that the backup personnel can tend to all other campers/staff coming into the health office while the HCP can direct all of their attention to the camper/staff with the allergy exposure.

During the 2018 camp season, the following people will be identified as front office personnel and backup health office personnel:

### **Front Office Personnel**

- Jessica Kirby, Jon Kirby, Mark Nickerson, Robert Evans, Deborah Denman, caitlin Kirby, and Kristen Kirby.

## **Backup Health Office Personnel:**

- Hannah Collins, EMT
- Michelle Nelson, Certified in CPR and 1<sup>st</sup> Aid

All campers/staff that were identified as having an allergy on their health history form have been told to submit a PDC allergy action form signed by their physician. In instances where the physician refused to fill out the PDC allergy action form, the physician's standard allergy action form has been submitted. The HCP will consult the allergy action form whenever an allergic reaction is known or suspected and will render treatment based on the parent/physician instructions on the allergy action plan. In the event that an allergy action plan is missing and/or if a camper/staff present with an unforeseen/unknown reaction, the following allergy action plan will be put into action by the HCF:

**FOR: Any SEVERE SYMPTOMS after suspected or known exposure:**

**One of more of the following:**

- **LUNG:** short of breath, wheeze, repetitive cough
- **HEART:** pale, blue, faint, weak pulse, dizzy, confused
- **THROAT:** tight, hoarse, trouble breathing/swallowing
- **MOUTH:** obstructive swelling (tongue and/or lips)
- **SKIN:** many hives all over body

**Or combination of symptoms from different body areas:**

- **SKIN:** hives, itchy rashes, swelling (e.g. eyes, lips)
- **GUT:** vomiting, diarrhea, crampy pain



**ACTION:**

- **INJECT EPINEPHRINE IMMEDIATELY**
- Call 911 (ask front office staff to call as soon as HCF decides to inject epinephrine and remind them to alert emergency personnel that epinephrine was administered).
- Give additional medications as needed\*: e.g. antihistamine & inhalers (bronchodilators) if asthmatic.

\*Antihistamines and inhalers/bronchodilators are not to be depended upon to treat a severe reaction (anaphylaxis). USE EPINEPHRINE if reaction is severe.

**FOR: MILD SYMPTOMS ONLY:**

- **MOUTH:** itchy mouth
- **SKIN:** a few hives around mouth/face, mild itch
- **GUT:** mild nausea/discomfort



**ACTION:**

- GIVE ANTIHISTAMINE
- Stay with camper/staff; alert parent/contact person
- If symptoms progress (see above), USE EPINEPHRINE.
- Begin monitoring (see “monitoring” section below).

**Monitoring:**

- Stay with camper/staff; alert parent/contact person. Alert 911 as needed. Tell rescue squad that epinephrine was given; request an ambulance with epinephrine. Note time of epinephrine administration. A second dose of epinephrine can be given 5 minutes or more after the first symptoms persist or recur. For severe reaction, consider keeping camper/staff lying on back with legs raised. Treat camper/staff even if parents/contact person cannot be reached. See attached for auto-injection technique.

For campers/staff with a potential exposure to an allergen, who did not submit an allergy action plan and/or are experiencing a potential reaction to an unknown allergen, use the following dosage guidelines for antihistamine administration (Benadryl or its generic equivalent):

- **3-4 years of age:** 1 teaspoon; **5-7 years of age:** 1 teaspoon; **8-10 years of age:** 1.5 teaspoons; **11 years of age and older:** 2 teaspoons.

For campers/staff with a known exposure to an allergen, who did not submit an allergy action plan, use the following dosage guidelines for antihistamine administration (Benadryl or its generic equivalent):

- **3-4 years of age:** 1 teaspoon; **5-7 years of age:** 1 teaspoon; **8-10 years of age:** 1.5 teaspoons; **11 years of age and older:** 2 teaspoons.

HCP are only to give antihistamines to campers/staff that are awake at the time of treatment.

When the patient enters the health office, regardless of whether or not the allergen was known to be ingested and/or in contact with the body, the area that was exposed to the allergen should be washed thoroughly with soap and water if possible. If it was ingested, the patient should brush their teeth to get any food/allergen residue out of their teeth, if possible; they should rinse their mouth with water (several times) and spit it out in the sink, if possible; and they should drink 2-3 glasses of water, if possible. Additionally, the patient’s entire body should be checked for hives and swelling.

As with any medical emergency, if the allergen exposure requires emergency medical personnel to be called (911), the HCP will put the Emergency Response Procedures into effect (see separate Emergency Response Policy and Procedures).

This policy has been approved by the following individuals:

---

Jackie McMahon, RN

---

Date

---

Jon Kirby, Pilgrim Day Camp Director

---

Date

---

Dr. Andrew Baumel, Pilgrim Day Camp Physician Consultant

---

Date