



# Ultimate Kids Ltd

## Food Allergies Policy

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Last updated: 01/09/2022

It is in the interest of the individuals safety that all individuals in connection to Ultimate Kids Ltd, paid and unpaid, are to pay close attention to the allergies of the individuals you work with as well as taking precautions to prevent any allergic reactions. There are 14 food allergens that an individual could be allergic to; Celery, Cereals containing gluten, Crustaceans, Eggs, Fish, Lupin, Milk, Molluscs, Mustard, Tree nuts, Peanuts, Sesame seeds, Soybeans and Sulphur dioxide and sulphites.

In order to take precautions and prevent any reactions Ultimate Kids Ltd have put the following steps in place for you to follow:

- Ensure you ask the parent or staff (depending on your environment) for any allergies that you may need to know about
- Discuss in depth, the seriousness of the allergy and what exactly triggers the reactions
- Ask the parent or staff member to produce the desired action plan for the individual in case of a reaction. \*Failure to produce a plan will result in a refusal of participation for the individual\*
- Examine the plan and ask relevant questions where needed
- Before the parent leaves, ensure to ask another coach to check children's lunches and snacks for any food items that may cause a reaction
- Ensure that you fully understand the procedures that must occur if the individual is to have a reaction \*get parent to sign medication form in case of having to conduct any medical procedures e.g epipen\*
- Make sure all coaches have easy access to required medication
- Ensure to notify the children of the food allergies present and if they are not sure to ask a coach
- Explain to the children on what to look for if a reaction is to occur

In case of any reactions, your priority is TIME you must immediately assess the situation and take relevant actions where applicable. Whilst this is happening, you must instruct another coach to call 999 and their emergency contact afterwards. If you are the only coach present you can do this by calling 999 on speaker whilst you are conducting first aid. (All other children must be escorted away from the situation and kept calm by another member of staff)

