



Just Play Sports

Allergy Policy

1. Policy Statement

Just Play Sports is committed to providing a safe, inclusive, and enjoyable environment for all children who attend our sports coaching sessions, after-school clubs, and holiday clubs. We recognise the potentially life-threatening nature of allergies, particularly nut allergies, and we operate clear procedures to minimise risk while ensuring all children are included in every aspect of club life.

2. No-Nut Policy

To reduce the risk of allergic reactions, **Just Play Sports is a strict NO-NUT club.**

This means:

- No peanuts or tree nuts of any kind are permitted on site.
- No nut-based spreads (e.g., peanut butter, Nutella).
- No snack bars, cereal bars, or baked goods containing nuts.
- Staff check any food provided by the club to ensure it is nut-free.

If nut-containing food is accidentally brought in, it is removed immediately and returned to the parent/carer at pick-up.

Parents and carers are informed of our No-Nut Policy at registration and through all pre-term and pre-holiday information packs.

3. Aims

- To safeguard children with allergies, including severe or airborne allergies.
- To prevent exposure to nuts and minimise exposure to other allergens.

- To ensure staff are trained and confident in implementing emergency procedures.
- To include all children fully in activities, regardless of their medical needs.
- To work closely with parents to ensure accurate, up-to-date information.

4. Collecting and Recording Allergy Information

1. Allergy information is collected through our booking system at the start of every term and holiday.
2. Parents/carers provide:
 - Diagnosed allergies
 - Triggers and severity
 - Medication required
 - Doctor's or NHS Allergy Action Plan (if applicable)
3. All information is compiled into a **Pre-Term and Pre-Holiday Medical & Allergy Summary**, shared with all staff.
4. Staff review allergy information at the beginning of every block and whenever new children join.

5. Staff Training and Responsibilities

- Lead staff are trained in Epipen/Adrenaline Auto-Injector and epilepsy response.
- Further training (e.g., asthma, diabetes, complex allergies) is arranged when needed.
- All staff are briefed each term/holiday on:
 - Children with specific allergies
 - Emergency procedures
 - Avoiding cross-contamination
 - Safe snack management in a No-Nut environment
- Only trained staff administer medication.

6. Medication Storage and Access

- All medication must be clearly labelled, in-date, and supplied by parents.

- Medication is stored securely but remains easily accessible at all times.
- Staff ensure medication accompanies children:
 - Outdoors
 - Off-site
 - To sports areas
- The designated lead checks daily that medication is present and complete.

7. Inclusion Procedures for Children With Allergies (Including Severe Allergies)

Our goal is **not to separate children**, but to keep them safe **while remaining fully included** in every social and sporting activity.

7.1 General Inclusion Strategies

- Children with allergies are seated with peers at snack times unless risk is extremely high.
- A staff member may sit with or near the child to provide reassurance and monitor safety discreetly.
- Children wash hands before and after food to prevent cross-contamination.
- Eating areas are thoroughly cleaned before and after snack time.
- The child is never singled out or highlighted in a way that draws unnecessary attention.

7.2 If a Child Has a Severe or Airborne Allergy

For children with a high-risk or airborne allergy, additional steps include:

- A personalised **Allergy Inclusion Plan** created with parents/carers.
- A “safe food zone” established during snack time at the same table as others, but with strict hygiene checks.
- Children eating known risky snacks (even non-nut allergens) may be asked to eat slightly apart, while the allergic child stays with the main group to avoid isolation.
- Individual snack boxes or club-provided snacks may be used if required.
- Staff keep wipes and sanitiser available for children to use before engaging in shared activities or sports equipment.
- Increased staff monitoring during transitions (e.g., snack → sports).
- A reminder to all parents about the allergen-free policy if needed.

7.3 Participation in Sports and Activities

- Children with allergies participate fully in all sports unless medically advised otherwise.
- Equipment is checked for contamination (e.g., no food on hands).
- Drinks bottles must be clearly labelled and not shared between children.

8. Recognising an Allergic Reaction

Staff are trained to recognise symptoms such as:

- Rash, hives, itching
 - Swelling (lips, face, throat)
 - Difficulty breathing, wheezing
 - Vomiting or severe stomach pain
 - Collapse or unresponsiveness
- Any suspected reaction is treated immediately.

9. Emergency Procedure

1. Stop the activity and call first-aid trained staff.
2. Follow the child's Allergy Action Plan.
3. Administer the prescribed EpiPen/AAI immediately if symptoms indicate anaphylaxis.
4. Call **999**, stating "anaphylaxis".
5. Contact the parent/carer.
6. A staff member accompanies the child if taken to hospital.
7. Complete an incident form and review the event afterwards.

10. Communication With Parents

- Parents are notified promptly of any concerns, incidents, or near-miss events.
- Parents must keep the club updated on any changes to allergy diagnoses or medication.
- Staff may request updated action plans when needed.

11. Monitoring and Review

- Reviewed annually or after any related incident.
- Updated to reflect changes in OFSTED guidance or medical best practice.
- Staff are given updates after each review.

Name: Jack Dillon

Signed: *Jack Dillon*

Date: 27/11/25

Reviewed 01/08/26