

Health and Safety Policy - Allergy and Asthma Addendum

This addendum forms part of the Health and Safety Policy. It addresses allergic reactions, anaphylaxis, asthma and occupational asthma. It does not replace an individual's medical advice or prescribed emergency plan.

A. Purpose and principles

- Prevent or minimise exposure to known allergens, respiratory sensitisers and asthma triggers.
- Ensure rapid recognition and response to breathing emergencies and suspected anaphylaxis.

Parents/guardians are required to inform Northwood Gymnastics if an allergy or asthma condition could affect their child or require emergency support. Including information updated in online account.

A specific risk assessment will be completed for individual gymnasts, communal food arrangement and emergency response.

C. Prevention and exposure controls

- Identify allergenic foods, latex, cleaning products, fragrances, dusts, fumes, vapours and other respiratory sensitisers relevant to the sports hall.
- Eliminate or substitute triggers where reasonably practicable and consult affected individuals before changes.
- Manage mealtimes to reduce cross-contact.

B. Medication and readiness

A gymnast's medication will be kept in an accessible area and used in accordance with their clinical plan. Medication will not be locked away or administered contrary to the person's prescription or emergency plan. Parents are responsible for checking expiry dates and condition. Suitable first-aid supplies, emergency contact information and access for ambulance crews will be maintained.

C. Emergency response

Suspected anaphylaxis

1. Use the person's adrenaline auto-injector immediately if anaphylaxis is suspected, following the device instructions and the individual emergency plan. A trained helper may assist where permitted.
2. Call 999, state "anaphylaxis", give the exact location and arrange for someone to meet the ambulance.
3. Keep the person lying down with legs raised. If breathing is difficult, allow the shoulders to be raised or the person to sit up slowly. Do not allow them to stand or walk.

4. If symptoms have not improved after 5 minutes and a second autoinjector is available, use it in accordance with current NHS advice and the individual plan.

Asthma attack or severe breathing difficulty

1. Help the person sit upright, remain with them and follow their personal asthma action plan.
2. Assist them to use their prescribed reliever inhaler and spacer as directed in that plan.
3. Call 999 if symptoms are severe, worsening, the reliever is not helping, the person cannot speak comfortably, becomes exhausted or unresponsive, or there is any doubt. If a serious allergic reaction is suspected, follow the anaphylaxis procedure.
4. Continue monitoring and provide first aid within the responder's training until help arrives.