

# SHIRE GYMNASTICS FOOD AND NUT POLICY

NOTICE AND POLICY FOR ALL MEMBERS AND VISITORS

SHIRE GYMNASTICS PROMOTES AND SUPPORTS A HEALTHY AND SAFE ENVIRONMENT FOR ALL PARTICIPANTS. AS PART OF OUR RESPONSIBILITY WE ADVISE AND REQUEST THAT GYMNASTS, PARENTS AND VISITORS DO NOT BRING NUTS OR SIMILAR FOODS INTO THE PREMISES.

WE ASK MEMBERS AND VISITORS TO COMMUNICATE WITH US IN REGARD TO ANY RISKS THAT MAY ARISE FROM ANY ACTIVITY WE PROVIDE OR ISSUES THAT MAY OCCUR FROM THE SURROUNDING ENVIRONMENT.

PLEASE NOTE THAT SHIRE GYMNASTICS CANNOT GUARANTEE A NUT FREE ENVIRONMENT.

WHAT IS ANAPHYLAXIS?

ANAPHYLAXIS IS A SERIOUS ALLERGIC REACTION THAT IS RAPID IN ONSET AND MAY CAUSE DEATH. IT TYPICALLY CAUSES A NUMBER OF SYMPTOMS INCLUDING AN ITCHY RASH, THROAT SWELLING, AND LOW BLOOD PRESSURE.

COMMON CAUSES INCLUDE INSECT BITES AND STINGS, FOODS, AND MEDICATIONS.

IF THERE IS ANY DOUBT IN REGARD TO THE RISK OF ANAPHYLACTIC REACTION WE ASK THAT YOU NOTIFY SHIRE GYMNASTICS STAFF UPON ARRIVAL. OUR STAFF AND COACHES ARE FIRST AID.

PLEASE HAND IN ANY ACTION PLANS IF YOU OR YOUR CHILD SUFFER FROM ANAPHYLAXIS AND ENSURE THERE IS A IN DATE EPI PEN EITHER IN THE CHILDS BAG OR LEFT IN THE OFFICE FOR EASY ACCESS.



SHIRE  
GYMNASTICS