

Tips for Coaches and Other Leaders

Did you know that many children with food allergies are unnecessarily excluded from participating in extra-curricular activities such as: sports, art programs, religious education, and camps?

By following the tips below, you can help ensure that all children are safe and included.

1. Ask if there are any children with medical conditions (including food allergies) that have registered for your activity.
2. Ask the parents of these children what you can do to make sure they are safe and included.
3. Learn the facts about food allergies.
4. Learn the signs/symptoms of an allergic reaction.
5. Know the child's Food Allergy Action Plan.
6. Become trained in the use of an epinephrine auto-injector and how to identify an allergic reaction.
7. Do not allow food. If food is necessary, only serve food that is safe for everyone involved. This reduces the risk of a reaction and also ensures that the child will not be isolated from his/her peers.
8. Do not use recycled food containers for activities or games. Trace amounts of the foods can remain in the containers.
9. Ask parents or the child (depending on age) to read the labels of any items being used for an activity. Allergens can be present in craft supplies, soaps, lotions, etc...
10. Keep all medical information confidential.
11. Let the child know that he or she is safe with you. The emotional impact of having a serious medical condition can be profound. You can help by supporting the child and being a positive role model for all the children.

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