

SUMMER CAMP 2026



summercamp@marsasportsclub.com
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www.marsasportsclub.com

NUT FREE POLICY

Statement of Intent

This policy is concerned with a holistic approach to the health care and management of those members of the MSC Summer Camp community suffering or who might suffer from specific allergies, mainly nut and peanut allergies. We strive to minimise the risk of exposure, encourage self-responsibility and plan for effective response to potential incidents.

Although we recognise that this cannot be guaranteed, MSC aims to have a Nut-Free Summer Camp. This policy serves to set out all measures to reduce the risk to those children who may suffer an anaphylactic reaction if exposed to nuts to which they are sensitive. The MSC aims to protect children who have allergies to nuts yet also help them, as they grow up, to take responsibility as to what foods they can eat and to be aware of where they may be put at risk. We do not allow nuts or nut products in Summer Camp lunch boxes.

Anaphylaxis

Life threatening food allergies are on the rise. While there are various food allergies amongst our children, peanut and nut products can leave oil and residue behind which can increase the potential of exposure that could trigger an adverse reaction. The most severe allergic reaction is called anaphylaxis.

Definition, signs and symptoms:

Anaphylaxis (also known as anaphylactic shock) is an allergic condition that can be severe and potentially fatal. Anaphylaxis is the body's immune system reacting badly to a substance (allergen) which it sees as a threat. The whole body can be affected, usually within minutes of contact/ingestion although sometimes the reaction can occur hours later or even days after contact.

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An anaphylactic reaction may lead to:

- feeling unwell or dizzy or may cause fainting due to a sudden drop in blood pressure.
- narrowing of the airway can also occur at the same time, with or without the drop in blood pressure. This can cause breathing difficulties and wheezing.
- swollen eyes, lips, hands, feet and other areas (this is called angioedema).
- sore, red, itchy eyes.
- changes in heart rate.
- a sudden feeling of extreme anxiety or apprehension.
- itchy skin or nettle-rash (hives).
- unconsciousness due to very low blood pressure.
- abdominal cramps, vomiting, diarrhoea, nausea and fever.

Anaphylaxis varies in severity. Sometimes it causes only mild itchiness and swelling, but in some people, it can cause sudden death. If symptoms start soon after contact with the allergen and rapidly worsen, this indicates that the reaction is more severe.

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Parents' / Guardians' Responsibilities

Parents of students with a known allergic condition are asked to:

- Provide details of allergies in the child/ren Medical Consent and Information Form submitted in with the Summer Camp application form. Furthermore, any change in a child's medical condition or medical treatment must be reported to the MSC immediately.
- For children with an allergic condition, the MSC requires parents / guardians to provide written advice from a doctor (GP), which explains the condition, defines the allergy triggers and any required medication. This will enable the MSC Management together with the Health & Safety Consultant and First Aiders on premises to ensure that a Health Care Plan is established and updated for each child with a known allergy.
- Where Epipen Auto Injectors (Adrenalin) are required in the Health Care Plan, parents/ guardians are responsible for the provision of the prescribed Auto Injectors and the timely replacement of expired injectors.
- Parents are responsible to educate their child about managing his/her allergy at the MSC Summer Camp.

All parents:

- We ask that no nuts of any kind be brought into our premises for any reason. Foods sent in for snack, lunch, or any campus event should be carefully checked to make sure they are nut-free. Families can help ensure that our campus stays nut-free by reading packaging labels and reminding children not to share food with other children at the campus. We need to make sure that there is little opportunity for children to be exposed to foods that could harm them.

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MSC Responsibilities

Upon determining that a child/adult attending MSC Summer Camp has a severe allergy, a team meeting will be set up where all staff concerned is informed about the situation. The Health Care Plan will be made available to members of staff who have contact with the child, but otherwise will be kept as confidential as possible.

All staff are to promote hand washing before and after eating. The MSC will strive to instruct staff to recognise symptoms of an allergic reaction and to respond appropriately as necessary.

Children Responsibilities

Children with a known allergic condition are asked to:

- Ensure they carry their EpiPen (Auto Injector) and that it is easily accessible at all times.
- Not accept food from anyone at the MSC to minimise the risk of exposure to an allergen.
- Refrain from touching, handling or consuming any food which they know they are allergic to. If in doubt, say no.
- Wash their hands well before and after eating.
- Know how to recognise signs and symptoms of anaphylaxis, and inform a member of staff immediately in the event of an incident.
- Always know where their Auto Injector is.
- Know how to use their Auto Injector in an emergency.
- As for young children, the MSC shall strive to have trained staff in EpiPen to ensure the safety of all concerned too.

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All Children are asked:

- Not bring to the any food items containing nuts.
- Not to share food with one another. This is a crucial factor in the prevention of allergic reactions.
- Wash their hands well before and after eating.
- Inform a member of staff immediately if they notice that a peer is feeling unwell.

Nut Allergy Emergency Procedure

1. Upon recognition of anaphylaxis signs and symptoms, take the child to or call the Summer Camp Management for a first aider.
2. Fetch the child's Auto Injector (EpiPen or Jext) and assist with its administration.
3. Phone Emergency on 112 and inform the student's parents immediately (if they live close by, they can come to MSC; if not, they should go directly to hospital).
4. Monitor the child's Response, Airway and Breathing until arrival of an ambulance. Be prepared to resuscitate if need be.
5. Answer any questions from the paramedics, hand over the used Auto Injector to them and accompany the student to hospital if need be.

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Terms & Definitions

TERM	DEFINITION
Allergy	A condition in which the body has an exaggerated response to a substance (e.g. food, drug or chemical).
Allergen	A normally harmless substance that triggers an allergic reaction in the immune system of a susceptible person.
Anaphylaxis (or anaphylactic shock)	A sudden, sever and potentially life- threatening allergic reaction to food, stings, bites or medicines.
Auto Injector	A medical device designed to deliver a dose of a particular drug. Most Auto Injectors are spring-loaded syringes. By design, Auto Injectors are easy to use and are intended for self-administration by patients or administration by untrained personnel.
Epipen/Jext	Two brand names for Auto Injector device, similar to a syringe, containing a prescribed dose of the drug Adrenalin, which is ready for immediate intramuscular administration.
Nuts	For safety and clarity, in this document 'nuts' shall include all types of nuts, peanuts and seeds (although these are not nuts, but they can cause anaphylaxis too) and any food item containing nuts or are processed in a facility that also processes nuts.
Packaging Labels	Labels on food packages containing food preparation information. Food labels that say "May contain peanut or tree nuts", "Made on equipment that also processes peanuts or tree nuts" or "Processed in a facility that also processes peanuts or tree nuts" are NOT OK to bring to the Summer Camp.

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WHAT NOT TO BRING

- Packs of nuts (any type);
- Pesto (Classic pesto, including basil pesto, typically includes nuts);
- Peanut butter sandwiches (including also Nutella);
- Fruit and cereal bars that contain nuts;
- Chocolate bars or sweets that contain nuts;
- Sesame seed rolls (children allergic to nuts may also have a severe reaction to sesame);
- Cakes made with nuts;
- Any chocolate bar that states it may contain nuts;
- Coconut / almond products.

INSTEAD, ONE CAN BRING

<ul style="list-style-type: none">• Yoghurt – plain / mixed with fruit• Baked tortilla chips with sauce• Fruit Roll-ups• Applesauce• Fresh fruit• Pretzels• Unsweetened cereal• Crackers• Fruit / vegetable juice• Hard-boiled egg• Bagel w/ cream cheese• Low/No fat cottage cheese	<ul style="list-style-type: none">• Cheese or cheese sticks• Raisins• Breads – no nuts• Custard• Meatloaf• Pasta or rice salad• Pancakes• Hummus• Vegetable sticks• Cold meats• Pita bread• Salad
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DISCLAIMER

The Marsa Sports Club is and will be doing its utmost to minimise the chances of anaphylaxis and other life-threatening allergic reactions. The children (participants) and staff working with the MSC are regularly reminded to avoid bringing specific food items that are known to be harmful to our students.

In spite of all the effort made, the MSC cannot guarantee allergen-free food brought by the children and cannot be held responsible if such situations occur.

Furthermore, the Marsa Sports Club shall not be held responsible at any time in relation to any food which shall be procured from the MSC Cafeteria or machines located on the same premises. In this respect, we cannot guarantee freedom from nut traces at any time.

We thank you for helping us maintain a safe environment for all of our children!

PARENTS/GUARDIANS PERMISSION FOR ADMINISTRATION OF EPINEPHRINE (EPI-PEN) BY UNLICENSED MARSA SPORTS CLUB PERSONNEL

Candidate Name: _____ Date of Birth: _____

Address: _____

Parent/Guardian 1: Full Name: _____ Identification No: _____

Parent/Guardian 1 – ContactNumber/s: _____

Parent/Guardian 2: Full Name: _____ Identification No: _____

Parent/Guardian 2 – ContactNumber/s: _____

If Parents/Guardians (both 1 & 2) are unavailable in case of emergency, contact:

- FullName: _____
- Contact Number/s: _____
- Relationship to candidate: _____

Our son/daughter has the following allergy/ies which may require treatment with epinephrine (Epi-pen), according to my child's physician: _____

CONSENT FOR TREATMENT

I/We give permission to allow the administration of epinephrine by auto-injection (Epi-pen) by unlicensed member/s of the MSC personnel who have been trained in the event of an emergency via a valid certification in First-Aid. I/We also allow the MSC to share with appropriate MSC personnel information relative to this medication administration plan.

Full name of parent/guardian 1: _____

Relationship to the child: _____

Signature of parent/guardian 1: _____ Date: _____

Full name of parent/guardian 2: _____

Relationship to the child: _____

Signature of parent/guardian 2: _____ Date: _____