



Policy title: **Gardens SC Inc Allergy and Nut Aware Policy**
Effective: 24/06/2023
Reference Number: 2023.1

1. POLICY STATEMENT	<p>Nut allergy is the second most common food allergy in children and this is increasing. It now occurs in 1 in 50 children.</p> <p>There are members in the Gardens Swimming Club who have an allergy to nuts. If the individual is exposed to a nut product, they can suffer life-threatening consequences. It can be easily contracted from a simple handshake or touching of a piece of equipment by someone who may have had some nuts in their food.</p> <p>It is for this reason that Gardens Swimming Club requests that all members refrain from storing and consuming nuts and products that contain nuts as an ingredient while in the Clubhouse and when using Gardens Swimming Club equipment. The Gardens Swimming Club encourages members not to share food products.</p> <p>Members can also assist by washing their hands with soap and water after contact with nuts and products that contain nuts before entering the clubhouse and using equipment.</p> <p>If a member has a nut allergy or any other life-threatening allergy, please inform the club, coach and Love2Swim’s Long Tan Memorial Pool staff as soon as possible so that there is awareness by others of the potential for a life-threatening situation.</p> <p>If a member has a nut allergy or any other life-threatening allergy, a copy of the individual’s management and action plans are to be provided to the Gardens Swimming Club and Love2Swim in case of emergency.</p> <p><i>The Gardens Swimming Club acknowledges that due to food processing practices it is impractical to eliminate nuts or nut products entirely from an environment where there is food. Many food packaging labels include the phrase ‘may contain traces of nuts’. Gardens Swimming Club are a ‘Nut Aware’ club.</i></p>
2. RELATED DOCUMENTS	<ul style="list-style-type: none">• Gardens Website Gardens Swimming Club
3. REVIEW DATE	<ul style="list-style-type: none">• June 2024