



### **Blythe Barracudas Swimming Club is Allergy Aware.**

The Club is aware that some swimmers may have a severe allergic reaction to peanuts / nuts. This allergic reaction (anaphylactic shock) can occur through ingestion of peanut / nut products, cross contamination and breathing peanuts in the air.

Since this condition can be life threatening, The Club is asking for your help in minimising the risk to swimmers with a nut allergy:

- Avoid giving swimmers peanuts / nuts to consume during a session / during an event;
- Avoid giving peanut butter sandwiches, other spreads containing nuts such as Nutella and snacks / bars containing nuts or labelled "may contain nut traces" for consumption during a session / during an event
- Ask your child not to share their snacks / lunches.

Due to the severity of the problem, it is important that all members carry out the suggested measures and reduce the risk of allergic reaction to other members with nut allergies.

### **What do clubs do if they have an athlete with a medical problem, like a swimmer with a severe nut allergy?**

The club makes a referral under the Medical Protocol so the Swim England Doctor can advise. A copy of the Medical Protocol can either be obtained from the Swim England website:

<https://www.swimming.org/members/how-to-resolve-issues-with-your-club/>

or by e-mailing [kerry.moss@swimming.org](mailto:kerry.moss@swimming.org) to obtain details of the protocol and she will send the terms of reference and what they need to do to receive the doctor's advice.

This policy has been adopted because we have several members with nut allergies, and we recognise the impact this could have on their health.

We thank you for your co-operation

**Committee**  
**Blythe Barracudas Swimming Club**