



# TRI-ALPHA GYMNASTICS

## FOOD ALLERGY POLICY

December 8<sup>th</sup>, 2019

Tri-Alpha Gymnastics (TAG) recognizes that **food allergies**, in some instances, may be severe and even occasionally life-threatening. The foods most likely to cause allergic reactions are:

**Peanuts - Tree Nuts - Dairy Products – Eggs – Soy – Wheat – Fish - Shell-Fish.**

Although most food allergies produce symptoms that are uncomfortable, persons with allergies to the above-listed foods can suffer more serious consequences.

*TAG would like to support you in your endeavors to make the world a safer place for our children and has created this policy to reduce the likelihood of severe allergic reactions of gymnasts with known food allergies while in our care.*

TAG would like to ask all of our members and non-members to help TAG become a facility that is a **Food Allergy Aware Zone**. Please, be aware that as of today we are not a Food Allergy Free Zone, but we are hoping that with your support we will bring a high level of awareness to this matter and make our facility safer to your children.

- Parents of gymnasts with life-threatening allergies (that are being Drop Off at TAG) must provide TAG with emergency medications and a written medical treatment protocol for their gymnast for addressing allergy-related events. TAG will keep medication and epinephrine (EpiPen) provided by gymnast's guardian in a secure location where the Health Administrator can access it when necessary.
- Information pertaining to a gymnast's allergies will be shared with TAG coaches that have contact with the gymnast, but otherwise will be kept as confidential as possible.
- Peanut allergies are among the most common. Accordingly, TAG will educate all member and non-member costumers about the awareness of food allergies and encourage all gymnasts and families to provide lunch and snacks that are free of nuts to ensure the gymnast's safety.
- TAG will work with all member and non-member costumers to reduce the likelihood that peanuts, tree nuts, or nut oil products are brought in to our facility during classes, birthday parties and/or camps.
- **TAG requires that all coaches and gymnasts wash their hands before and immediately after eating.**

Though TAG is committed to gymnast safety we cannot guarantee that a gymnast will never experience an allergy-related event while in our care, and therefore has created this policy to reduce the risk that children with allergies will have an allergy-related event.

**We appreciate your cooperation very much.**  
**TAG's Coaches**