



## CM Sports Allergy & Anaphylaxis Policy

Responsible Person	Director
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Review by	JG

CM Sports is committed to providing a safe environment for all children, young people, staff and visitors. We recognise that some children may have food allergies or allergies to other substances which can range from mild reactions to severe, life-threatening anaphylaxis

This policy outlines the procedures that all CM Sports staff must follow to reduce risk and respond appropriately in the event of an allergic reaction.

### Scope

This policy applies to all CM Sports employees, casual staff, volunteers and self-employed coaches delivering services including:

- Wraparound Care
- Holiday Courses
- HAF Programmes
- PE Delivery
- Sports Clubs
- Events

### Definitions

Allergy – A reaction by the body's immune system to a normally harmless substance.

Anaphylaxis – A severe and potentially life-threatening allergic reaction requiring immediate medical attention.

Adrenaline Auto-Injector (AAI) – Emergency medication prescribed to individuals at risk of anaphylaxis, including EpiPen and Jext devices.

### Responsibilities

All Staff

- Be aware of this policy.
- Recognise the signs of allergic reactions.
- Immediately report concerns to the most senior member of staff present.

- Follow emergency procedures.

### **Managers and Leads**

- Ensure allergy information is collected and recorded.
- Ensure staff understand allergy procedures.
- Ensure emergency medication is accessible where required.
- Lead responses to allergy incidents.

### **Parents and Carers**

- Inform CM Sports of any allergies or medical conditions.
- Provide up-to-date medication where required.
- Provide relevant healthcare plans.

### **Managing Allergies**

Prior to attendance, allergy information should be collected through registration processes.

Where a child has a significant allergy:

- Details must be recorded.
- Relevant staff should be informed.
- Healthcare plans should be available where provided.
- Emergency medication should be accessible.

### **Food and Activities**

CM Sports cannot guarantee an allergen-free environment.

Staff should:

- Check allergy information before food is provided.
- Follow information supplied by parents and carers.
- Prevent unnecessary sharing of food.
- Consider allergies when planning activities.

### **Emergency Procedure**

If an allergic reaction is suspected:

Stay with the child.

Alert the most senior member of staff immediately.

Follow the child's healthcare plan where available.

If anaphylaxis is suspected, administer prescribed medication where trained and authorised.

Call 999 immediately.

Contact parents or carers.

Record the incident.

Inform the relevant Area Manager.

### **Signs of Anaphylaxis May Include**

- Difficulty breathing
- Wheezing
- Persistent coughing
- Swollen tongue
- Difficulty swallowing
- Dizziness
- Collapse
- Loss of consciousness

### **Incident Reporting**

All allergy incidents must be recorded in accordance with CM Sports accident and incident procedures.

### **Training**

All staff must complete CM Sports Allergy Awareness Training.

Managers and Leads must complete the enhanced Allergy Lead Training and assessment.

### **Review**

This policy will be reviewed annually or following any significant allergy-related incident.