



Anaphylaxis Management Policy

Trilogy Gymnastics

1. Purpose

Trilogy Gymnastics is committed to providing a safe and inclusive environment for all participants. This policy outlines how the club will support gymnasts, staff, volunteers, and visitors who are at risk of anaphylaxis and how an anaphylactic emergency will be managed.

2. Scope

This policy applies to:

All gymnasts (recreational and competitive)

Coaches, staff, and volunteers

Parents, guardians, and visitors

All training sessions, competitions, events, excursions, and club activities

3. Definition of Anaphylaxis

Anaphylaxis is a severe, life-threatening allergic reaction that requires immediate medical treatment. Common triggers include:

Food (e.g. peanuts, tree nuts, eggs, dairy, sesame)

Insect stings (e.g. bees, wasps)

Medications

Latex

4. Prevention and Risk Minimisation

The club will:

Request medical information upon enrolment, including known allergies

Require an ASCIA Anaphylaxis Action Plan for any gymnast diagnosed as at risk

Encourage parents/guardians to educate their child about allergy safety

Minimise food sharing during training and events

Maintain a clean training environment

Promote hand washing before and after sessions

Clearly communicate allergy risks for events, camps, or competitions

5. Individual Anaphylaxis Management Plans

For gymnasts at risk of anaphylaxis:

An up-to-date ASCIA Action Plan must be provided and reviewed annually

Parents/guardians must supply prescribed adrenaline auto-injectors (e.g. EpiPen)

Auto-injectors must be clearly labelled and easily accessible

Coaches will be informed of relevant allergy information on a need-to-know basis

6. Training and Staff Responsibilities

The club will:

Encourage coaches and staff to complete anaphylaxis awareness training

Ensure staff can recognise signs and symptoms of anaphylaxis

Ensure staff know how to respond in an emergency

Regularly review emergency procedures

7. Signs and Symptoms of Anaphylaxis

Symptoms may include:

Difficulty breathing or noisy breathing

Swelling of the face, lips, tongue, or throat

Hives, redness, or itching

Vomiting, abdominal pain

Dizziness or collapse

8. Emergency Response Procedures

If anaphylaxis is suspected:

Administer adrenaline immediately (use EpiPen if available)

Call 000 and request an ambulance

Lay the person flat (do not allow them to stand or walk)

If breathing is difficult, allow them to sit

Administer a second adrenaline dose if symptoms persist after 5 minutes

Contact parent/guardian as soon as possible

Stay with the person until medical help arrives

9. Communication

Parents/guardians must inform the club of any changes to medical conditions

Emergency contact details must be kept up to date

This policy will be available to families and staff

10. Privacy

All medical information will be handled confidentially in accordance with privacy laws and will only be shared where necessary to ensure safety.

11. Policy Review

This policy will be reviewed:

Annually

After any anaphylactic incident

When legislation or best-practice guidelines change