



## Camp Ramah in New England

WINTER OFFICE: 1206 Boston Providence Highway, Suite 201, Norwood, MA 02062

(781) 702-5290, FAX (781) 702-5239

SUMMER OFFICE: 39 Bennett Street, Palmer, MA 01069

(413) 283-9771, FAX (413) 283-6661

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### Important Ramah Allergy Update for All Camp Families

Dear CRNE community,

March 2017

As we prepare for Kayitz 2017, we would like to take this time to review our allergy protocols and expectations with you. Our camp is an inclusive community and as such we do our best to accommodate each camper's needs. The number of campers who have food allergies has grown over the years. We strive to create an allergy friendly environment. Here is some information that clarifies our policies and protocols.

**Please help us keep everyone safe! It is critical that no outside food is brought up to camp. Sometimes campers try to sneak food into camp and this presents a real danger for those with allergies.**

Anyone with a food allergy should be sure to submit an "Allergy Action Plan" that is prepared by your physician (typically by a primary care provider or an allergist) during the off-season. This plan alerts staff, particularly the health center, to the types of reactions your child has experienced in the past, and how they are typically managed. A sample can be obtained at <http://www.foodallergy.org/file/emergency-care-plan.pdf>.

It is important that you do not list a food as an allergy on camp forms if there is simply a dislike for that particular food. We take allergies very seriously at CRNE. Please reserve the term "allergy" only for its medical indication.

We review camper health files with bunk staff to teach staff about each camper's allergies. We train staff about the seriousness of food allergies, and the time sensitive nature of responding to an allergy concern. We review allergy protocol and multiple locations of epinephrine auto-injectors with staff.

We work very hard at CRNE to provide meals to campers that are free from their known allergens. Menus are created carefully for camp-wide use, based on lists of potential allergens that you have written on your form. At camp we serve only food that is peanut and tree nut free. Our chef also prepares foods to accommodate many different food allergies, such as egg free, dairy free, or gluten free, to name a few.

Since parents have asked about our policies and procedures, we are sharing this algorithm of care now:



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Should there be a rare occurrence of vendor mislabeling, or other error leading to a camper ingesting a known allergen, or any complaint of possible allergic symptoms, the camper is promptly brought to the health center and assessed, and you will be contacted right away. If there is suspicion for anaphylaxis, the health center staff will administer an epinephrine auto-injector into the thigh muscle as per our health center protocol. We typically give diphenhydramine (Benadryl®) and steroid as well. The camper would then be transported via ambulance (with adult camp staff supervision) to the hospital for a period of monitoring. While these protocols are carefully developed and available for health center staff to utilize, our goal is to go summer after summer without any inadvertent ingestion of food allergens, such that the policy will not need to be implemented.

### **Trips out of Camp**

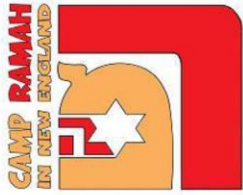
Over the summer, there are scheduled trips out of camp such as bunk excursions to Rondeau's ice cream, to Six Flags amusement park or overnight trips for our older campers. An allergy kit, including an epinephrine auto-injector and diphenhydramine (Benadryl®), will be carried by a counselor who is in your child's group.

- **Rondeau's**

At Rondeau's, we do allow non-allergic campers the opportunity to choose treats that may or do contain allergens such as dairy, egg, peanut or tree nut. Camp will provide an allergen-free alternative for those campers who cannot eat Rondeau's treats. Staff will wipe down tables at Rondeau's before the bunk sits down, and all campers will use hand wipes after they finish their ice cream. If you prepare your child in advance that these choices are safe and special, we can reduce anxiety over medical and social worries. If your child has a peanut or tree nut allergy but you would still like them to be able to get an ice cream treat at Rondeaus, please indicate your permission in the appropriate place on your medication review form that will be available in your CampMinder account in the spring. Let us know which specific Rondeau's ice cream flavor is okay for your camper. The form is due back before your child attends camp.

- **Six Flags**

On Six Flags day, we pack lunch from Ramah to eat at the amusement park. The trip is accompanied by two of our nursing staff. Campers are each given money to spend at the park on treats, for a small gift shop item, or arcade games. If your child has a food allergy, please discuss with him/her how to spend the money. Depending on the allergy, you might choose to instruct that if s/he would like to buy a food treat, it should be one that has ingredients clearly labeled



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(such as a package of Twizzlers®). Our counselors can help review choices with the younger kids.

- **Overnight Trips**

Regarding overnight trips from camp for our older campers, while we do bring food with us from Ramah, campers have more access to other food. On the Machon or Nivonim trips for example, some campers might choose to buy Kosher pizza, candy or ice cream. Please speak with your child before camp starts to help him/her navigate food choices during trips away from camp. We will always have plenty of allergy-friendly, safe foods for your child. If you would like to review specifics about your child's trip, please speak with the Yoetzet (parent liaison) at the beginning of your child's session.

For any off-camp concern for anaphylaxis, EMS (911) would be activated, and the parents would be promptly notified.

Thank you for partnering with us and entrusting us to care for the health and safety of your child.

*Kol Tuv,*

Karen Farbman, MD, MPH, Chair, CRNE Medical Committee

Rabi Ed Gelb, Director, CRNE

Talya Kalender, Director of Camper Care, CRNE