

# Quick Food Allergy Safety Checklist:

## (Before & After short/repeated sessions)



*For Clubs, Trips, and Out-of-School Activities*

### Before the Session:

#### Allergy Info Check

- Do you know which participants have food allergies?
- Do you have their Allergy Action Plans and medications ready?

#### Medication Check

- Are any emergency meds (Adrenaline Auto-Injector) on hand and in date?
- Is a trained adult present who can use the medication?

#### Food & Drinks Safety

- Have participants been reminded not to share food or drinks?
- Are eating areas and equipment clean and safe?

#### Emergency Plan

- Do you know who to call and what to do if a reaction occurs?
- Are emergency contacts for participants easily accessible?

### After the Session:

#### Review & Update

- Did any allergy issues arise during the session?
- Do any Allergy Action Plans or safety measures need updating?

Coach Name: \_\_\_\_\_

Date: \_\_\_\_\_