



Kingston Artistic Swimming Club

Allergy Policy 2026

1. Purpose

The purpose of this policy is to minimise the risk of accidental exposure to allergens and to ensure a rapid, effective response should an allergic reaction occur. While we cannot guarantee a "100% allergen-free" environment, KASC strives to be **allergy-aware** and proactive.

2. Member Responsibilities

To maintain a safe environment, all Club members (and their guardians) must:

- **Disclose:** Provide full details of any known allergies (food, medication, latex, or environmental) during registration.
- **Update:** Notify the Club Chair (Louise Chambers) and Head Coach (Laura Lindley) immediately if an allergy diagnosis changes.
- **Medication:** Athletes at risk of anaphylaxis **must** have an in-date adrenaline auto-injector (e.g., EpiPen) at every practice and competition, handed to the athletes coach prior to the session.
- **Identification:** High-risk athletes are encouraged to wear medical alert jewelry.

3. Club Protocols

Kingston Artistic Swimming Club will implement the following safety measures:

Area	Protocol
Food & Drink	For events/sessions where swimmers with nut allergies are present the Club will request all zones (including poolside and changing rooms) to be Nut-free.. In addition, coaches will notify swimmers no sharing of water bottles or snacks.
Emergency Action Plan (EAP)	An electronic copy of any at risk athletes specific allergy action plan will be kept in the club's shared Google Drive.

Travel & Meets	For away competitions, the Lead Coach will check local facilities and inform host clubs of severe allergies within the squad.
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4. Shared Equipment & Environment

- **Latex:** As many swim caps and nose clips contain latex, the club will maintain a list of latex-free alternatives for sensitive members.
- **Sunscreen/Cosmetics:** During shows or outdoor meets, members should only use their own makeup and sunscreen to avoid cross-contamination of ingredients.

5. Emergency Response Procedure

In the event of a suspected allergic reaction:

1. **Stop** the athlete from swimming/moving immediately and remove from the pool.
2. **Call** for the on-site lifeguard and designated Club First Aider.
3. **Administer** the auto-injector if signs of anaphylaxis (difficulty breathing, swelling of the throat/tongue, hives) are present.
4. **Dial 999** (or local emergency services) immediately, even if symptoms improve after medication.
5. **Notify** the emergency contact listed on the athlete's profile.

Date completed: 22nd February 2026

Name and Signature of person completing form:



Laura Lindley

Head Coach

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