



Fitzroy Falls  
Conference Centre

# ALLERGY / ANAPHYLAXIS INFORMATION SHEET:

This sheet gives an overview of our strategies to minimise the risk of an anaphylactic reaction occurring while you are visiting our site. To view our full policy contact the office or download it from [www.fitzroyfallsconferencecentre.com.au](http://www.fitzroyfallsconferencecentre.com.au)

It is never possible to create a totally allergen free environment on a site that is open to the general public. We seek to minimise risk and safeguard our guests as much as possible, without creating a false sense of security.

## FOOD:

Fitzroy Falls Conference Centre seeks to have no nuts or their derivatives on our site. We ask that groups coming in bear this in mind when packing their own snacks or self-catering.

Food prepared by us for groups, will not contain any nuts or nut derivatives.

We do use some products that list in their ingredients that they “May contain traces of nuts”, or are “produced on machinery that also processes nut products”.

If your allergy is deemed severe enough that you are not comfortable eating these “May contain traces.....” products, you are welcome to bring your own food to camp. If you let us know of this in advance we will provide a sterilised microwave and fridge labelled for your use only.

Please be aware that we do use other foods that can cause allergies (eg. Egg, milk, seafood, soy). If you fit within one of our regular special diet categories we can cater for your needs, otherwise you are welcome to provide your own food.

## BITES AND STINGS:

Please be aware that Fitzroy Falls Conference Centre is set on 40 acres of mostly natural bushland, and therefore has a wide variety of insects and animals. If you have a severe allergy to any insects or animals, please ensure that you are prepared with your Anaphylaxis Emergency Plan and EpiPens. Please call our office if you would like to discuss any particular types of creatures and how prevalent they are.

## GENERAL ENVIRONMENT:

We have some beautiful bushland here at Fitzroy Falls Conference Centre, but with that comes seasonal pollens, cold weather and smoke from the wood fires that are great to sit around on a cool evening. If you have any allergies, sensitivities or asthma please don't hesitate to contact us in the office. We will be happy to talk to you about any concerns you have, and discuss any strategies we can put into place to ensure that you enjoy your time here with us.

**If you are your groups organiser, you must provide the Conference Centre with details of any special dietary requirements, and all life threatening allergies, including a copy of each persons ‘personal anaphylaxis action plan’, at least 1 week before you arrive.**

## EPIPENS:

***Fitzroy Falls Conference Centre does not keep EpiPens® on site***

- Anyone coming onto our site who has a diagnosed severe allergy (risk of anaphylaxis) should have a Personal Anaphylaxis Action Plan with them and this plan should also have been provided to the campsite via your group leader before arriving.
- Due to the distance from Professional Medical care (minimum 25min) and the size of our property, we recommend carrying two EpiPens® so that you are prepared for “rebound reactions”.
- We can not take responsibility for any person who has been prescribed an EpiPen® but who is not carrying that EpiPen® whilst on site at Fitzroy Falls Conference Centre