



Tips for Field Trips

Field Trip Tips for Parents

- Keep yourself up-to-date on upcoming special events in your child's school. The more time you have to plan ahead, the better.
- Remember that you and your child's teacher need to work together as a team to keep your child safe.
- Role-play with your child and practice what your child should do if a reaction is occurring what to do if your child starts to have a reaction.
- Oftentimes children are reluctant to mention that they're having symptoms for fear of creating a scene. Teach your child to be persistent that, in the event of a reaction, rapid treatment is essential.

After the event, briefly call or meet with your child's teacher to discuss what went well and what, if anything, should be changed in the future. Be sure to give praise for a job well done; a thank-you note reinforces the idea of teamwork and builds a positive atmosphere.

Field Trip Tips for Educators

- Review the student's Emergency Health Care Plan. Ask the parents to review the Plan you have on file and note any updated information. Also ask parents to check the expiration dates on any medications that will be taken on the field trip.
- Determine how to contact emergency services to and from location. Find out where the nearest hospital is, and discuss how a student would be transported there in case of an emergency.
- Brief the staff and chaperones that will be supervising students during the event or trip. Explain the symptoms of an allergic reaction, and review the Emergency Health Care Plan.
- Identify the food-allergic student and discuss what foods must be avoided. Designate a staff member to check the safety of any food served to that student.
- The day of the event or trip, carry the allergic student's medications wherever the student goes. In the case of a severe allergic reaction (anaphylaxis) speedy access to medications can be the difference between life and death. Keep all staff and chaperones informed about who will be carrying the student's medications.
- Carry a cell phone to place emergency calls, if necessary. (Confirm coverage for trip area.) Make certain all staff and chaperones know where the phone will be kept.

Take all complaints seriously. If a student with a life-threatening allergy notifies the staff that he or she is not feeling well, compare the symptoms with those listed on that student's Emergency Health Care Plan. If the student is having an allergic reaction, activate emergency procedures immediately. Remember, if epinephrine is administered but not needed, the student may

experience increased heart rate and nervousness. If epinephrine is needed but not administered, the student may experience a severe or fatal allergic reaction.

Adapted from *Managing Food Allergies in School*, Food Allergy Network, and Spokane Public Schools *Field Trip Check List for Life Threatening Conditions*