



Running the *Allergy Awareness Challenge* 101 Overview & Instructions

Planning on running the *Allergy Awareness Challenge* in your school? It's a fun and rewarding experience where you can make a difference in raising awareness for life-threatening allergies in your school. This volunteer opportunity will provide you with valuable leadership experience as you plan all aspects of the program, gather a team of volunteers and run educational games that will have your peers excited to compete and learn at the same time.

This overview will help you understand all aspects of the *Allergy Awareness Challenge* as well as the 6 key steps you need to follow to run the program successfully.

What is it?

6 Steps to Run the Challenge

1. Sign-up
2. Download
3. Print & Prepare
4. Promote
5. Run
6. Follow-up

What is it?

The *Allergy Awareness Challenge* uses games and activities to educate about allergies. It's a student run program with materials provided by Food Allergy Canada.

- Three days of games and activities
- Run by volunteers (students, students' council, teachers and others)
- Games run outside of class time with optional participation
- All resources needed to run program available for download at www.allergychallenge.ca.

Games Include:

- **Adopt an Allergy**
 - Students are assigned an allergy for the day and challenged to stay safe by avoiding it in various situations
- **Food Allergy Spelling Bee**
 - A fun five-round competition testing spelling skills while learning about food allergies through definitions
- **Food Allergy Jeopardy**
 - A three-round trivia competition that puts students head-to-head as they showcase their allergy knowledge



Information on Anaphylaxis

As part of the program, you will receive helpful resources including an anaphylaxis information sheet. This resource can be printed and handed out to students. It includes information on:

- Anaphylaxis
- Signs and symptoms
- Emergency procedure
- Causes
- Websites for more information

Goal:

RAISE AWARENESS ABOUT ANAPHYLAXIS

- Increase peer:
 - Knowledge
 - Support
 - Understanding
 - Advocacy

ANAPHYLAXIS

WHAT IS ANAPHYLAXIS?
 Anaphylaxis is the most severe form of an allergic reaction that occurs after being exposed to a particular allergen (even a small amount). Medical attention is needed right away as some reactions can be life-threatening.

SYMPTOMS
 A severe allergic reaction can start within minutes of coming into contact with an allergen and may include any or all of these symptoms. Know how to spot the signs and remember to **THINK "FAST"**


Face
 Itching, redness, swelling

Airway
 trouble breathing, swallowing, speaking

Stomach
 pain, vomiting, diarrhea

Total body
 hives, rash, weakness, paleness, sense of doom, loss of consciousness

TREATMENT
 Epinephrine is life-saving medication which helps to reverse the symptoms of an allergic reaction. In case of a severe allergic reaction act quickly and follow these steps:



- 1 Use an epinephrine auto-injector as soon as the reaction starts.
- 2 Call 9-1-1 or local emergency medical services.
- 3 Give a second dose of epinephrine in 5 to 15 minutes if the reaction continues or gets worse.
- 4 Go to the nearest hospital right away (ideally by ambulance) even if symptoms are mild or have stopped. It is possible for the reaction to come back.
- 5 Call the emergency contact person.


COMMON CAUSES
 Food allergy is the most common cause of anaphylaxis, but insect stings, medication, latex, and exercise can also cause a reaction. The most common food allergens in Canada are:

Peanuts	Tree Nuts
Egg	Milk
Wheat	Soybeans
Soy	Sesame
Seafood	Mustard

Other common allergens:

Insect stings	Exercise
Medication	Latex

Where can I get more information on Anaphylaxis?
Anaphylaxis Canada
www.whyriskit.ca
Why Risk It? Site for Teens
www.whyriskit.ca



Steps to Run the *Allergy Awareness Challenge*

1. Sign-up



- Interested in having the *Allergy Awareness Challenge* at your school? You can download all of the program resources through the sign up page at www.allergychallenge.ca.
- You will then be given a password to access the “Download Page” which contains all of the program resources.
- **Be sure to get permission from a principal or teacher supervisor before running the program in your school.**

2. Download Program

After you have received the password:



- Go to the “Download Page” on www.AllergyChallenge.ca
 - Enter password
 - Download and save resources
 - Print everything as needed
 - The “Download Page” includes everything you need to plan and run the program
- You will receive materials on:
 - Planning
 - Promotion
 - Anaphylaxis information
 - Games
 - Wrap up certificates and evaluation

Be sure to share access and resources with your co-coordinator, teacher supervisor and volunteers as needed.

3. Print & Prepare



- Ask your school for print/photocopying assistance
- Read over everything!
- Settle on a program date
 - Consult with teacher supervisor or administrator
- Make a plan with your co-coordinator
 - Who will do what by when?
- Find additional volunteers
 - Sign them up for jobs with provided sign-up sheet
 - Ideally students with allergies
 - Ask students' council for assistance if having trouble finding volunteers



- Times & places
 - Settle on times and locations to host each challenge
 - Get approval from teacher supervisor
 - The program must be run outside class time (e.g. lunch)
- Locate materials
 - Projector, screen and laptop for *Food Allergy Jeopardy* and *Food Allergy Spelling Bee*
 - Table and chairs for *Adopt an Allergy*
 - Microphone if expecting large turnout

4. Promote



- Remember - more promotion, more participation!
- Provided for download:
 - Promotion schedule
 - Written scripts for promoting at an assembly and through announcements
 - Posters
- Get creative with your own ideas!
 - Create giant word search
 - Posters of common allergens
 - “Can you live without peanuts for one day?”

5. Run the Challenges



- Full instructions for each game and activity are provided
- Familiarize yourself with the scoring system:
 - 1 point for a grade/team per each participant
 - 50 bonus points for a grade/team with challenge winner
- Print game materials and rehearse
 - *Food Allergy Jeopardy* trivia slides
 - *Food Allergy Spelling Bee* words
 - Allergen wheel and brochures for *Adopt an Allergy*

The Challenges

Adopt an Allergy



- Students assigned an allergen after spinning the “wheel of allergens” containing 8 common food allergens
- Participants are asked to:
 - Avoid allergen
 - Carry a marker/deck of cards or other object all day representing an epinephrine auto-injector (i.e. EpiPen®)
 - Ask about ingredients
 - Tell their friends
- Two volunteers needed to run the *Adopt an Allergy* booth

Preparation

- Print:
 - Allergen spinner
 - Use a pen or paperclip to spin
 - Allergen pamphlets (cut 2 per page)
- Remind participants of the rules
 - Carry a marker/deck of cards or other object
 - Avoid foods containing your allergen
 - Check all ingredient labels
 - Tell friends about their new allergy
 - Ask about ingredients when ordering food
- Don't forget to write down their name/grade so you can keep track of which grade/team has the most participants

Food Allergy Jeopardy



- This challenge has three rounds of allergy related trivia:
 - True or false
 - Multiple choice
 - Final Jeopardy (list question)
- Two volunteers needed to run the *Food Allergy Jeopardy*:
 - Moderator
 - Scorekeeper
- Contestants keep their own score

Preparation

- Print
 - Trivia question & answer sheet
- Rehearse with volunteers ahead of time
- Book a room/space to host the challenge
- Arrange for a laptop, projector and screen
 - Upload the slides in advance
 - Test beforehand

Food Allergy Spelling Bee



- Five rounds of challenging allergy related words for students to spell on paper
 - Three words/round
- Two volunteers needed
 - Moderator
 - Scorekeeper
- For each word
 - Pronounce the word (give contestants time to spell)
 - Provide definition
 - Use it in the provided sentence
- Contestants keep their own score
- Participants write down their guess of the spelling
- Moderator gives correct spelling at end of each round

Preparation

- Print:
 - Spelling Bee Word and Definition List
- Rehearse with volunteers ahead of time
- Book a room/space to host the challenge
- Arrange for a laptop, projector and screen
 - Upload the slides in advance
 - Test beforehand



Scoring System

Challenge	Points	Winning Bonus
Adopt an Allergy	1 point for every student who signs up. Tally the number of students for each grade/team.	Grade/team with the most participating students gets an additional 50 points.
Food Allergy Jeopardy	1 point for every student who participates. Tally the number of students for each grade/team.	Grade/team with the winning student receives and additional 50 points.
Food Allergy Spelling Bee	1 point for every student who participates. Tally the number of students for each grade/team.	Grade/team with the winning student receives an additional 50 points.

Who Wins?

- The grade or team with the most points over the three days of challenges
 - A download of the score sheet is provided
- Congratulate the winning grade on announcements!

Example score sheet

Place	Grade	Points
1 st	10	568
2 nd	12	525
3 rd	9	498
4 th	11	342

6. Follow-Up



- Print volunteer certificates
 - Ask teacher supervisor to sign to confirm volunteer hours
 - Distribute to volunteers
- The provide program evaluation form should be filled out by:
 - Student program coordinators
 - Teacher supervisor
 - Principal
- Send evaluation forms to Food Allergy Canada
 - Your feedback helps us grow the *Allergy Awareness Challenge*

Let's Review



1. Interested in having the *Allergy Awareness Challenge* at your school? Please get in touch with Food Allergy Canada through our [sign-up page](#).



2. After signing up, you will be granted access to all of the resources needed to run the *Allergy Awareness Challenge*.



3. You will need to approach your school principal or teacher supervisor to get permission to run the program in your school.



4. Organize a group of volunteers to help you run the program, download all of the materials and start planning for your school!



5. After the program is finished, kindly fill out an evaluation form and return to Food Allergy Canada.



Have Questions?



- Get in touch with Food Allergy Canada
 - info@foodallergycanada.ca
 - 1-866-785-5660
 - [Facebook.com/foodallergycanada](https://www.facebook.com/foodallergycanada)
 - Visit www.AllergyChallenge.ca
 - Read FAQs on website

Thank you for Raising Allergy Awareness at your School!