

ST. Albert Gymnastics Club “Peanut-Free Gym”

Hello SAGC Members

This is a friendly reminder that SAGC is a peanut-free gym.

This reminder is intended to help all SAGC members understand why the peanut-free policy matters, how peanut residue can be transferred, and what each family can do to help reduce preventable risk for athletes with severe allergies.

Why This is IMPORTANT

For some individuals with severe peanut allergy, exposure to peanut protein can trigger anaphylaxis, a medical emergency that can be life-threatening. Because even small exposures may pose a serious risk, SAGC’s peanut-free policy is an important part of helping reduce preventable exposure.

Individuals with severe allergies rely on the environment around them to minimize preventable exposure.

When SAGC identifies as a peanut-free facility, families of athletes with severe peanut allergies depend on everyone’s cooperation as one important layer of protection. Following the policy helps these athletes participate with greater confidence and reduces avoidable risk in a shared training environment.

Why Adherence to Peanut-Free Guidelines is Important

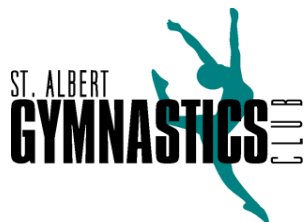
Gymnastics creates many opportunities for allergen transfer because athletes move quickly between shared equipment and high-touch surfaces, including mats, bars, beams, vault equipment, doors, benches, floors, and personal items such as water bottles. Athletes also frequently touch their faces and mouths, making prevention especially important.

If an athlete eats or handles peanut-containing food and then touches clothing, belongings, or shared surfaces, peanut protein may be transferred. Peanut residue does not need to be visible to create a concern.

This is called **cross-contact**: the unintentional transfer of an allergen from one surface, food, or person to another.

Important Facts

- Hand sanitizer is not a substitute for handwashing



- Hand sanitizer does not adequately remove peanut residue from hands.
- Similarly, simply rinsing hands with water is not sufficient.

What Can You Do?

Hand Washing

- Soap and running water with vigorous rubbing are needed to properly remove peanut residue from hands.

SAGC Protocols for All Athletes, Coaches, and Visitors

- Peanuts and peanut-containing foods are not to be consumed anywhere inside the gymnastics facility, including the viewing/parent area and coaching office.
- Athletes who have consumed or handled peanut-containing food outside the facility are to thoroughly wash their hands with soap and water before entering or participating.
- Hand sanitizer is not considered an adequate substitute for soap-and-water handwashing following peanut exposure.
- If accidental peanut exposure occurs within the facility, appropriate cleaning of affected surfaces is to take place before these areas are used by athletes with severe allergies.
- Coaches and staff are to be aware of the club's peanut-free policy and the emergency procedures for anaphylaxis.

While no environment can be guaranteed completely risk-free, consistent cooperation from all SAGC families helps create a safer space where every athlete can participate with confidence.

Kind Regards,

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To learn more:

[CDC](https://www.cdc.gov/)
[FoodAllergy.org](https://www.foodallergy.org/)
[Food Allergy Canada](https://www.foodallergy.ca/)