



The World Outside Asthma Policy

Asthma

This policy has been written following advice from Asthma UK.

Forest School recognises that asthma is a widespread, serious, but controllable condition affecting many people that attend our sessions. The World Outside positively welcomes all participants with asthma and encourages them to achieve their potential by having a clear policy that is understood by leaders and learners. Parents and Volunteers are also made aware of the policy. All forest school leaders attend a first aid course that includes treating asthma.

RISKS

Due to the environment that the asthma sufferer may encounter at forest school, it is considered a high risk activity. Triggers factors that may be encountered include:

- Physical excursion
- Smoke
- Mold
- Damp
- Cold
- Heat
- Animals
- Emotions
- General weather and exposure to the elements of the seasons

Asthma medicines

- Immediate access to reliever medicines is essential.
- Participants with asthma are encouraged to carry their own reliever inhaler as soon as the forest school leader, parent/carer, doctor or asthma nurse and class teacher agree they are mature enough.
- The reliever inhalers of younger children are kept in the forest school rucksack
- Parents/carers are asked to ensure that the school/forest school leader is provided with a labelled spare reliever inhaler. The forest school leader will hold this separately in the forest school rucksack during sessions. All inhalers must be labelled with the child's name by the parent/carer.
- Anyone attending forest school, who has been diagnosed or used an inhaler within the last 6 years **MUST** have an asthma reliever in their possession or have given one to the forest school leaders before they can attend a forest school session or enter the woods with the group
- A participant who has used an inhaler or been diagnosed with asthma in the last 6 years will not be allowed to participate unless they have their inhaler on their person or have handed it to the leader in charge.

Asthma Inhalers/relievers

- When a child first attends forest school the parents/carers are asked if their child has any medical conditions including asthma on the medical/consent form.
- It is the responsibility of the adults in charge of a visiting group i.e school, nursery, scout association, childminders etc to ensure that the children within their care have their inhalers with them and on their person whilst attending a session run by the World Outside. The groups will have been advised of this responsibility during the booking process and within the terms and conditions.
- It is the responsibility of the parents/carer's attending with children to ensure that they have their child's inhaler in their possession and present at the forest school session. The parents/person booking will have been advised of this responsibility during the booking process and within the terms and conditions.

Forest School

- Participants with asthma are encouraged to participate fully in forest school. Forest school leaders/Parents/Group Leaders will remind pupils whose asthma is triggered by exercise/changes in air temperature to take their reliever inhaler before the session. Forest school leaders will ensure that each pupil's inhaler will be labelled and kept the forest school rucksack on the site of the session. If a pupil needs to use their inhaler during a lesson they will be encouraged to do so.

Asthma attacks

The following guidelines are suitable for both children and adults and are the recommended steps to follow in an asthma attack:

1. Take one to two puffs of the reliever inhaler (usually blue), immediately.
2. Sit patient down and get them to try and take slow, steady breaths.
3. If they do not start to feel better, they then take two puffs of the reliever inhaler (one puff at a time) every two minutes. Take up to ten puffs.
4. If they do not feel better after taking the inhaler as above, or if you are worried at any time, call 999.
5. If an ambulance does not arrive within 10 minutes and the patient is still feeling unwell, repeat step 3.

If their symptoms improve and you do not need to call 999, they still need to see a doctor or asthma nurse within 24 hours.

Ref: Asthma Association www.asthma.org.uk

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