



Conejo Recreation & Park District's

Sun Protection Policy

The Conejo Recreation & Park District summer camp participant may spend extended periods of time outdoors, exposed to the sun. To ensure campers are protected from sun exposure, please read the following Sun Protection Policy:

- It is strongly recommended that all campers wear sunscreen with an SPF of at least 30 on all exposed skin (including lips) daily.
• Parents/legal guardians are responsible for applying an initial layer of sunscreen, prior to morning drop off.
• Parents/legal guardians are responsible for providing their campers(s) with enough sun screen to apply multiple applications throughout the day. Sun screen should be in a sealed container, labeled with the camper's first and last name.
• Each camper will be responsible for personally applying sunscreen to his/her skin under staff supervision. When necessary, a CRPD staff member will assist campers with areas of exposed skin that are out of reach, when another CRPD staff member is present.
• If sunscreen is needed and a camper has not provided their own, the camp may provide sunscreen unless there is a written notice to the contrary from a parent or guardian.
• Campers will be reminded to apply sunscreen at least twice during each day. If your camper(s) requires sunscreen more often, parents must provide written instructions on how often your camper(s) should apply their own sunscreen.
• It is recommended that campers wear proper clothing to prevent sunburns, such as broad brimmed hats, rash guards, and light long-sleeve shirts.
• The CRPD staff will make every effort to watch campers for sunburns but cannot be held responsible for campers who forget or refuse to apply their sunscreen.

Teaching your child how to apply sunscreen is a valuable and necessary skill.

Recommended steps

1. Ask your child to stand still with their arms held out from their sides.
2. Gently squeeze a line of sunscreen down each arm.
3. With supervision, ask your child to rub in the lotion until they no longer see it on their skin.
4. Repeat on the legs and shoulders.
5. Have child spread sunscreen in their hands then gently apply to their face, teaching them to be careful around their eyes.

I verify that I have read, understand, and agree to follow the Conejo Recreation & Park District's Sun Protection Policy.

Parent/Guardian Printed Name: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

Camper's Name: _____ Camper's Name: _____

Camper's Name: _____ Camper's Name: _____

[] I do not want sunscreen applied to my child's skin.