



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## ADVENTURE & SPORTS CAMP

### “Outdoor Activities” Questionnaire Sheet

Child's Name: \_\_\_\_\_ Camp Group: \_\_\_\_\_

#### Child's Exposure to Swimming

1. Has your child ever been exposed to swimming? ☐ Yes ☐ No
2. Does he/she mind getting their face wet? ☐ Yes ☐ No
3. Can your child float? ☐ Yes ☐ No
4. Does your child jump into the water? ☐ Yes ☐ No
5. Has your child taken swim lessons at the YMCA? ☐ Yes ☐ No  
If so, when? \_\_\_\_\_
6. How does your child feel about water?

7. Are there circumstances of which we should be made aware?  
Please explain.

#### Outdoor Activity Preferences

1. What are some outdoor activities, games, or sports that your child enjoys playing?
2. Are there any particular activities or games that your child may be hesitant to participate in? If so, which activities and why?
3. Are there any circumstances of which we should be made aware, in regard to outdoor and group play? Please explain.

#### Parent/Guardian Permission to Apply Sunscreen

YMCA child care participants spend a great deal of time outdoors and are thereby exposed to the harmful rays of the sun. As a YMCA program, we are committed to promoting healthy spirit, mind, and body for all, and have therefore established the following policies and procedures:

- All staff members and program participants wear sunscreen with a minimum of SPF 15 on exposed skin (including lips) each day, regardless of sky conditions.
- Parent/Guardian will apply the first layer of sunscreen to child(ren) prior to morning arrival.
- Parent/Guardian will provide adequate amounts of sunscreen for reapplication throughout the remainder of the day. Parent/Guardian will supply sunscreen in original container, with lid. One container per child, labeled with the child's name.
- Staff will ensure time for thorough reapplications after one hour in the water/two hours of other outdoor activities, and any other occasion, as needed. Please note, school age children will apply their own sunscreen with assistance from staff.
- Some children may demonstrate the following characteristics: fair skin, freckles or numerous moles; blonde, red, or light brown hair; blue, green, or gray eyes; tendency to burn easily or tan little/not at all; family history of skin cancer. In these cases, the staff recommends an extra T-shirt for swimming/water play or for added protection.

Please note that these standards are established to protect your child. YMCA child care staff members are trained on these policies and understand their responsibilities and consequences for failure. Check whichever one of the first two boxes applies to your child, and then check the last box to verify that you understand and comply with the policy stated above.

- ☐ Please do not apply sunscreen to my child's skin.
- ☐ My child has no known allergies/adverse reactions to sunscreen. Please apply the provided sunscreen.
- ☐ I verify that I have read and understood the above guidelines, and agree, for the protection of my child, to comply with the YMCA Child Care Sunscreen Policy.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_