

## **Sunscreen Application**

Please apply sunscreen to your child before coming to camp. Please also pack a **spray** sunscreen in your child's backpack so that instructors can re-apply sunscreen periodically. Athletes will not be able to use another athlete's sunscreen. Sunscreen will not be provided by Coaches or staff.

## **Snacks and Water**

Please send athletes with a snack and at least 1 bottle of water. OnTrack Athletics is a nut free zone. Should your child's snack contain nuts, they will not be able to open or consumer their snack. Coaches are unable to provide a backup snack.

## **Personal Property Policy**

It is advised that athletes do not bring items of value, either monetary or emotional, to camp. Backpacks, water bottles, snack containers and extra clothes, should all be labelled with the athletes first and last name. OnTrack Athletics is not responsible for lost or stolen items. Please do not allow your child to bring toys, trading cards or electronics to camp.

## **Medication Policy**

Our staff cannot administer medication to an athlete. Staff are unable to set timers or reminders for athletes to take medication. Staff cannot administer insulin under any circumstance.

Exception for emergencies include EpiPens or allergy tablets.