

8 Sun-Safety Lessons

1. Introducing **POOL COOL** Rules for Sun-Safety
2. Water, Water Everywhere
3. The Ins and Outs of Sunscreen – Part 1
4. The Ins and Outs of Sunscreen – Part 2
5. Protective Clothing
6. Hats and Sunglasses
7. Shady Deals
8. **POOL COOL** Review



Lesson #1

Introducing the POOL COOL Rules for Sun Safety

Goal: To have the students understand the power of the sun.
To introduce the *Four POOL COOL Rules*.

Sun Safety Message # 1

The sun is hot and powerful.
Protect yourself.

Discuss the importance of sun awareness and sun protection and incorporate the following discussion points:

1. Who needs sun protection?

Everyone -- including adults and babies -- regardless of whether they have fair or dark skin. The lighter your skin, the more easily the sun's harmful rays can get through it. But the sunlight can also cause damage even if you have dark skin.

2. Why do we need to protect our skin?

We all know that the sun is good for us. But it can also harm us. Besides sunburn, the sun can also cause wrinkles and can damage the skin in different ways.

3. Can you name three good things about the sun?

Examples: The sun makes plants grow, it warms up the earth, it helps our skin make Vitamin D which is good for our health, etc.

4. Can you name three *not-so-good* things about the sun?

Examples: 1) The sun can burn you; 2) it can cause wrinkles on the skin; and 3) the sun can cause the skin to tan, which is a sign of skin damage.

5. How many of you have had a sunburn before? How did it feel?

Skin that has been sunburned has been badly hurt. If you can, stay away from the sun until your skin heals. Use lotion to ease the pain.

6. What's the difference between a sunburn and a suntan?

Some people think a tan looks great and is okay since it doesn't hurt. But if their skin could talk it would say, "HELP!" A tan also means that the skin has been hurt but it has just gotten used to it. Even when tans fade and sunburns heal, some of the damage remains. That's why it is very important to avoid getting burned or tanned in the first place!

7. How can we protect ourselves?

Introduce the *Four POOL COOL Rules* to the class.

- a. *Protect your skin. Use sunscreen.*
- b. *Cover up! After swimming, cover your shoulders with a shirt and your legs with long shorts.*
- c. *When you are out in the sun, protect your face and eyes. Wear shades and a hat.*
- d. *Seek shade and watch the clock. Limit your time in the sun between 10 a.m. and 4 p.m.*

8. End the first session.

During the next swimming lessons, we will learn how to stay safe from the harmful rays of the sun and still have fun.

Lesson #2

Water, Water Everywhere

Goal: To teach the students that water: (1) magnifies and reflects the sun's UV rays, and (2) does not protect them from the harmful rays of the sun.

Sun Safety Message # 2

When in the water it's extra important to be sun-safe.
Put on sunscreen before you get dressed everyday.

Discuss the double threat that UV (ultraviolet) rays pose to swimmers and incorporate the following discussion points:

1. Why is it extra important to protect yourself from the sun's UV rays when you're in the water?

Some of the sun's rays bounce off the water. Some of these rays will hit your skin, as well as rays coming straight from the sun. That's twice as many rays! So it's important to use sunscreen whenever you are in the water. The sun's rays can also reach into the water up to 3 feet deep!

2. How can you protect yourself?

One of the most important ways to protect yourself from sunburn is with a type of lotion or cream called sunscreen.

3. When should you put on sunscreen?

Sunscreen should be put on before going out in the sun. Ask your parents to help you put on your sunscreen before coming to swimming lessons. Each day before you go outside, cover your skin with sunscreen. Get in the habit of doing this before you get dressed in the morning, the same way that you brush your teeth as a habit. Have someone put it on places you can't reach. Don't forget your hands, ears, shoulders, knees, the back of your neck, your back, and the tops of your feet. Every place that the sun can reach should have sunscreen on it.

4. How many minutes before class should you put on sunscreen?

To be most effective, apply sunscreen 30 minutes before going out in the sun or into the water. Sunscreen needs time to soak into your skin. There's a poster with all this information in case you forget. (Point out "Sunscreen Tips" poster.)

5. Do you think it's enough to put on sunscreen just once?

No. Sunscreen doesn't last all day. You should put it on again after you finish swimming. The water can wash off the sunscreen that you put on before you came to swimming lessons. Even if you're at the beach, if you get hot and sweaty, the sunscreen will come off, and you should put on more.

6. Now, do you remember the *Four POOL COOL Rules*? (Review and reinforce the rules.)

- a. *Protect your skin. Use sunscreen.*
- b. *Cover up! After swimming, cover your shoulders with a shirt and your legs with long shorts.*
- c. *When you are out in the sun, protect your face and eyes. Wear shades and a hat.*
- d. *Seek shade and watch the clock. Limit your time in the sun between 10 a.m. and 4 p.m.*

7. End the second session.

At the next swimming lesson, we will learn more about sunscreen, why it's important, and how to choose the best type of sunscreen.

Lesson #3

The Ins and Outs of Sunscreen – Part 1

- Goal:** To help students understand:
- 1) the importance of wearing sunscreen.
 - 2) what type of sunscreen to use.

Sun Safety Message # 3
Protect your skin with sunscreen
that has an SPF #15 or higher.

Discuss the importance of wearing sunscreen and incorporate the following discussion points:

- 1. How many of you put on sunscreen before coming to the pool?**
Congratulate those who raise their hands or say yes. They have followed the *First POOL COOL Rule*. For those who did not, remind them to put it on next time.
- 2. Why is it called sunscreen, or sometimes, it's called sunblock?**
It “screens” or “blocks” out the sun’s harmful rays. Make sure that you use enough sunscreen; don’t put too little on. And always put it on dry skin.
- 3. What does Sun Protection Factor or SPF mean?**
The Sun Protection Factor is the number on a sunscreen bottle or tube that rates its strength. The higher the number on the label, the more a sunscreen protects your skin. A sunscreen with an SPF 15 will block out more of the sun's harmful rays than one with an SPF of 8 or 6. Always use a sunscreen with an SPF of 15 or higher.
- 4. Do you know that there are different types of sunscreen?**
Sunscreen comes in lotions, creams, gels, alcohol solutions, and even in a stick form. It also comes in different colors. These days, you can find blue and purple colored sunscreen at most stores. *Don't forget to use a **waterproof** sunscreen before swimming or at least look for a **water-resistant** sunscreen. Be careful though, some sunscreens can sting your eyes. Ask an adult to help you if you aren't sure.*

5. Sunscreen is just one part of sun protection. Remember the other 3 POOL COOL Rules:

- a) Cover up! After swimming, cover your shoulders with a shirt and your legs with long shorts.*
- b) Protect your eyes by using shades and hats to protect yourself from the sun.*
- c) Seek shade and watch the clock. Limit your time in the sun between 10 a.m. and 4 p.m.*

6. End the third session.

At the next swimming lesson, we will learn even more about sunscreen and why it's important.

Lesson #4

The Ins and Outs of Sunscreen – Part 2

Goal: To demonstrate how to apply sunscreen properly.

Sun Safety Message # 4

When applying sunscreen, remember your back, face, ears, nose, neck, hands, and tops of feet.

Demonstrate the correct way to apply sunscreen.

1. How many of you put on sunscreen before coming to the pool?

Congratulate those who raise their hands or say yes. They have followed the *First POOL COOL Rule*.

2. Prepare for the “Sunscreen Stretching Exercise” Activity.

This exercise will help kids learn the proper way to apply sunscreen on all exposed parts of their body and will help them warm-up for swimming. It could be conducted like a *Simon Says* game or just as presented.

Script for Exercise

A) Applying Sunscreen to Your Face

Let’s start out by stretching our shoulders and arms. Put your arms straight out. Spread them out far like an eagle. Good work kids! Now bring your hands in close to your face. Pretend you have some sunscreen in your hands. Rub some sunscreen on your face. Rub some into your **forehead**, the **sides of your face**, **cheeks**, **nose**, **around your mouth** and your **ears** too! Nice job! Be careful not to get too close to your eyes. Sunscreen can sting your eyes.

B) Applying Sunscreen to Your Neck and Back

Extend your arms straight out one more time. All right! Now bend your arms like you’re putting sunscreen on your neck. Rub it in. Don’t forget the **back of the neck**. Okay, now put your arms against your sides and stand up tall. Now, raise your arms and pretend you’re putting sunscreen on your shoulders, chest

and belly, everywhere that's not covered by your swimsuit or swim trunks. Rub it in! Nice work!

Now act like you're putting sunscreen on your **back**. This is an area that's hard to reach. Stretch your arms. *Remember you can always ask your parents or someone else to help you put sunscreen on your back.* Okay!

C) Applying Sunscreen to Your Legs

Next, pretend you are putting some sunscreen on your legs. Rub some on the front of your **legs** and then **the back of your legs**. Okay, good job! All right kids, put some sunscreen on your **knees and thighs**. Really rub it in. Don't forget the **back of your knees and thighs**. Great work kids!

D) Applying Sunscreen to Your Feet

Now put your hands up high and reach for the sky. Good job! Now reach down low and try to touch your toes. Pretend that you are rubbing your sunscreen onto your **toes and tops of your feet**. Remember to rub it in well! Do a good job because you want to protect your skin from the sun, right? Now if you're having trouble reaching your feet, try to bend your knees. This will make it easier to reach down lower. Nice job!

3. Just as we said before, using sunscreen is important. But how you put it on your body is important, too. Sunscreen is just one part of sun protection. Remember the other 3 POOL COOL Rules:

- a) Cover up! After swimming, cover your shoulders with a shirt and your legs with long shorts.*
- b) Protect your eyes by using shades and hats to protect yourself from the sun.*
- c) Seek shade and watch the clock. Limit your time in the sun between 10 a.m. and 4 p.m.*

4. End the fourth session.

At the next swimming lesson, we'll teach you about using proper clothing for protection from the sun.

Lesson #5

Protective Clothing

Goal: To emphasize the importance of wearing sun-protective clothing, to discuss the types of clothing that protect students from UV rays, and to illustrate how these clothes protect.

Sun Safety Message # 5

Cover Up! Use T-shirts, long shorts, and a wide brim hat!

Discuss the different types of clothing that children can wear to best protect themselves from the sun when they are at the pool, at the beach, or simply playing outside.

- 1. How many of you have been sunburned after you've been playing outside or at the beach?**
- 2. Do you remember that we said that the right clothing can help protect you from the sun? Do you know how clothing protects you?**
Explain that the fabric helps to filter the sun's rays. The tighter the weave of the fabric, the more rays are blocked.
- 3. Do you know what types of clothing can protect you from the sun?**
Hats that shield the face and neck, and clothing that covers the arms, legs, shoulders, and back are best for sun protection. The best sun protective items are wide-brimmed hats, shirts made of closely-knit fibers with long sleeves, and long pants. However, a baseball cap, a short-sleeved shirt, and medium-length shorts are good second choices. And don't forget sunglasses. Look for the kind of sunglasses that block ultraviolet (UV) rays.

4. Do you know that certain types of bathing suits and T-shirts or cover-up tops can protect you even in the pool?

Girls should use **bathing suits with a covered back**, and both girls and boys can use cover-up tops (like those worn by surfers and scuba divers!) or **“rash guards.”**

These would help to cover more skin, and what’s not covered can be protected with sunscreen if you use it correctly. Even if you don’t have a rash guard, a simple T-shirt worn with your bathing suit or swim trunks can still be helpful.

5. Using clothing for sun protection is important whether you’re in or out of the water. Do you remember the other 3 POOL COOL Rules?

a. Protect your skin. Use sunscreen.

b. Protect your eyes by using shades and hats to protect yourself from the sun.

c. Seek shade and watch the clock. Limit your time in the sun between 10 a.m. and 4 p.m.

6. End the fifth session.

At the next swimming lesson, we’ll teach you the importance of wearing hats and sunglasses to protect your face and eyes from the UV rays of the sun.

Lesson #6

Hats and Sunglasses

Goal: To teach students to use hats and sunglasses to protect themselves from the sun's harmful rays.

Sun Safety Message # 6

Be safe from the sun's harmful rays.
Use a hat and shades everyday when outside.
(except in the pool!)

Discuss the importance of wearing hats and sunglasses to protect your face and eyes from UV rays.

- 1. How many of you wear a hat or sunglasses to protect yourself from the sun? What kind of hat do you wear? Do you wear sunglasses?**
- 2. Do you remember that we said that the right clothing can help protect you from the sun?**

Well, hats and sunglasses are also important for sun protection. Hats cover your face and neck, and sunglasses can block ultraviolet (UV) rays.

- 3. Do you know that certain types of hats and sunglasses give you better protection than others?**

Certain types of hats give you better protection than others, just as certain sunglasses have UV protection while others don't. Hats that protect your face, ears, neck and scalp are best. So, wide-brimmed hats are better than baseball caps or sun visors. And glasses that block ultraviolet or UV rays are better than ones that don't have that protective film. When you buy shades (sunglasses) from the store, look for a little sticker on the lens; it will say 100% UV protection. But even regular eyeglasses can have UV protection. If you don't know whether your glasses have UV protection, ask your parents or eye doctor if they do.

4. What if you don't have a wide-brimmed hat?

Any other cap or hat would be helpful, but be sure to use sunscreen on your neck and ears for extra protection whether or not you have the right kind of hat.

5. Using sunglasses or hats for sun protection is important anytime you're outside. Do you remember the other 3 POOL COOL Rules?

a) Protect your skin. Use sunscreen.

b) Cover up! After swimming, cover your shoulders with a shirt and your legs with long shorts.

c) Seek shade and watch the clock. Limit your time in the sun between 10 a.m. and 4 p.m.

6. End the sixth session.

At the next swimming lesson, we'll teach you the importance of staying in the shade.

Lesson #7

Shady Deals

Goal: To have students understand the importance of seeking shade when out in the sun, to discuss the different types of shade available in the pool area, and to emphasize limiting sun exposure between 10:00 am and 4:00 pm.

Sun Safety Message # 7

Seek shade and limit your time
in the sun between 10:00 a.m and 4:00 p.m.

Discuss the importance of shade as a form of sun protection and talk about places where shade is found.

1. Besides sunscreen, proper clothing, hats, and sunglasses, what else can protect us from the sun?

Staying in the shade is also a good way to protect yourself.

2. What types of shade can you name?

Big shady trees, umbrellas, shelters, overhangs, awnings, etc.

3. Can you point out shaded areas around the pool?

4. Why does staying in the shade help?

The sun's rays can bounce off the water in the pool, even off the concrete. Staying in the shade keeps you cool and out of direct sunlight.

5. Why should you limit your time outside between 10 am and 4 pm?

Remember that the sun is closest to the earth between 10 in the morning and 4 in the afternoon, so more of its rays can reach us. If you can't see your shadow, you know the sun is directly above you and strong. Try to limit the amount of time you spend in the sun during these hours.

6. What about cloudy days? Does that mean the sun isn't as strong?

Cloudy days are tricky. It may look as though the clouds block the sunlight out, but the sun's invisible rays are still coming through the clouds and to your skin! That is why you still need sun protection on cloudy days, too.

7. Staying in the shade or limiting how long you're outside between 10 a.m. and 4 p.m. are important sun protection rules. Do you remember the other 3 POOL COOL Rules?

- a) *Protect your skin. Use sunscreen.*
- b) *When you are out in the sun, protect your face and eyes. Wear shades and a hat.*
- c) *Cover up! After swimming, cover your shoulders with a shirt and your legs with long shorts.*

8. End the seventh session.

At the next swimming lesson, we'll review the **POOL COOL Rules** and see what you remember.

Lesson #8

POOL COOL Review

Goal: To review the *Four POOL COOL Rules* and to summarize the eight lessons.

Sun Safety Message # 8

Be cool.

Remember the rules and stay sun-safe all year round.

Discuss why it's important to be sun-safe and how to protect yourself and others.

1. Let's see if you can remember the answers to these questions?

Who needs sun protection?

Everyone, even babies and adults. The lighter your skin, the more easily the sun's harmful rays can get through it, but even dark skin can get sunburned.

Why?

Because the sun can be good and bad for you. The sun is an important positive force in nature, and it makes things grow. But it can also be harmful. It can cause sunburn, wrinkles, and other sun damage to your skin.

When?

Everyday of the year, not just at the beach or during summer months.

How do you protect yourself?

By following the *Four POOL COOL Rules*.

What are the rules?

- a. *Protect your skin. Use sunscreen.*
- b. *Cover up! After swimming, cover your shoulders with a shirt and your legs with long shorts.*
- c. *When you are out in the sun, protect your face and eyes. Wear shades and a hat.*
- d. *Seek shade and watch the clock. Limit your time in the sun between 10 a.m. and 4 p.m.*

2. What do you have to remember about sunscreen?

- Apply sunscreen at least 30 minutes before you go outside and always use sunscreen with an SPF of 15 or higher.
- If you go swimming or get hot and sweaty when you're playing outside, be sure to re-apply sunscreen.
- Always apply to dry skin and use enough to cover the skin that's not covered by your clothes.
- Put sunscreen on all parts of your skin that the sun can reach.

3. What do you have to remember about sun protective clothing?

- The best sun protective items are wide-brimmed hats, shirts made of closely-knit fibers with long sleeves, and long pants. However, a baseball cap, a short-sleeved shirt and medium-length shorts are good second choices.
- Remember to wear sunglasses or glasses that block ultraviolet (UV) rays.

4. Why should you limit your time outside between 10 a.m. and 4 p.m.?

- The sun is closest to the earth between 10 in the morning and 4 in the afternoon, so more of its rays can reach us.
- If you can't see your shadow, you know the sun is directly above you and strong.

5. Have you been following these rules and remembering to be sun-safe?

Congratulate children who say yes or raise their hands. But also congratulate the whole class for learning how to be sun-safe everyday.

6. End the eighth session.