POOL COOL
RULES FOR SUN SAFETY
LESSON #1: INTRODUCING POOL COOL RULES FOR SUN SAFETY

THE SUN IS HOT AND POWERFUL

PROTECT YOURSELF
Lesson #2: Water, Water Everywhere

When in the water it’s extra-important to be sun safe. Put on sunscreen before you get dressed every day.
Lesson #3: The Ins and Outs of Sunscreen - Part 1

Protect your skin with sunscreen that has an SPF #15 or higher.
Lesson #4: The Ins and Outs of Sunscreen - Part 2

When applying sunscreen, apply it all over and remember your ears, face, nose, back, hands, & tops of feet.
Lesson #5: Protective Clothing

Cover up!
Use t-shirt, long shorts & a wide brim hat!
Lesson #6: Hats and Sunglasses

Be safe from the sun's harmful rays. Use a hat and shades every day when outside. (Except in the pool!)
Lesson #7: Shady Deals

Seek shade and don't stay out in the sun too long between 10 and 4 o'clock.
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 limit your time in the sun between 10 and 4 o’clock.