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.