

# 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.**