

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.