

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.