

# Lesson #1

## Introducing the POOL COOL Rules for Sun Safety

**Goal:** To have the students understand the power of the sun.  
To introduce the *Four POOL COOL Rules*.

### *Sun Safety Message # 1*

The sun is hot and powerful.  
Protect yourself.

Discuss the importance of sun awareness and sun protection and incorporate the following discussion points:

**1. Who needs sun protection?**

Everyone -- including adults and babies -- regardless of whether they have fair or dark skin. The lighter your skin, the more easily the sun's harmful rays can get through it. But the sunlight can also cause damage even if you have dark skin.

**2. Why do we need to protect our skin?**

We all know that the sun is good for us. But it can also harm us. Besides sunburn, the sun can also cause wrinkles and can damage the skin in different ways.

**3. Can you name three good things about the sun?**

Examples: The sun makes plants grow, it warms up the earth, it helps our skin make Vitamin D which is good for our health, etc.

**4. Can you name three *not-so-good* things about the sun?**

Examples: 1) The sun can burn you; 2) it can cause wrinkles on the skin; and 3) the sun can cause the skin to tan, which is a sign of skin damage.

**5. How many of you have had a sunburn before? How did it feel?**

Skin that has been sunburned has been badly hurt. If you can, stay away from the sun until your skin heals. Use lotion to ease the pain.

**6. What's the difference between a sunburn and a suntan?**

Some people think a tan looks great and is okay since it doesn't hurt. But if their skin could talk it would say, "HELP!" A tan also means that the skin has been hurt but it has just gotten used to it. Even when tans fade and sunburns heal, some of the damage remains. That's why it is very important to avoid getting burned or tanned in the first place!

**7. How can we protect ourselves?**

Introduce the *Four POOL COOL Rules* to the class.

- 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.*

**8. End the first session.**

During the next swimming lessons, we will learn how to stay safe from the harmful rays of the sun and still have fun.