

Lesson #7

Shady Deals

Goal: To have students understand the importance of seeking shade when out in the sun, to discuss the different types of shade available in the pool area, and to emphasize limiting sun exposure between 10:00 am and 4:00 pm.

Sun Safety Message # 7

Seek shade and limit your time
in the sun between 10:00 a.m and 4:00 p.m.

Discuss the importance of shade as a form of sun protection and talk about places where shade is found.

1. Besides sunscreen, proper clothing, hats, and sunglasses, what else can protect us from the sun?

Staying in the shade is also a good way to protect yourself.

2. What types of shade can you name?

Big shady trees, umbrellas, shelters, overhangs, awnings, etc.

3. Can you point out shaded areas around the pool?

4. Why does staying in the shade help?

The sun's rays can bounce off the water in the pool, even off the concrete. Staying in the shade keeps you cool and out of direct sunlight.

5. Why should you limit your time outside between 10 am and 4 pm?

Remember that 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. Try to limit the amount of time you spend in the sun during these hours.

6. What about cloudy days? Does that mean the sun isn't as strong?

Cloudy days are tricky. It may look as though the clouds block the sunlight out, but the sun's invisible rays are still coming through the clouds and to your skin! That is why you still need sun protection on cloudy days, too.

7. Staying in the shade or limiting how long you're outside between 10 a.m. and 4 p.m. are important sun protection rules. Do you remember the other 3 POOL COOL Rules?

- a) *Protect your skin. Use sunscreen.*
- b) *When you are out in the sun, protect your face and eyes. Wear shades and a hat.*
- c) *Cover up! After swimming, cover your shoulders with a shirt and your legs with long shorts.*

8. End the seventh session.

At the next swimming lesson, we'll review the **POOL COOL Rules** and see what you remember.