

Lesson #3

The Ins and Outs of Sunscreen – Part 1

- Goal:** To help students understand:
- 1) the importance of wearing sunscreen.
 - 2) what type of sunscreen to use.

Sun Safety Message # 3
Protect your skin with sunscreen
that has an SPF #15 or higher.

Discuss the importance of wearing sunscreen and incorporate the following discussion points:

- 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*. For those who did not, remind them to put it on next time.
- 2. Why is it called sunscreen, or sometimes, it's called sunblock?**
It “screens” or “blocks” out the sun’s harmful rays. Make sure that you use enough sunscreen; don’t put too little on. And always put it on dry skin.
- 3. What does Sun Protection Factor or SPF mean?**
The Sun Protection Factor is the number on a sunscreen bottle or tube that rates its strength. The higher the number on the label, the more a sunscreen protects your skin. A sunscreen with an SPF 15 will block out more of the sun's harmful rays than one with an SPF of 8 or 6. Always use a sunscreen with an SPF of 15 or higher.
- 4. Do you know that there are different types of sunscreen?**
Sunscreen comes in lotions, creams, gels, alcohol solutions, and even in a stick form. It also comes in different colors. These days, you can find blue and purple colored sunscreen at most stores. *Don't forget to use a **waterproof** sunscreen before swimming or at least look for a **water-resistant** sunscreen. Be careful though, some sunscreens can sting your eyes. Ask an adult to help you if you aren't sure.*

5. 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.*

6. End the third session.

At the next swimming lesson, we will learn even more about sunscreen and why it's important.