

Lesson #2

Water, Water Everywhere

Goal: To teach the students that water: (1) magnifies and reflects the sun's UV rays, and (2) does not protect them from the harmful rays of the sun.

Sun Safety Message # 2

When in the water it's extra important to be sun-safe.
Put on sunscreen before you get dressed everyday.

Discuss the double threat that UV (ultraviolet) rays pose to swimmers and incorporate the following discussion points:

1. Why is it extra important to protect yourself from the sun's UV rays when you're in the water?

Some of the sun's rays bounce off the water. Some of these rays will hit your skin, as well as rays coming straight from the sun. That's twice as many rays! So it's important to use sunscreen whenever you are in the water. The sun's rays can also reach into the water up to 3 feet deep!

2. How can you protect yourself?

One of the most important ways to protect yourself from sunburn is with a type of lotion or cream called sunscreen.

3. When should you put on sunscreen?

Sunscreen should be put on before going out in the sun. Ask your parents to help you put on your sunscreen before coming to swimming lessons. Each day before you go outside, cover your skin with sunscreen. Get in the habit of doing this before you get dressed in the morning, the same way that you brush your teeth as a habit. Have someone put it on places you can't reach. Don't forget your hands, ears, shoulders, knees, the back of your neck, your back, and the tops of your feet. Every place that the sun can reach should have sunscreen on it.

4. How many minutes before class should you put on sunscreen?

To be most effective, apply sunscreen 30 minutes before going out in the sun or into the water. Sunscreen needs time to soak into your skin. There's a poster with all this information in case you forget. (Point out "Sunscreen Tips" poster.)

5. Do you think it's enough to put on sunscreen just once?

No. Sunscreen doesn't last all day. You should put it on again after you finish swimming. The water can wash off the sunscreen that you put on before you came to swimming lessons. Even if you're at the beach, if you get hot and sweaty, the sunscreen will come off, and you should put on more.

6. Now, do you remember the *Four POOL COOL Rules*? (Review and reinforce the rules.)

- 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.*

7. End the second session.

At the next swimming lesson, we will learn more about sunscreen, why it's important, and how to choose the best type of sunscreen.