POOL COOL Program Components

Lifeguard/Aquatic Instructor led sun protection lessons

- ☐ There are 8 sun protection lessons, 1 lesson per swim class session.
- ☐ Each lesson takes about 3-5 minutes to complete.
- ☐ Most instructors prefer to teach lessons at the start of swim class.
- ☐ Demonstrating the lesson and using the visuals (which you will need to print) makes learning fun for the kids.

POOL COOL Sun-Safety Signs & Sunscreen Tips Poster

- ☐ Sun-Safety Signs resemble everyday traffic signs and can be strategically placed/rotated around the pool area as a reminder to practice sun-safe behavior.
- ☐ Posting the Sunscreen Tips Poster is useful in promoting proper sunscreen application and habits.

POOL COOL poolside activities

- ☐ There are 5 optional activity ideas.
- ☐ The activities complement the 8 sun protection lessons.
- ☐ Kids and parents can participate before or after swim classes.
- ☐ Educational games give kids a chance for active learning about sun protection.

Sun-Safe pool checklists

- ☐ The Sun-Safe pool checklist is a tool to help you keep track of sun-safety at your pool.

Information for parents and instructors

- ☐ The Background Information/Reference Material section contains skin cancer facts and additional **POOL COOL** information.