

Poolside Activities



Weather Watch: The UV Index

Sunlight is made up of different kinds of rays, some of which we can see and some of which we can't. The sun's invisible rays are called ultraviolet (UV) rays, and these can hurt your skin. These rays give off "UV radiation."

The level of UV radiation varies from day to day and season to season. Even when the sun is hidden behind clouds, the UV rays can still get through.

You can read the UV levels each day by looking in "The Weather" section of the daily newspaper (under "UV Index Forecast"). Also, TV weather forecasts usually tell you about how high the UV levels are expected to be that day or the next.

How to protect yourself from UV radiation:

If the UV index forecast tells you UV levels are very high, then you should be even more careful to protect yourself from the sun.

You can protect yourself by wearing a hat, using sunscreen, seeking shade, and avoiding the sun between 10 am and 4 pm.





Weather Watch: The UV Index Fun Activity

Objective: To learn about the UV index










Materials: Access to the internet (Ask kids to do with their parents or do it together using a cell phone)

Today's date _____

1. What is the UV level for today? _____

2. What POOL COOL actions should be taken when going outside on this day? _____

3. Google today's "UV Index Forecast" on the internet, then fill out the box below. (Choose & circle the best answer)

Weather	UV Level	Pool Cool Action
 	1 2 3 4 5 6	  
 	7 8 9 10 11	
	12 13 14 15	

SUN JEOPARDY

INSTRUCTIONS AND RULES

Contents:

1 Game Board w/20 Velcro pieces attached
Instruction Sheet
Question Sheets

Instructions:

1. This game involves taking turns. Children should be put in an order (who goes first, second, etc.), either as individuals or as teams.
2. A turn consists of:
 - Player chooses a category and dollar amount of question.
 - The card (Slop for \$200) is removed from the board and held by the staff member until the points are awarded.
 - Staff looks up the question on the Question Sheet (*divided into category sections on the following pages*).
 - If the child answers correctly, he/she is awarded the card with the amount of money of the question chosen. If he/she answers incorrectly, staff should repeat the question for the rest of the group, and any child that knows the answer should raise his/her hand. Staff chooses the child whose hand goes up first. If answered correctly, that child gets the card. If answered incorrectly by that second child, staff gives the answer to the entire group and no money card is awarded.
 - When the question is answered correctly, staff should repeat the child's answer to the group and also read them the answer from the Question Sheet if it is any more in- depth (*some questions have explanations for the answers; these are teaching points that should be passed on to the children*).

- The Question Sheets (following pages) are split up into Age Groups and Rounds. Make sure you are using the appropriate sheet for the age group of the kids. If you have enough time, play an additional round or two.
- At the end of the game, kids can cash in their money cards for a prize. The kids get the same prize no matter how much money they have won, and all kids get prizes. *(Be sure to collect ALL the money cards from the kids and return them to the Jeopardy Game Board).*

SUN	SLOP	SAFE	SKIN
\$100	\$100	\$100	\$100
\$200		\$200	\$200
\$300		\$300	\$300
\$400		\$400	\$400
	\$300	\$500	
	\$400		
\$500	\$500		\$500



Sun Jeopardy

Questions & Answers

AGE 6-8

ROUND 1

SUN

\$100 Who spends more time in the sun - Kids or Grown-Ups?

Kids spend more time in the sun, since they don't have to go to work!

\$200 Can UV rays bounce off concrete?

The sun's damaging rays bounce off sand, snow, concrete, and water, even on cloudy days.

\$300 True or False: A tan means the sun can't damage the skin anymore.

False. A tan means that your skin is already damaged, if you don't protect it from the sun, it can get damaged even more.

\$400 True or False: UV rays from the sun are hot.

False. UV rays can cause tans and sunburns, but they are not hot. The heat that the sun makes is different from the UV rays that can hurt our skin.

\$500 Name 2 things the sun is good for:

Helps plants grow, keeps us warm, gives us light, etc.

SLOP

\$100 What should you put on your skin before you go outside?

Sunscreen

\$200 True or False: Sunscreen should be put on whenever you are going to be out in the sun.

True. Sunscreen will protect your skin from burning and tanning (both of which are signs of sun damage.).

\$300 True or False: You should put on sunscreen after you go swimming.

True. After you go swimming, some sunscreen may wash off, so you need to put on more when you are done.

\$400 Should you wear sunscreen on a cloudy day if you are going to be outside?

Yes. You can get a sunburn on a cloudy day. Even though the sun doesn't seem bright, the UV rays can still go through the clouds and hurt your skin.

\$500 When you play outside, how often should you put on sunscreen?

Every 2 hours

SAFE

\$100 Why is it important to wear a wide-brim hat?

This type of hat protects your face, neck, and ears from the sun.

\$200 True or False: Wearing a baseball hat backwards still protects your face.

False. You need the brim to face forward to shade your face.

\$300 _____ is an area outside where there is no sun (under an umbrella or tree).

Shade

\$400 In the slogan, "Slip, Slop, Slap..." What should you Slip on?

A shirt

\$500 What can protect you from both rain and sun?

An umbrella

SKIN

\$100 True or False: A tan is healthy

False. A tan is not healthy. A tan means that your skin has been damaged by the sun.

\$200 How many kids here should get sunburns this summer?

None!!

\$300 What type of skin can most easily be damaged by the sun?

Fair, pale, very light.

\$400 When you get a bad sunburn, these water-filled bumps raise up on your skin.

Blisters

\$500 What are the brown spots on your skin that can grow and change and become skin cancer?

Moles

Sun Jeopardy

Questions & Answers

AGE 6-8
ROUND 2

SUN

\$100 True or False: The sun is hot and powerful, it's important to use sunscreen.

True. The sun causes skin damage that may lead to skin cancer.

\$200 When you are outside, where should you play MOST of the time? In the sun or the shade?

The shade, where you are more protected from the UV rays.

\$300 True or False: We get vitamins from the sun.

True. Sunlight helps your body make Vitamin D. You only need 15 minutes of sunlight to make Vitamin D.

\$400 The sun is strongest: a) in the morning, b) during the middle of the day, or c) later in the afternoon?

b) during the middle of the day. When the sun is at it's highest point in the sky, the UV rays that can hurt our skin are the strongest.

\$500 True or False: The sun won't affect you on cloudy days.

False. Even though the sun doesn't seem bright, the UV rays can still go through the clouds and damage your skin.

SLOP

\$100 In the slogan 'Slip, Slop, Slap'... What should you Slop on?

Sunscreen

\$200 True or False: You should put on sunscreen before you even leave home in the morning if you are going to be outside.

True. Sunscreen takes half an hour to be absorbed before it can work, so you need to put it on before you go outside.

\$300 When do we slop sunscreen on again?

Whenever you get wet, sweat, or when you dry your skin with a towel.

\$400 When you put on sunscreen, which parts of your body should get covered?

Everywhere that shows, including your ears, neck, lips, shoulders, back, and tops of your feet, so SLOP it on!!

\$500 True or False: The lower the (SPF) number on your sunscreen, the more protection from the sun it gives you.

False. The higher the number on your sunscreen, the more it protects you from the sun.

SAFE

\$100 What can you wear to protect your face, neck, and ears from the sun?

Hat. A hat with a 4 inch brim is best.

\$200 What type of shirt should you wear to protect yourself from the sun?

A shirt with sleeves protects your back and shoulders.

\$300 In the slogan, "Slip, Slop, Slap..." What should you Slap on?

A hat

\$400 Name two places you can find shade:

Tree, tent, inside, etc.

\$500 Can UV light go through your clothes?

Yes, you can get a sunburn through your clothes. Darker clothes with stronger cloth (a tighter weave) protect you more than a light, white, T-shirt. A white T-shirt has an SPF of 8.

SKIN

\$100 What is the biggest part of your body?

Your skin! That's why sun protection is so important!

\$200 True or False: All types and colors of skin can be damaged by the sun.

True. Skin that is fair can most easily be damaged by the sun, but even dark or olive skin can be damaged, too.

\$300 True or False: A tan means that skin has been damaged by the sun and is trying to protect itself.

True. A tan means skin is trying to protect itself, but the more tan you get, the more you are damaging your skin.

\$400 When your skin is hurt by the sun, how can you tell?

It changes color, turns red or brown, you get a tan or sunburn, you get blisters, you get freckles.

\$500 What are the small light brown spots and specks on your skin that are signs of sun damage?

Freckles

Sun Jeopardy

Questions & Answers

AGE 6-8

ROUND 3

SUN

\$100 True or False: The most important time to stay out of the sun is in the morning between 8 a.m. and 10 a.m.

False. The most important time is between 10 a.m. and 4 p.m.

\$200 True or False: If the sun is shining, but it's cold outside, you don't need any sunscreen.

False. The sun's rays are strong and can burn your skin even when the weather is cold.

\$300 Can you get sunburn in the early morning or evening?

Probably not; however, it is possible to get sunburned anytime the sun is out. You should always protect yourself from UV radiation whenever you are in the sunlight.

\$400 True or False: Babies don't need to be protected from the sun.

False. Everyone needs protection from the sun, especially babies.

\$500 Can the sun's rays burn you when you are underwater?

Yes. The sun's rays can penetrate up to three feet of water.

SLOP

\$100 How do you put sunscreen on hard to reach areas like your back?

Ask someone else to help you, or use a sunscreen applicator with a long handle attachment.

\$200 True or False: Sunscreen tastes good. You should eat it.

False. Do not put sunscreen in your mouth or eyes.

\$300 True or False: You should put sunscreen on your skin when it's wet.

False. Sunscreen should be applied on dry skin in order for the skin to absorb it and to protect you better against the sun's rays.

\$400 True or False: Waterproof sunscreen lasts all day, even if it gets wet.

False. Even if it is waterproof sunscreen, it will eventually wash off. You should re-apply every 2 hours.

\$500 True or False: Lip balm and sunscreen are the same thing.

False. Use lip balm for your lips, and sunscreen for your skin.

SAFE

\$100 True or False: You should wear your hat backward because it looks cool.

False. Your hat can block the sun from your face only if you wear it with the brim in front.

\$200 What should you put on your lips to protect them from the sun?

Lip balm with an SPF of at least 15.

\$300 What causes skin cancer?

UV radiation from the sun is the main cause.

\$400 True or False: Most skin cancer is preventable.

True. Most skin cancer is preventable or curable if detected early.

\$500 Is it important to be aware of your shadow during the day?

Yes. The shorter your shadow, the greater your chances to get sunburned.

SKIN

\$100 True or False: Your legs and feet don't need to be protected from the sun.

False. Sunscreen needs to be applied on all exposed parts of your body, including your feet and legs.

\$200 Should sunscreen be applied on your head?

No. Sunscreen should reach to your hairline, but avoid the hair.

\$300 If you are swimming, how can your clothes protect you from the sun?

You can swim wearing a bathing suit that covers up more of your legs (for boys) or your back and stomach (for girls), or wear a t-shirt.

\$400 Is it safe not to wear sunscreen if your skin is healthy and does not have moles or freckles?

No. You should always wear sunscreen because it takes years for the damage from the sun to become evident.

\$500 If you notice that a mole on your skin changes size, shape, or color what should you do?

Tell a parent or your doctor.

Sun Jeopardy
Questions & Answers
AGE 9-12

ROUND 1

SUN

\$100 What is the time of day when the sun is strongest?

Mid-day, or between 10 a.m. and 4 p.m. When the sun is directly overhead, the UV rays are the strongest.

\$200 True or False: Your skin can get damaged by the sun during the winter.

True. UV rays come from the sun all year long. In the winter, they can reflect off the snow.

\$300 True or False: A tan means that the sun can't damage your skin anymore.

False. A tan means that your skin is already damaged. If you don't protect it from the sun, it can get damaged even more.

\$400 What are the rays that can cause sunburns, skin cancer, and eye damage called?

These rays are called UV or Ultraviolet rays. They break down the DNA in your skin and eyes so they can't fix themselves anymore.

\$500 What is the layer of the Earth's atmosphere that protects us from the sun and has a hole in it?

Ozone Layer

SLOP

\$100 What do you put on uncovered skin to protect it from the sun?

Sunscreen, sunblock

\$200 When do we slop sunscreen on again?

Whenever you get wet, sweat, or when you dry your skin with a towel.

\$300 If you know you are going to be outside, when should you put on sunscreen?

Before you leave home, first thing in the morning, before you go outside... Sunscreen takes half an hour to be absorbed into your skin before it can work, so you need to put it on before you go outside.

\$400 True or False: The lower the (SPF) number on your sunscreen, the more protection from the sun it gives you.

False. The higher the SPF or Sun Protection Factor, the more it protects you from the sun.

\$500 Should you wear sunscreen on a cloudy day if you are going to be outside?

Yes. You can get a sunburn on a cloudy day. Even though the sun doesn't seem bright, the UV rays can still go through the clouds and damage your skin.

SAFE

\$100 True or False: Wearing a baseball hat backwards still protects your face.

False. You need the brim to face forward to shade your face.

\$200 What type of shirt should you wear to protect yourself from the sun?

One with sleeves to protect your back and shoulders.

\$300 What can protect you from both rain and sun?

Umbrella

\$400 Name two places you can find shade.

Tree, tent, inside, etc.

\$500 Can UV light go through your clothes?

Yes. You can get a sunburn through your clothes. Darker clothes with stronger cloth (a tighter weave) protect you more than a light, white, T-shirt. A white T-shirt has an SPF of 8.

SKIN

\$100 True or False: A tan is healthy

False. Any tan is a sign of sun damage.

\$200 What type of skin can most easily be damaged by the sun?

Fair, pale, very light are most easily damaged, but all skin can get damaged if it is in the sun too long without sunblock.

\$300 What are the brown spots on your skin that can grow and change and become skin cancer?

Moles

\$400 What is a long-term effect of the sun on skin that makes people look old?

Wrinkles

\$500 What is the most dangerous type of skin cancer?

Melanoma

Sun Jeopardy

Questions & Answers

AGE 9-12

ROUND 2

SUN

\$100 Who spends more time in the sun - Kids or Grown-Ups?

Kids, since they don't have to go to work!

\$200 True or False: All types and colors of skin can be damaged by the sun.

True. Skin that is fair can most easily be damaged by the sun, but even dark or olive skin can be damaged, too.

\$300 True or False: Even with sunscreen on, you can get burned if you stay in the sun for too long.

True. Putting sunscreen on once a day will not keep you from getting burned. To totally protect yourself, you must re-apply sunscreen every 2 hours while you are in the sun.

\$400 True or False: UV rays from the sun are hot.

False. UV rays can cause tans and sunburns, but they are not hot. The heat that the sun makes is different from the UV rays that can hurt our skin.

\$500 True or False: The sun won't affect you on cloudy days.

False. Even though the sun doesn't seem bright, the UV rays can still go through the clouds and damage your skin.

SLOP

\$100 In the slogan, "Slip, Slop, Slap...", what should you Slop on?

Sunscreen

\$200 True or False: Sunscreen helps you stay in the sun longer without getting too much sun.

True. Sunscreen with an SPF of 15 will let you stay in the sun 15 times longer before getting burned.

\$300 Your sunscreen should have an SPF (Sun Protection Factor) of at least _____.

15.

\$400 What is the number (15, 30, etc.) on the sunscreen called?

SPF or Sun Protection Factor, which means the number of times longer you can stay in the sun before you get burned. So if you wear SPF 15, you can stay out in the sun 15 times longer before you get burned.

\$500 How much time does it take for sunscreen to be absorbed into your skin before it can protect you?

$\frac{1}{2}$ Hour, make sure you put on lots of sunscreen and rub it in all the way.

SAFE

\$100 In the slogan, "Slip, Slop, Slap...", what should you Slap on?

A hat

\$200 In the slogan, "Slip, Slop, Slap...", what should you Slip on?

A shirt

\$300 What can you wear to protect your face, neck, and ears from the sun?

Hat. A hat with a 4 inch brim is best.

\$400 True or False: Protecting yourself from the sun as a kid protects you from wrinkles and skin cancer later on.

True. The sun causes skin cancer and wrinkles by breaking down the DNA in your skin. You usually don't see the damage until you are older.

\$500 The area under a shelter or tree where there is no sun is called_____.

Shade

SKIN

\$100 True or False: A tan means that skin has been damaged by the sun and is trying to protect itself from sunburn.

True

\$200 Name two signs of sun-damaged skin.

Freckles, sunburn, blisters, wrinkles

\$300 What are the small light brown spots or specks on your skin that are signs of sun damage?

Freckles

\$400 When you get a bad sunburn, these water-filled bumps raise up on your skin.

Blisters

\$500 How many cases of skin cancer are there each year?

1 million

Sun Jeopardy

Questions & Answers

AGE 9-12

ROUND 3

SUN

\$100 Why is the sun especially dangerous for your skin when you are near water?
UV radiation can reflect back off the surface of water, giving your skin twice as much sun exposure.

\$200 True or False: Going to a tanning salon is a safe way to get a tan without being in the sun.
False. Tanning bed lights carry all the same skin cancer risks as natural sunlight.

\$300 True or False: You do not need to wear sunscreen in the winter since the sun is not as hot as in the summer.
False. You should wear sunscreen whenever you go outside, even in the winter.

\$400 True or False: The sun's UV intensity climbs dramatically the closer you are to the equator.
True. The sun's rays are stronger near the equator than anywhere else.

\$500 What does the daily UV index tell us about the sun?
The daily UV index tells us what the UV level of the sun is for that day. The higher the UV index, the more careful you need to be about practicing sun safety.

SLOP

\$100 True or False: You should not wear sunscreen in a swimming pool because it clogs up the pool filter.
False. Sunscreen does not clog up the pool filter. It is recommended, though, to apply sunscreen at least 30 minutes before swimming.

\$200 If sunscreen can't be put on at least 30 minutes before going outside, should you still wear it at all?
Yes. Sunscreen will give you protection from the sun even though it works best when put on 30 minutes before going outside.

\$300 True or False: If your skin starts to hurt from the sun (gets burned), you don't need to worry about putting on more sunscreen—it's too late already, and it won't make a difference.
False. You should put sunscreen on and seek shade!

\$400 Can very old sunscreen become spoiled?
No. Sunscreen does not go "bad", but it can lose its effectiveness to protect you. Therefore, it is recommended that you get a new supply every year.

\$500 True or False: If I put on sunscreen with SPF 8, and then I put on a second layer of SPF 8, that's the same as SPF 16, and so I'm protected.

False. A sunscreen with SPF 8 only means that it takes 8 times longer for your skin to burn. Adding sunscreen SPF numbers will not increase your protection against the sun. Always use SPF 15 or greater.

SAFE

\$100 What type of cancer is responsible for 50% of ALL cancers in the U.S.?

Skin cancer.

\$200 What can you wear while swimming besides sunscreen to protect your skin from the sun?

A rashguard or a dark t-shirt can give you added sun protection while in the water.

\$300 Does sun exposure accumulation occur more during childhood or adulthood? Sun exposure accumulates over a lifetime, but children take more than their share - 50 to 80 percent of their lifelong exposure occurs before age 18.

\$400 Does a typical t-shirt protect you from the sun?

A typical t-shirt can add protection from the sun while in the water, but remember that their protection drops when they get wet. Darker fabrics and tighter weaves work better.

\$500 True or False: Taking certain medications can increase your risks while in the sun.

True. Taking medications can increase your skin's sensitivity to UV radiation. You can find out from your parents and doctor if any medications you're taking have this effect.

SKIN

\$100 True or False: If your skin gets burned, you can put sunscreen on it AFTER to help it heal.

True. Sunscreen can serve as a soothing lotion to ease the discomfort of a sunburn. It will also protect your skin against more sun damage.

\$200 When do you feel the full effect of a sunburn?

14 to 24 hours later.

\$300 Does our skin recover from the sunburns that we get while we are young? No. Our skin cells suffer permanent damage from blistering sunburns, no matter when they occur in our lives.

\$400 What is the best way to find early skin cancer?

The best way is by looking for irregular changes in moles or the appearance of new moles. This is called skin self-examination.

\$500 Why is Melanoma different from other skin cancers?

Melanoma is different because it spreads to other parts of the body. Once it reaches vital organs, melanoma is very difficult to treat and can be deadly.

Blue and Purple People

What Sunscreen Can Do For You

- Protects against burning
- Protects against skin-aging
- Protects against skin cancer

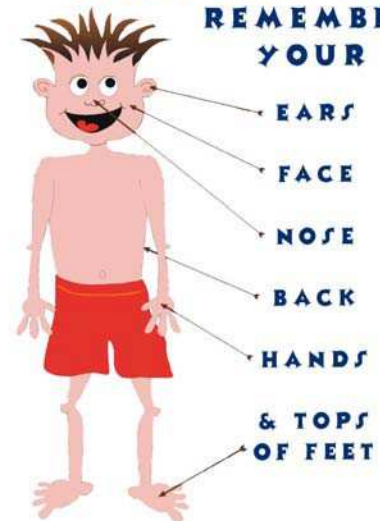
Choosing a Sunscreen

- SPF 15 or higher
- Waterproof
- Protects against UVA and UVB rays
- Safe for children

How to Apply Sunscreen

- Apply 30 minutes before you go outside.
- Re-apply every 2-3 hours.
- Use on all parts of your skin exposed to the sun (include your ears, back, shoulders, and the backs of your legs).
- Spread it all over your skin.
- Apply sunscreen thickly and thoroughly.
- Use cautiously around your eyes.

**WHEN APPLYING
SUNSCREEN, APPLY
IT ALL OVER AND
REMEMBER
YOUR**



The Blue and Purple People Activity

- Objective:**
1. To teach children the proper way to apply sunscreen on all exposed parts of their bodies.
 2. To teach children the importance of doing so before getting dressed each morning.
 3. To show them how using sunscreen can be fun.

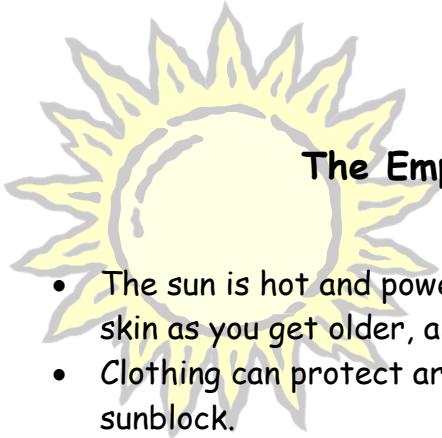
- Materials:**
- Blue & Purple sunscreen (**Caution: color sunscreen may stain some fabrics and surfaces**).
 - 1 or 2 mirror(s)
 - Cell phone or Polaroid camera with film
 - Paper towels

Activity: *(Note: Set it up so that people apply or help apply sunscreen to kids, with another person acting as crowd control. The third individual can also take Polaroid pictures and distribute them. Use assembly-line organization. Also, inform kids to towel off before participating in the activity.)*

1. Have kids choose whether they would like to try the purple or blue sunscreen. Explain that the colored sunscreen allows them to see exactly what areas they've missed when applying it to their bodies.
2. Applying sunscreen:
 - a. Pour a generous amount of sunscreen into the children's hands. Advise children to be careful when applying it to their faces and not to rub their eyes since sunscreen can sting their eyes.
 - b. Starting with the face and arms, guide the child in spreading the sunscreen evenly on all exposed skin. Ask the children if they've missed any areas.
3. Take a cell phone picture or Polaroid of each child before he/she gets very far in spreading the sunscreen. *(Note: The color soaks in and disappears rapidly. If you wait to take the picture until the end of the activity, the colors will not be visible.)*

4. Checking for coverage
 - a. Have the kids use the mirror immediately after application to identify areas they may have missed (*these areas will not contain any blue or purple color*).
 - b. Remind kids to apply sunscreen to all parts of their bodies, including any areas missed at this time, and especially:
 - on and behind ears
 - front and back of neck
 - tops of hands and feet
 - c. Get other kids and parents involved, too, by having them check for coverage.





The Emperor's Clothes

- The sun is hot and powerful. It can cause sunburns, wrinkles on your skin as you get older, and other kinds of skin damage.
- Clothing can protect areas of your body not covered by sunscreen or sunblock.
- Not all clothes are created equal; some offer more sun protection than others.
- Choose comfortable clothing that you can't see through when it's held up to the light. Though UV rays can still penetrate clothing, dark colors are better than light colors because they absorb more UV rays, and clothing that has a tighter weave is better than a more open, looser weave.



The Emperor's Clothes Activity

Objective:

1. To teach children to cover up using sun-protective clothing.
2. To teach them that some fabrics that make up clothing and some styles of clothing (and hats) are more protective than others.

Materials:

- Assortment of hats (baseball cap, wide-brim hat, visor), a T-shirt, a long-sleeve shirt, and a wetsuit or rash guard
- "Play It Safe in the Sun" poster

Activity:

1. Use the "Play it Safe in the Sun" poster as a game.
Ask the same questions that are on the poster.
 - a. Which shirt would be good in the sun?
 - b. Which pants would be good in the sun?
 - c. Which two hats would be good in the sun?
 - d. Which critters have good clothes for playing in the sun?
2. Explain that the clothes in the poster are good examples of out-of-the-pool options. Ask what kind of clothes would be good to wear in the water - at the pool or at the beach.
3. Some options are wet suits or rash guards - the same clothing surfers use. Show them examples of these wet suits, but also point out to them that even a T-shirt would help to protect them.
4. Also, state that this is just one way to practice sun protection. Remind the kids that they should use sunscreen daily, limit their time outside between 10 a.m. and 4 p.m., and seek shade.
5. Let children view or handle the clothing and hats that demonstrate sun-protective clothing.

