Three 5 Minute Sun Safety Lessons for Ski School

Lesson #1

Introducing Sun Safety

Goal: Help the students understand that it is important not to let your skin get burned.

Sun Safety Message # 1

The sun’s rays reflect off the snow, giving you a higher chance of sunburn.

Protect yourself.

Discuss the importance of sun awareness and sun protection and incorporate the following discussion points:

1. Why is it important to protect your skin from the sun when you are on the slopes?
Many of the sun’s rays bounce off the snow…in fact, 80% of the sun’s rays are bounced off the snow and back at us. Between the rays hitting us straight from the sun and the UV rays hitting us after they’ve bounced off the snow, we’re getting twice as many rays! Even on cloudy days we can get a sunburn.

2. How can you protect yourself?
Cover up! Wear a helmet/hat, ski goggles, long sleeves, pants, and gloves. Put SPF+ 30 sunscreen on any exposed skin. Wear SPF 15+ lip balm to protect your lips.

3. How many of you put on sunscreen before coming to the slopes?
Congratulate those who raise their hands or say yes. For those who did not, remind them to put it on next time.

4. 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 skiing/snowboarding lessons. All skin that the sun can reach should have sunscreen on it.

5. Do you think it’s enough to put on sunscreen just once a day?
No. Sunscreen doesn’t last all day. You should put it on every two hours.
6. Every time you’re on the slopes, be sure to follow all of these rules. (Review and reinforce the rules.)
   a. Cover up! Wear long sleeve clothing, a hat/helmet, 100% UV protection goggles, and gloves.
   b. Where you don’t have clothing on your skin, apply SPF 30+ sunscreen. Put on SPF 15+ lipbalm.
   c. Reapply sunscreen and lipbalm again in 2 hours.

7. During the next ski/snowboard lessons, we will learn more about sun protective clothing.
Lesson #2

Protective Clothing

Goal: Emphasize the importance of wearing sun-protective clothing, discuss the types of clothing which protect students from UV rays, and illustrate how these clothes protect.

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Sun Safety Message # 2

Cover Up! Wear long-sleeves, long pants, UV protectant goggles, gloves, and a hat/helmet that covers your ears!

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Discuss the different types of clothing that students can wear to best protect themselves from the sun when they are on the mountain.

1. How many of you have been sunburned after you've been outside?
Discuss how uncomfortable these sunburns were.

2. Do you know what types of clothing can protect you from the sun while skiing/snowboarding?
Hats/helmets that cover your head and ears, long sleeves, long pants, gloves, and don't forget sunglasses or goggles. Look for the kind of sunglasses or goggles that block 100% of ultraviolet (UV) rays. (Show them the different clothing items when explaining)

3. Using clothing for sun protection is important whether you’re on the slopes or somewhere else outside. Do you remember the 3 Sun Safe rules?
   a. Cover up! Wear long sleeve clothing, a hat/helmet, 100% UV protection goggles, and gloves.
   b. Where you don’t have clothing on your skin, apply SPF 30+ sunscreen. Put on SPF 15+ lipbalm.
   c. Reapply sunscreen and lipbalm again in 2 hours.

4. At the next skiing/snowboarding lesson, we’ll review ways to protect your eyes and skin from the sun.
Lesson #3

Review

Goal: Review the 3 Sun-Safety Rules.

Sun Safety Message # 3

Remember the rules and stay sun-safe all year round.

Discuss why it’s important to be sun-safe and how to protect yourself and others.

1. We know we need to protect ourselves from sunburn, but 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.

2. Now, let’s see if you can remember the answers to these questions.
   • Who needs sun protection?
     Everyone, even babies and adults. The lighter your skin, the more easily the sun's harmful rays can get through it, but even dark skin can get sunburned.
   • Why do we need to protect ourselves from the sun?
     It can cause sunburn, age spots, wrinkles, and skin cancer.
   • What do we need to do to protect our eyes from the sun?
     Wear goggles or sunglasses with 100% UV protection. This will help protect your vision.
   • What should you do to protect your skin?
     a. Cover up! Wear long sleeve clothing, a hat/helmet, 100% UV protection goggles, and gloves.
     b. Where you don’t have clothing on your skin, apply SPF 30+ sunscreen. Put on SPF 15+ lipbalm.
     c. Reapply sunscreen and lipbalm again in 2 hours.

3. Have you been following these rules and remembering to be sun-safe?
Congratulations to students who say yes or raise their hands. But also congratulate the whole class for learning how to be sun safe on the slopes.