

Video Discussion Guide

FACILITATION GUIDE/ANSWER KEY

Be a Sun Smart Lifeguard is a 3 minute video meant to introduce lifeguards to the idea that they are outdoor workers who face UVR and heat exposure on the job. The video is available online from sunsmarts.ca. The worksheet with discussion questions on the following page can be given to lifeguards in order to help them relate the content to their own pool and experiences.

Use the notes below to support discussion of the worksheet questions on page 2.

For Question 1: Use this question as an opportunity to learn about your staff's understanding of your workplace policy/practices on sun safety. If a policy is in place, you can highlight important aspects of the policy. If there is not currently a policy in place, you can review some of the practices that the pool implements to protect lifeguards.

For Question 2: Lifeguards can share the ways that they protect themselves when working outdoors.

For Question 3: Sun exposure is the main cause of skin cancer in Canada. Outdoor workers (including lifeguards) are up to 2.5 to 3.5 times more likely to get skin cancer.

For Question 4: Solar UV levels are highest between 11:00am and 3:00pm.

For Question 5: Answers may include: wear wide-brimmed hats, wear long-sleeved clothing, use sunscreen, stay in the shade, take breaks from the heat, drink plenty of water.

For Question 6: Use this question to help lifeguards critically assess the sun safety they see in the video and recognize opportunities for improvement. Answers may include: Some lifeguards in the video are not wearing wide-brimmed hats or sunglasses in every scene. Lifeguards could be wearing long-sleeved uniforms/clothing for better protection. Lifeguards could reduce their time outdoors by taking breaks indoors - no lounging on the pool chairs unless they are in the shade!

For Question 7: This final question should help lifeguards buy in to a sun safety program at your pool. It may give you helpful insight into what procedures, resources or tools and other supports could be adopted. Encourage lifeguards to think of exciting ways to keep everyone engaged by using incentives or sun smart lifeguard of the week awards, for example.



Video Worksheet

Complete and discuss the following questions before watching video:

1. What is our pool currently doing to help prevent UVR and heat exposure for you on the job? What is included in our workplace policy (or practices, if a policy is not in place)?
2. What are some ways you have personally practiced sun safety when you're on the job?

Complete and discuss the following questions after watching video:

3. What is the main cause of skin cancer in Canada? What is your risk as a lifeguard?
4. What time of day are solar UV levels the highest?
5. Personal protection is a last line of defense. List 5 things you can do to protect yourself from UVR and heat exposure:
6. What could the lifeguards in the video have done to better protect themselves from UVR and heat exposure?
7. How can our pool become a Sun Smart Pool? What additional supports, resources or changes are needed for you to be a Sun Smart Lifeguard?