

Speedy Sun Relay Race

DIRECTIONS

One student in your group will be the "model." The model's job is to dress in SunWise clothes as fast as possible with the help of the team. Across the field will be a pile of clothes. Each team member, besides the model, will take turns running to the pile, selecting one sun-safe item, and running it back to the model. The first team to have a completely SunWise model is the winner!



DID YOU KNOW?

Meerkats have black rings around their eyes that absorb the sun's rays and protect their eyes from sun damage.

Speedy Sun Relay Race

ESTIMATED TIME

30 minutes

SUPPLIES

- ✓ A field or other open space with 20 yards of room

One set of the following SunWise and non-SunWise clothes and items for each team:

- ✓ Long-sleeved shirt (preferably with collar)
- ✓ Long pants (optional)
- ✓ Hats (wide-brimmed, cowboy)
- ✓ Sunglasses
- ✓ Empty bottles of sunscreen, some with broad spectrum SPF of 30 and higher, some with lower SPFs
- ✓ Umbrella (optional)
- ✓ Various other articles of clothing that are not SunWise, like tank tops, t-shirts, shorts, visors, etc.

Note: Make sure that the clothes are large enough for each student to put on and take off easily.

LEARNING OBJECTIVE

This activity will challenge students to think quickly about SunWise behavior by selecting correct sun-safe clothes in a competitive environment. Students will learn that wearing SunWise clothes is another way to be safe in the sun, and they'll get

some exercise, too! As an assessment, have the students examine the non-winning teams' clothes after the race and suggest corrections.

DIRECTIONS

Organize the students into teams of five or more and line them up at the start of the racecourse. Place the piles of clothes at the other end of the racecourse.

Have each team select one student to be the SunWise model. This student will stay at the start point of the race, donning SunWise clothes. The other team members should each take turns running to the pile of clothes, selecting one item, and running it back to the model to wear.

The first team to have a completely and appropriately dressed SunWise model, and that is able to explain why the model is SunWise, is the winner. The SunWise models should be wearing a protective hat, long-sleeved shirt, long pants (optional), and sunglasses, and be carrying a bottle of broad spectrum SPF 30 sunscreen or higher.

