

Sun Safety Relay - Dress for the Job!

At this station, teams will race to properly “dress” a teammate for outdoor agricultural work.

What you need:

- ❖ An educational poster/tri-fold board showing the High Five Sun-Safe Practices
 - Sunscreen – Always wear sunscreen with an SPF of 30 or higher.
 - Hat – Wear a hat with a brim to protect your face, ears and neck.
 - Shirt – Wear a shirt with long sleeves.
 - Sunglasses – Wear sunglasses to protect your eyes.
 - Shade – Seek shade during the hours of 10 a.m. to 4 p.m.
- ❖ A starting line or cones to indicate a starting point.
- ❖ Mannequins or scarecrows that students will be relaying to dress in sun-safe gear (humans can be used too!).
- ❖ Sun safe clothing and accessories such as (but not limited to):
 - Long-sleeve shirts
 - Hats with brims
 - Sunglasses
 - Sunscreen bottles
 - Water bottles
 - Pants
 - Closed-toe shoes
 - Sun shirts
 - Umbrellas(Be sure to have plenty of options for two teams to play at the same time!)
- ❖ NOT sun safe clothing and accessories such as (but not limited to):
 - Tank tops
 - Hats without brims
 - Tiny sunglasses
 - Shorts
 - Flip-Flops
 - Anything else that seems safe, but really doesn't give protection

How to play:

- ❖ Split group into two teams.
- ❖ Tell students they are dressing their mannequin/scarecrow/person to be sun safe.
- ❖ They have 60 seconds.
- ❖ Only one teammate at a time can be dressing the mannequin/scarecrow/person.
- ❖ As many of the High Five Sun-Safe Practices as possible need to be met at the end of time.
- ❖ When time is called, stop the relay and then go through each dressed mannequin/scarecrow/human together. Be sure to discuss items and why they are right or wrong.