



El Dorado County Health and Human Services Agency
Division of Public Health
Pool Cool Program Evaluation

El Dorado Hills Community Pool, Summer 2018

Agency: El Dorado County Health and Human Services Agency
Division of Public Health
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Program: Active Living Team, Skin Cancer Prevention and Awareness Campaign

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El Dorado County Health and Human Services Agency
Division of Public Health
Pool Cool Program Evaluation

Abstract

The El Dorado County Public Health Division, El Dorado Hills Community Services District (EDHCSD) and Marshall Medical Center partnered to promote skin cancer prevention and awareness beginning in June 2018 and throughout the summer months.

In El Dorado County, there is a high incident rate of skin cancer. The percentage of adults ever diagnosed with skin cancer is more than double that in California (2014 data) and the age adjusted death rate due to melanoma of the skin is 54% higher compared to the State (2010-2014 data).

The campaign targeted El Dorado County policy makers, the EDHCSD, residents and kids. The objective of the campaign was to increase skin cancer awareness, improve sun safety habits and ultimately reduce incidences of skin cancer in El Dorado County.

To support the campaign, there were numerous activities implemented. To encourage sun safety practices at the El Dorado Hills Community Pool, the campaign launched a sun safety lesson plan, adopted from the evidence-based POOL COOL program, installed two sunscreen stations and placed four Sun Safety pool signs. The Slip, Slop, Slap & Wrap campaign from the National Council on Skin Cancer Prevention was used in the campaign's Sun Safety pool signs and a 2-page Skin Cancer Facts and Prevention Sheet.

While the data suggests that there was program awareness, the observational and self-assessment data suggests that the Pool Cool Program was delivered inconsistently throughout the summer. For this reason, it is difficult to draw conclusions about program effectiveness.

El Dorado County Health and Human Services Agency
Division of Public Health
Pool Cool Program Evaluation

Final Evaluation Report

PROJECT DESCRIPTION

The El Dorado County Public Health Division, EDHCSD and Marshall Medical Center partnered to promote skin cancer prevention and awareness beginning in June 2018 and throughout the summer months.

The campaign targeted El Dorado County policy makers, EDHCSD, residents and kids.

Background.

In El Dorado County, there is a high incident rate of skin cancer. The percentage of adults ever diagnosed with skin cancer is more than double that in California (2014 data) and the age adjusted death rate due to melanoma of the skin is 54% higher compared to the State (2010-2014 data).

Objective.

The objective of the campaign was to increase skin cancer awareness, improve sun safety habits and ultimately reduce the incidence of skin cancer in El Dorado County.

Skin cancer is the most common type of cancer in the United States and comprises almost 50% of all cancer cases, with over a million new cases diagnosed each year. 90% of all skin cancers can be prevented by protection from the sun's rays, or ultraviolet (UV) radiation.

Sun exposure during childhood accounts for about 80% of lifetime exposure and children receive 3 times more ultraviolet (UV) radiation than adults do each year and can benefit most from sun protection.

Swimming pools are high ultraviolet (UV) radiation exposure environments because the sun's rays reflect off the surface of the water and off the concrete surface around the pool area. Sun protection at swimming pools is essential and the strongest weapon against skin cancer is prevention.

Intervention.

In order to achieve the objective of increasing awareness and improving sun safety habits, the following activities were implemented:

- **Swim Lessons**
 - During the EDHCSD Swim Lesson season June 4, 2018 through October 13, 2018, sun safety lessons were intended to be integrated into the swim lessons.
 - The 8 lessons and the abbreviated sun safety lesson plan can be found in Appendix A.

- **Sun Safety pool signs**
 - Four sun safety signs were installed at the EDHCSD Pool in May 2018 to be visible to all visitors to the center.
 - A picture of the sign can be found in Appendix B.

- **Sunscreen Stations**
 - Two sunscreen stations were installed at the EDHCSD Pool to encourage sunscreen use.

- **Press**
 - On April 17, 2018, a County press release went out promoting sun safety for all El Dorado County residents. A copy of the press release can be found in Appendix C.
 - The Slip, Slop, Slap and Wrap Campaign was featured in El Dorado Hills Community Services Districts' Summer Activity Guide (Summer 2018, page 16). A copy of the Activity Guide can be found in Appendix C.
 - On April 17, 2018, the local newspaper, the Mountain Democrat, also published the press release. A copy of the Mountain Democrat publication can be found in Appendix C.

- **Proclamation**
 - On May 8, 2018, the Board of Supervisors recognized May as Skin Cancer Awareness Month with a proclamation.
 - A copy of the Proclamation can be found in Appendix D.

- **EDHCSD Board Meeting Presentation**
 - On May 10, 2018, Public Health presented the campaign to the EDHCSD Board Members.

- **Skin Cancer Facts and Prevention Sheet**

- A 2-page fact sheet about skin cancer, how to protect your skin and how to spot skin cancer was created in English.
- The factsheet is also available through welldorado.org and was highlighted during May is Skin Cancer Awareness Month page.
- A copy of the fact sheet can be found in Appendix E.
- EDHCSD Swim Instructor and Lifeguard Training
 - On June 1, 2018, the swim instructors and lifeguards were trained on the POOL COOL program.

Sun Safety lessons were intended to be provided throughout swim lessons at the EDHCSD Pool. Between May and August, 1,381 swim lessons were held. Additionally, EDHCSD Pool estimates that roughly 25,701 people visit the pool throughout the summer season.

EVALUATION METHODS

Evaluation Design.

The Sun Safety Campaign was evaluated using 6 different strategies or components:

1. Before and After Sun Safety Behavior Surveys – Appendix F
2. In-Person Observations of Sunscreen Dispenser Use
3. In-Person Observations of Lifeguard Behaviors
4. Pool Cool Program Monitoring Forms – In-Person Observational Assessment - Appendix G
5. Pool Cool Program Monitoring Forms – Self Assessment – Appendix G

Sampling.

The “Before” Sun Safety Behavior Surveys were distributed to pool patrons in May, and the follow-up “After” surveys were distributed in August.

In-Person Observations (components numbers: 2, 3 and 4) were conducted on the following dates and times:

- Thursday, June 12th from 9:30 am-10:45 am

In-Person Observations (components numbers: 3 and 4) were conducted on the following dates and times:

- Tuesday, July 17th from 3:30 pm – 5:00 pm

Data Collection Instruments and Procedures.

A combination of data collection instruments were used to assess the delivery and impact of the Pool Cool program including: before and after behavior change surveys; self-assessment of program delivery; observational assessment of program delivery; observational assessment of free sunscreen use and lifeguard behavior.

Before and after behavior change surveys were distributed online to pool patrons; we did not measure or try to survey the same individuals for the before and after surveys. In-person observations were conducted by the county Epidemiologist. The county Epidemiologist met with lifeguards and the Pool Manager to discuss and review the Pool Cool Program Monitoring Forms.

Analysis.

Observational data was evaluated and quantified in excel. The Sun Safety Behavior Surveys were distributed and evaluated using SurveyMonkey.

EVALUATION RESULTS

The EVALUATION RESULTS section will be summarized by evaluation component. A final summary will be provided at the end of the component-specific summaries.

1. Before and After Sun Safety Behavior Surveys

In total, 39 “before” surveys were completed. Of the 39 pool patrons that responded, 19 stated that they had children enrolled in the upcoming summer swim lessons.

Adult self-reported behavior: Of those who responded, the majority (77%) stated that they often or always wear sunglasses outside during the summer; 69% often or always wear sunscreen; 64% often or always wear a shirt that covers their shoulders; 62% often or always sit in the shade; only 31% often or always wear a hat. These proportions were similar for parents with children enrolled in swim lessons.

Of the 19 respondents who reported having children enrolled in swim lessons, 18 answered the child behavior questions. All of the respondents stated that their children often or always wear a shirt that covers their shoulders; 78% often or always wear sunscreen; 33% often or always wear a hat; 22% often or always stay in the shade or under an umbrella; only 1 respondent stated that their child often or always wears sunglasses while outside on a sunny day. The majority (67%) of parents stated that their child never or rarely wears sunglasses.

In total, 58 “after” surveys were completed. Of the 58 pool patrons that responded, 55 stated that they had children enrolled in swim lessons. 88% of the respondents stated that their children often or always wear sunscreen; 76% a shirt with sleeves; 41% under an umbrella or in the shade; 29% a hat and 10% sunglasses. The majority (61%) stated that their child never or rarely wears sunglasses outside on a sunny day.

Of those that responded, 39 parents (about 76%) stated that they were aware of this summer’s sun safety campaign at the pool. 38 of these respondents also answered the sun safety habits question for their child/children. Of these, 68% stated that their child often or always wears

sunscreen; 47% a shirt with sleeves; 84% under an umbrella or in the shade; 29% a hat and 76% sunglasses.

The data suggests that there was some awareness of the summer's sun safety campaign. However, evidence of children's is less clear. There was a small increase in the percentage of parents whose children were enrolled in swim lessons who reported their child always or often wears sunscreen (78 to 88%); a minor decrease in hat (33 to 29%); a decrease in shirts with sleeves (100 to 76%); an increase in sitting under an umbrella or seeking shade (22 to 41%) and a minor increase in sunglasses (6 to 10%). Given the small number of respondents, drawing major inferences from these findings, particularly on the smaller differences, is not advised.

1. In-Person Observations of Sunscreen Dispenser Use

Sunscreen dispenser use was only monitored on July 12, 2018. During the 75 minutes of pool observations, no one was observed using the dispenser. However, the Recreation Supervisor did mention that she received positive feedback from pool patrons about the available sunscreen, and she observed the sunscreen dispensers being used frequently.

2. In-Person Observations of Lifeguard Behaviors

Lifeguard sun safety behaviors were evaluated four times at 20 minute increments during the observation day; three observations were made on Thursday, June 12th and one observation was made on Tuesday, June 17th. A lifeguard's sun safety behavior may not have changed during the day, but each 20 minute period was recorded regardless. 48 lifeguard observations were made; of these, 39 were made about lifeguards who were providing swim lessons in the pool and the remaining 9 were lifeguards who were either patrolling the deck or sitting out of the water near where the swim lessons were being provided. A lifeguard was marked if they were using any of the following sun protective measures: hat, shirt covering shoulders, sunglasses, shade (under umbrella or in shady side of pool); additionally, lifeguards who were not using any sun protection methods were also noted. Summary statements for all of the 48 observations together are below:

- The average number of personal protective measures per lifeguard was 2.1
- Shirts and sunglasses were the most widely observed sun protection; 81% and 75%, respectively, of all lifeguards were wearing shirts and/or sunglasses.
- 40% of all lifeguards were observed wearing hats, and 10% were observed seeking shade.

The data suggests differences in sun protection behaviors for the lifeguards in the lifeguard chair compared to the lifeguards patrolling the deck or teaching lessons. Below are some of the major differences:

- Both lifeguards in and out of the pool were observed using, on average, 2 protective measures.
- For those lifeguards out of the water: 89% were observed wearing sunglasses, 56% in the shade, 67% a shirt and no one a hat.

- For those lifeguards in the water: 72% were observed wearing sunglasses, 0% in the shade, 85% a shirt and 49% a hat.
- A few comments about what the data suggests:
 - Due to the nature of the lifeguards' job requirements when not in the lifeguard chair, it could be challenging for them to utilize certain sun protection methods. More specifically, because large sections of the pool are not covered, the lifeguards in the pool were not given the opportunity to be in the shade.
 - Lifeguards in the pool were regularly observed wearing a t-shirt with sleeves.
 - These observations did not measure sunscreen use, so no inferences about this sun safety measure can be made.

3. Pool Cool Program Monitoring Forms – Observational Assessment

On Thursday, July 12th 3 swim lessons were observed.

- Based on what the observer could hear and see, it did not seem that the sun safety lessons were being taught in their entirety either before or integrated throughout the swim lessons.
- An intercom statement announcing the title or major theme of the sun safety lesson of the day was overheard; however, it was difficult to hear over other pool sounds.

On Tuesday, July 17th two swim lessons were observed.

- Based on what the observer could hear and see, it did not seem that the sun safety lessons were being taught in their entirety either before or integrated throughout the swim lessons.
- A comment from an instructor to the students was overheard that suggested the use of sun screen; the comment insinuated that if the child wore sunscreen, then they would not develop skin cancer. The phrasing of the message was not reflective of the sun safety lesson content.
- A lesson sign was displayed by a lifeguard on the pool deck.
- An intercom statement announcing the title or major theme of the sun safety lesson of the day was overheard; however, it was difficult to hear over other pool sounds.

4. Pool Cool Program Monitoring Forms – Self Assessment

Of the 28 Pool Cool Self-Assessment Forms that were completed, 22 stated that the lesson was completed. However, of these 22, only half reported completing at least one of the lesson components. This suggests that the Pool Cool Program was provided inconsistently throughout the summer.

CONCLUSIONS AND RECOMMENDATIONS

Major conclusions and recommendations based on results of the evaluation activities:

- The data suggests that while the Pool Cool Program may have been known pool patrons, the program was not being delivered consistently throughout the summer. For this

reason, conclusions about program success should not be made based on the before and after sun habits surveys.

After a meeting with the Recreation Coordinator, the following notes were made regarding changes for next year:

- Train the Trainer
 - This year, El Dorado County Health and Human Services staff did only one training for one hour with all aquatic staff. In the future, program delivery may be more successful if several training sessions were organized.
- Intercom
 - This year, some of the program messages were delivered over intercom and may have been lengthy and hard to hear. In the future, the intercom messages may be shortened to highlight the major takeaways.
- Evaluation Measures
 - This year, some of the evaluation measures did not include ways to evaluate knowledge change. In the future, additional evaluation measures will be developed to help capture other aspects of the program.

APPENDICES

APPENDIX A



Lesson #1

Introducing POOL COOL Rules for Sun Safety

Goal: To have the students understand the power of the sun. To introduce the *Four POOL COOL Rules*.

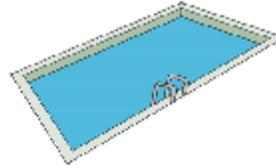


Sun Safety Message # 1
The sun is hot and powerful.
Protect yourself.



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

- 1. Who needs sun protection?**
Everyone -- including adults and babies -- regardless of whether they have fair or dark skin. The lighter your skin, the more easily the sun's harmful rays can get through it. But the sunlight can also cause damage even if you have dark skin.
- 2. Why do we need to protect our skin?**
We all know that the sun is good for us. But it can also harm us. Besides sunburn, the sun can also cause wrinkles and can damage the skin in different ways.
- 3. Can you name three good things about the sun?**
Examples: The sun makes plants grow, it warms up the earth, it helps our skin make Vitamin D which is good for our health, etc.
- 4. Can you name three *not-so-good* things about the sun?**
Examples: 1) The sun can burn you; 2) it can cause wrinkles on the skin; and 3) the sun can cause the skin to tan, which is a sign of skin damage.



Lesson #2

Water, Water Everywhere

Goal: To teach the students that water: (1) magnifies and reflects the sun's UV rays, and (2) does not protect them from the harmful rays of the sun.

.....

Sun Safety Message # 2

**When in the water it's extra-important to be sun safe.
Put on sunscreen before you get dressed everyday.**

.....

Discuss the double threat that UV (ultraviolet) rays pose to swimmers and incorporate the following discussion points:

1. Why is it extra important to protect yourself from the sun's UV rays

Some of the sun's rays bounce off the water. Some of these rays will hit your skin, as well as rays coming straight from the sun. That's twice as many rays! So it's important to use sunscreen whenever you are in the water. The sun's rays can also reach into the water up to 3 feet deep!

2. How can you protect yourself?

One of the most important ways to protect yourself from sunburn is with a type of lotion or cream called sunscreen.

3. 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 swimming lessons. Each day before you go outside,



Lesson #3

The Ins and Outs of Sunscreen – Part 1

Goal: To help students understand: 1) the importance of wearing sunscreen, and 2) what type of sunscreen to use.



Sun Safety Message # 3
Protect your skin with sunscreen that has a SPF #30 or higher.



Discuss the importance of wearing sunscreen and incorporate the following discussion points:

- 1. How many of you put on sunscreen before coming to the pool?**
Congratulate those who raise their hands or say yes. They have followed the *First POOL COOL Rule*. For those who did not, remind them to put it on next time.
- 2. Why is it called sunscreen, or sometimes, it's called sunblock?**
It "screens" or "blocks" out the sun's harmful rays. Make sure that you use enough sunscreen; don't put too little on. And always put it on dry skin.
- 3. What does Sun Protection Factor or SPF mean?**
The Sun Protection Factor is the number on a sunscreen bottle or tube that rates its strength. The higher the number on the label, the more a sunscreen protects your skin. A sunscreen with a SPF 30 will block out more of the sun's harmful rays than one with a SPF of 15 or 8. Always use a sunscreen with a SPF of 30 or higher.
- 4. Do you know that there are different types of sunscreen?**
Sunscreen comes in lotions, creams, gels, alcohol solutions, and even a stick form. And it comes in different colors too. These days, you can find blue and purple colored sunscreen at most stores. *Don't forget to use a waterproof sunscreen before swimming or at*



Lesson #4



The Ins and Outs of Sunscreen – Part 2

Goal: To demonstrate how to apply sunscreen properly.

.....

Sun Safety Message # 4

When applying sunscreen, remember your back, face, ears, nose, neck, hands, and tops of feet.

.....

Demonstrate the correct way to apply sunscreen.

1. How many of you put on sunscreen before coming to the pool?

Congratulate those who raise their hands or say yes. They have followed the *First POOL COOL Rule*.

2. Prepare for the “Sunscreen Stretching Exercise” Activity.

This exercise will help kids learn the proper way to apply sunscreen on all exposed parts of their body and will help them warm-up for swimming. It could be conducted like a *Simon Says* game or just as presented.

Script for Exercise

A) Applying Sunscreen to Your Face

Let’s start out by stretching our shoulders and arms. Put your arms straight out. Spread them out far like an eagle. Good work kids! Now bring your hands in close to your face. Pretend you have some sunscreen in your hands. Rub some sunscreen on your face. Rub some into your forehead, the sides of your face, cheeks, nose, around your mouth and your ears too! Nice job! Be careful not to get too close to your eyes. Sunscreen can sting your eyes.

B) Applying Sunscreen to Your Neck and Back

Extend your arms straight out one more time. All right! Now bend your arms like you’re putting sunscreen on your neck. Rub it in. Don’t forget the back of the neck. Okay, now put your arms against your sides and stand up tall. Now, raise



Lesson #5

Protective Clothing

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



Sun Safety Message # 5

Cover Up! Use T-shirts, long shorts, and a wide brim hat!



Discuss the different types of clothing that children can wear to best protect themselves from the sun when they are at the pool, at the beach, or simply playing outside.

- 1. How many of you have been sunburned after you've been playing outside or at the beach?**
- 2. Do you remember that we said the right clothing can help protect you from the sun? Do you know how clothing protects you?**
Explain that the fabric helps to filter the sun's rays. The tighter the weave of the fabric, the more rays are blocked.
- 3. Do you know what types of clothing can protect you from the sun?**
Hats that shield the face and neck, and clothing that covers the arms, legs, shoulders, and back are best for sun protection. The best sun protective items are wide-brimmed hats, shirts made of closely-knit fibers with long sleeves, and long pants. However, a baseball cap, a short-sleeved shirt, and medium-length shorts are good second choices. And don't forget sunglasses. Look for the kind of sunglasses that block ultraviolet (UV) rays.



Lesson #6

Hats and Sunglasses

Goal: To teach students to use hats and sunglasses to protect themselves from the sun's harmful rays.



Sun Safety Message # 6

Be safe from the sun's harmful rays.

Use a hat and shades everyday when outside.

(except in the pool!)



Discuss the importance of wearing hats and sunglasses to protect your face and eyes from UV rays.

1. How many of you wear a hat or sunglasses to protect yourself from the sun? What kind of hat do you wear? Do you wear sunglasses?

2. Do you remember that we've said the right clothing can help protect you from the sun?

Hats and sunglasses are also important for sun protection. Hats cover your face and neck, and sunglasses can block ultraviolet (UV) rays.

3. Do you know that certain types of hats and sunglasses give you better protection than others?

Certain types of hats give you better protection than others, just as certain sunglasses have UV protection while others don't. Hats that protect your face, ears, neck and scalp are best. So, wide-brimmed hats are better than baseball caps or sun visors. And glasses that block ultraviolet or UV rays are better than ones that don't have that protective film. When you buy shades (sunglasses) from the store, look for a little sticker on the lens; it will say 100% UV protection. But even regular eyeglasses can have UV protection. If you don't know whether your glasses have UV protection, ask your parents or eye doctor if they do.



Lesson #7

Shady Deals

Goal: To have students understand the importance of seeking shade when out in the sun, to discuss the different types of shade available in the pool area, and to emphasize limiting sun exposure between 10:00 am and 4:00 pm.



Sun Safety Message # 7
Seek shade.

And don't stay out in the sun too long
between 10 am and 4 pm.



Discuss the importance of shade as a form of sun protection and talk about places where shade is found.

1. **Besides sunscreen, proper clothing, hats, and sunglasses, what else can protect us from the sun?**
Staying in the shade is also a good way to protect yourself.
2. **What types of shade can you name?**
Big shady trees, umbrellas, shelters, overhangs, awnings, etc.
3. **Can you point out shaded areas around the pool?**
4. **Why does staying in the shade help?**
The sun's rays can bounce off the water in the pool, even off the concrete. Staying in the shade keeps you cool and out of direct sunlight.



Lesson #8

POOL COOL Review

Goal: To review the *Four POOL COOL Rules* and to summarize the eight lessons.

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Sun Safety Message # 8

Be cool.

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. 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?**
Because the sun can be good and bad for you. The sun is an important positive force in nature, and it makes things grow. But it can also be harmful. It can cause sunburn, wrinkles, and other sun damage to your skin.
- **When?**
Everyday of the year, not just at the beach or during summer months.
- **How do you protect yourself?**
By following the *Four POOL COOL Rules*.
- **What are the rules?**
 - a. *Protect your skin. Use sunscreen.*
 - b. *Cover up! After swimming, cover your shoulders with a shirt and your legs with long shorts.*
 - c. *When you are out in the sun, protect your face and eyes. Wear shades and a hat.*
 - d. *Seek shade and watch the clock. Limit your time in the sun between 10 am and 4 pm.*



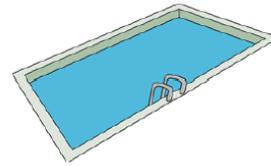
Sun-Safety Message #1



**The sun is hot and powerful.
Protect yourself.**



Sun-Safety Message #2



**When in the water, it's extra-important to be
sun-safe. Put on sunscreen before you get
dressed everyday.**



Sun-Safety Message #3



**Protect your skin with sunscreen that has a
SPF #30 or higher.**



Sun-Safety Message #4



**When applying sunscreen, remember your back,
face, ears, nose, neck, hands, and tops of feet.**



Sun-Safety Message #5



Cover Up! Use T-shirts, long shorts, and a wide-brim hat!



Sun-Safety Message #6



Be safe from the sun's harmful rays. Use a hat and shades everyday when outside. (except in the pool!)



Sun-Safety Message #7



Seek shade. And don't stay out in the sun too long between 10 and 4 o'clock.



Sun-Safety Message #8



Be cool. Remember the rules and stay sun-safe all year around.

APPENDIX B

Be Sun Safe

Slip, Slop, Slap & Wrap!

A turtle has a built-in shirt. A hippo's skin secretes oil that acts as a sunscreen. The bumps over a camel's eyes act as a hat. The black rings around a meerkat's eyes are sunglasses.



Slip on a shirt, Slop on sunscreen, Slap on a hat, Wrap on sunglasses, and seek shade between 10 and 4.

     United States Environmental Protection Agency  A Partnership Program of the U.S. Environmental Protection Agency www.epa.gov/sunwise 878-430-10-001

APPENDIX C

NEWS RELEASE



El Dorado County
HEALTH & HUMAN SERVICES AGENCY

For Immediate Release: April 17, 2018

CONTACT:
Margaret Williams
(530) 642-7164

Sun Safety Campaign for Kids Launches in El Dorado Hills

With summer right around the corner, agencies and organizations in El Dorado County are teaming up to spread the word about the importance of sun safety. The El Dorado County Public Health Division, El Dorado Hills Community Services District, Marshall Medical Center and El Dorado Community Health Centers are partnering to promote skin cancer prevention and awareness beginning in April through the summer months in 2018.

According to El Dorado County Health Officer, Dr. Nancy Williams, skin cancer is the most common cancer in the U.S., accounting for almost fifty percent of all cancer cases. "The good news is that nearly ninety percent of skin cancers can be prevented by protection from the sun's rays, or ultraviolet (UV) rays," said Williams.

While everyone should be careful when they are exposed to the sun's rays, children are especially vulnerable. "We want to promote good sun safety habits for everyone, particularly children," said Williams. "The earlier good habits start, the more likely we are to continue them throughout life. We are using the National Council on Skin Cancer Prevention's 'Slip, Slop, Slap & Wrap' campaign again this year to encourage kids to slip on a shirt, slop on sunscreen, slap on a hat, wrap on sunglasses, and seek shade, especially between 10:00 a.m. and 4:00 p.m.," said Williams.

El Dorado Hills Community Services District Aquatic staff and pool users will be encouraged to practice sun safety through the launch of a sun safety lesson plan, adopted from the evidence-based POOL COOL program, at the start of each swim lesson. "Be Sun Safe" signs will be placed around the Community Pool and two sunscreen stations will be available to pool users.

April Pool's Day, a community water safety event, will be held on Saturday, April 28, 2018, from 1:00 p.m. to 4:00 p.m. at the El Dorado Hills Community Pool located at 1021 Harvard Way in El Dorado Hills. The event is free to the public and includes water and sun safety information, games and activities, and public swim. The sun safety campaign will run while the El Dorado Hills Community Pool is open to the public, with summer swim season formally starting on May 12, 2018.

"The El Dorado Hills Community Services District is committed to improving the quality of life for residents through responsible leadership and by providing superior services and facilities. Many residents enjoy the Community Pool in the summer. Providing skin cancer education and preventative resources—like shade structures and sunscreen—are just a few ways the District is fulfilling its mission and helping residents stay safe and healthy this summer," said Kevin Loewen, General Manager, El Dorado Hills Community Services District.

For more sun safety tips and information on the campaign, including ways other organizations can promote sun safety, visit www.welldorado.org or call Kristin Tornincasa at (530) 642-7132.

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El Dorado Hills Community Services District Summer 2018

RECREATION GUIDE

your place to play



El Dorado Hills
COMMUNITY SERVICES DISTRICT



Letter from the General Manager



Welcome to the Summer Recreation Guide, friends! Over the past few months, District staff have worked hard to prepare this summer's fantastic lineup of events and programming. Flip through the pages of this guide to find special events, classes, day camps, swim lessons, and more for all ages! Also be sure to check out the Community Information pages (p.26-27) to see what some of the District's community partners are up to or have planned for the next few months.

If you're looking for some good old-fashioned outdoor fun, the Parks and Planning Department is currently working on a small construction project that will bring big fun – new bocce courts at Promontory Park. Keep an eye out for construction updates!

Other fun that we're bringing comes by way of special events and community outreach. Park Parties are coming back this year! Find out more about this free and bike-friendly event on page 3. April Pools Day kicks off the District's partnership with Marshall Medical and El Dorado County's Health & Human Services to address skin cancer awareness across the month of May (p.3). Come visit the District's outreach booth and fun stations at Clarksville Days (p.28); Town Center Art, Beer & Wine (p.26) and of course at our Summer Concert Series (p.2).

Now, remember, while the District is "Your Place To Play," the District's service to El Dorado Hills does not end at Parks and Recreation. The District also provides CC&R oversight and enforcement for over 30 Villages; landscape services for/at LLADs; waste disposal and telecommunication franchising. Further, the District

also represents you and your community to El Dorado County and the State for local legislation. Therefore, it is important that we hear your voice and know what is important to you. Take five minutes to sign up for FlashVote. This community engagement tool helps you to help us in the pursuit of the District's mission: to enhance the quality of life for El Dorado Hills Residents through innovative, responsible leadership and by providing superior services and facilities. Learn more by going to the "About EDHCSD" tab on our website homepage: www.edhcsd.org.

Speaking of superior facilities, the District has plans to install solar-covered parking and solar-covered shade structures in Community Park. This project flows from the District's commitment to sustainability and preservation of our community's natural resources by encouraging employees and the community to be informed, sensitive and passionate about protecting our natural resources.

As always, I invite residents to get in touch with us to learn more about what the District is doing in El Dorado Hills and to provide suggestions for future projects.

All of us here at the District wish each and every one of you a safe and happy summer.

Warmly,
Kevin A. Loewen
General Manager

April Pool's Day

Community Water Safety Event

Saturday, April 28 • 1-4pm

Location: EDH Community Pool

Aquatic staff will be on hand to answer questions about the summer swim lessons and other Aquatics programs offered in 2018.

- Learn about water safety
- Play games and activities
- Public Swim
- Skin cancer awareness & prevention information

Spring Community Garage Sale

Saturday, May 5 • 8am-12pm

Location: Corner of EDH Blvd. and Harvard Way

Space Fee: \$35

Buy a space and sell your treasures or just come to shop at our Community Garage Sale.

Community Clean Up Day

Saturday, May 12 • 9am-3pm

Location: Rolling Hills Church: 800 White Rock Road, EDH

What: Disposal of large/bulky, unwanted items, green waste and e-waste.

Who: El Dorado Hills residents and residents within the District boundaries. For more information on non-acceptable materials and optional disposal log onto: www.edhcsd.org and follow links for "waste/recycling collection."

NEIGHBORHOOD Park Parties! Thursdays at 5-6:30pm

That's right we're bringing the party to a neighborhood park near you. Bring along your picnic and we'll provide the free fun and dessert.

May 3

Oak Knoll Park
3371 Alyssum Cir.

May 17

Overlook Park
3273 Kensington Dr.

May 24

Creekside Greens Park
4735 Concordia Dr

May 31

Bertelsen Park
831 Redwood Ln.

EARTH DAY EDH



Aquatics

El Dorado Hills COMMUNITY POOL

1021 Harvard Way, El Dorado Hills / (916) 614-3228

Looking for a great place to spend your summer afternoons or evenings. The CSD Community Pool is just the place for the family to cool off, get some exercise or just relax poolside. Check out all the amenities the Community Pool has to offer.

- 1 meter & 3 meter diving boards
- Zero-entry beach area
- Wading pool for kids 6 and under
- Snack bar
- Lap swim available for adults (16+)
- FREE WiFi
- Inflatable obstacle course (starting 6/3: MWIF evenings & Sundays)
- Shade, lounge chairs and tables
- Air conditioned restrooms and shower facilities

Admission Fees

Under 2 years: FREE
 Ages 2-54: \$5
 Ages 55+: \$3

**Children under 9 must be accompanied by a paying adult*

Pool Hours

MON	TUE	WED	THU	FRI	SAT	SUN
May 12-May 28*						
*Open 5/12, 2-6pm and on Monday, 5/28, 12-4pm				12-4pm	12-4pm	
June 2-August 12* (no evening session on 7/3 & 7/4)						
12-4pm 7-9pm	12-4pm 7-9pm	12-4pm 7-9pm	12-4pm 7-9pm	12-4pm 7-9pm	2-7pm	2-7pm
August 18-September 30						
*Open Monday 9/3, 12-4pm					12-4pm	12-4pm

Wading Pool Hours

ages 6 & under with adult

In addition to Recreational Swim times, the Wading Pool is open during swim lessons beginning June 4 through August 7.
 Monday-Thursday: 9:45-11:50am & 4:05-6:50pm
 Daily Drop In: \$2 per child (adults free)

Be Sun Safe

Slip, Slop, Slap & Wrap!

A turtle has a built-in shirt.



A hippo's skin secretes oil that acts as a sunscreen.



The bumps over a camel's eyes act as a hat.



The black rings around a meerkat's eyes are sunglasses.



Slip on a shirt, Slop on sunscreen, Slap on a hat, Wrap on sunglasses, and seek shade between 10 and 4.



6/21/2018

Sun Safety Campaign for Kids in El Dorado Hills

Mountain Democrat

PLACERVILLE, CALIFORNIA

News

Sun Safety Campaign for Kids in El Dorado Hills

By News Release

With summer right around the corner, agencies and organizations in El Dorado County are teaming up to spread the word about the importance of sun safety. The El Dorado County Public Health Division, El Dorado Hills Community Services District, Marshall Medical Center and El Dorado Community Health Centers are partnering to promote skin cancer prevention and awareness beginning in April through the summer months in 2018.

According to El Dorado County Health Officer, Dr. Nancy Williams, skin cancer is the most common cancer in the U.S., accounting for almost fifty percent of all cancer cases. "The good news is that nearly ninety percent of skin cancers can be prevented by protection from the sun's rays, or ultraviolet (UV) rays," said Williams.

While everyone should be careful when they are exposed to the sun's rays, children are especially vulnerable. "We want to promote good sun safety habits for everyone, particularly children," said Williams. "The earlier good habits start, the more likely we are to continue them throughout life. We are using the National Council on Skin Cancer Prevention's 'Slip, Slop, Slap & Wrap' campaign again this year to encourage kids to slip on a shirt, slop on sunscreen, slap on a hat, wrap on sunglasses, and seek shade, especially between 10:00 a.m. and 4:00 p.m.," said Williams.

El Dorado Hills Community Services District Aquatic staff and pool users will be encouraged to practice sun safety through the launch of a sun safety lesson plan, adopted from the evidence-based POOL COOL program, at the start of each swim lesson. "Be Sun Safe" signs will be placed around the Community Pool and two sunscreen stations will be available to pool users.

April Pool's Day, a community water safety event, will be held on Saturday, April 28, 2018, from 1:00 p.m. to 4:00 p.m. at the El Dorado Hills Community Pool located at 1021 Harvard Way in El Dorado Hills. The event is free to the public and includes water and sun safety information, games and activities, and public swim. The sun safety campaign will run while the El Dorado Hills Community Pool is open to the public, with summer swim season formally starting on

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1/2

6/21/2018

Sun Safety Campaign for Kids in El Dorado Hills

May 12, 2018.

"The El Dorado Hills Community Services District is committed to improving the quality of life for residents through responsible leadership and by providing superior services and facilities. Many residents enjoy the Community Pool in the summer. Providing skin cancer education and preventative resources—like shade structures and sunscreen—are just a few ways the District is fulfilling its mission and helping residents stay safe and healthy this summer," said Kevin Loewen, General Manager, El Dorado Hills Community Services District.

For more sun safety tips and information on the campaign, including ways other organizations can promote sun safety, visit www.welldorado.org or call Kristin Tornincasa at (530) 642-7132.

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Published April 17, 2018 | Last Modified on April 17, 2018 at 10:15 am

APPENDIX D



APPENDIX E

Be Sun Safe

Skin Cancer: Facts and Prevention

The Facts about Skin Cancer



90% of all skin cancers can be prevented by protection from the sun's rays, or ultraviolet (UV) radiation.



1 in 5 Americans will develop skin cancer in their lifetime.

1

Skin cancer is the most common type of cancer in the United States.



Regular daily use of SPF 15+ or higher sunscreen reduces risk of melanoma by 50%.



Twice as many adults in El Dorado County have been diagnosed with skin cancer compared to the state of California.



Sun exposure during childhood accounts for 80% of lifetime exposure.

How to Protect Your Skin

Slip

Cover up with clothing.

Slop

Use a water-resistant broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher. Reapply every 30 minutes.

Slap

Wear a broad-brimmed hat that shades your face, neck and ears.

Wrap

Wear UV-blocking sunglasses.

Remember

Anyone can get skin cancer, regardless of skin color and gender. In fact, melanoma is one of the most common cancers in young adults.

Keep newborns out of the sun. Sunscreen should be used on babies over 6 months.

Children receive 3 times more UV radiation than adults do each year, so it's important that we teach sun protective habits early in life and lead by example.

Summer 2018



How to Spot Skin Cancer

The ABCDEs of Melanoma

Melanoma can be effectively treated when detected early. You can identify the warning signs by looking for irregular or changing moles that may look like the following:



One half is unlike the other.



Irregular, scalloped or poorly defined border.



Varied from one area to another; shades of tan and brown, black; sometimes white, red or blue.



While melanomas are usually greater than 6mm (the size of a pencil eraser) when diagnosed, they can be smaller.



A mole or skin lesion that looks different from the rest or is changing in size, shape or color.



Resources

Examine your skin head-to-toe every month! Sun protection should be a lifelong habit, not just a summer activity.

Checking your skin means taking note of all the spots on your body, from moles to freckles to age spots. Skin cancer can develop anywhere on the skin. Ask someone for help when checking your skin, especially in hard to see places.

If you find any spots on your skin that are different from others or are changing, itching or bleeding, make an appointment to see a board-certified dermatologist.

To learn more about skin cancer and find a FREE skin cancer screening, visit SpotSkinCancer.org

When caught early, skin cancer is highly treatable.

Our Partners



APPENDIX F

Sun Habits Survey

Thank you for participating in the El Dorado County Health and Human Services Public Health Division sun habits survey!

For each question listed below, please select one answer.

1. For the following questions, think about what you do when you are outside during the summer on a warm sunny day.

	Frequency
How often do you wear SUNSCREEN?	<input type="text"/>
How often do you wear a SHIRT WITH SLEEVES that cover your shoulders?	<input type="text"/>
How often do you wear a HAT?	<input type="text"/>
How often do you stay in the SHADE or UNDER AN UMBRELLA?	<input type="text"/>
How often do you wear SUNGLASSES?	<input type="text"/>

2. Do you have a child/children enrolled in swim lessons at the El Dorado Hills CSD this summer?

- Yes
 No

3. For the following questions, think about what your child does/children do when outside during the summer on a warm sunny day.

	Frequency
How often does your child wear SUNSCREEN?	<input type="text"/>
How often does your child wear a SHIRT WITH SLEEVES that cover your shoulders?	<input type="text"/>
How often does your child wear a HAT?	<input type="text"/>
How often does your child stay in the SHADE or UNDER AN UMBRELLA?	<input type="text"/>
How often does your child wear SUNGLASSES?	<input type="text"/>

Sun Habits Survey - End of Summer

Thank you for participating in the El Dorado County Health and Human Services Public Health Division sun habits survey!

For each question listed below, please select one answer.

1. For the following questions, think about what you do when you are outside during the summer on a warm sunny day.

	Frequency
How often do you stay in the SHADE or UNDER AN UMBRELLA?	<input type="text"/>
How often do you wear SUNGLASSES?	<input type="text"/>
How often do you wear a SHIRT WITH SLEEVES that cover your shoulders?	<input type="text"/>
How often do you wear a HAT?	<input type="text"/>
How often do you wear SUNSCREEN?	<input type="text"/>

2. Did you have a child/children enrolled in swim lessons at the El Dorado Hills CSD this summer?

- Yes
- No

3. For the following questions, think about what your child does/children do when outside during the summer on a warm sunny day.

	Frequency
How often does your child stay in the SHADE or UNDER AN UMBRELLA?	<input type="text"/>
How often does your child wear SUNGLASSES?	<input type="text"/>
How often does your child wear SUNSCREEN?	<input type="text"/>
How often does your child wear a SHIRT WITH SLEEVES that cover your shoulders?	<input type="text"/>
How often does your child wear a HAT?	<input type="text"/>

4. Were you aware of this summer's sun safety campaign? (sun safe habits were taught to children during swim lessons; campaign signs are posted around the El Dorado Hills CSD pool; free sunscreen is available to pool users)

- Yes
- No

APPENDIX G

**Pool Cool Monitoring Form
Lesson 1: Introducing Pool Cool Rules for Sun Safety**

Date: _____

Did you do the following?

		YES	NO									
A. Complete Lesson #1?		<input type="radio"/>	<input type="radio"/>									
	1	2	3	4	5	6	7	8	9	10	>10	
If YES, how many minutes did this lesson take to complete?	<input type="radio"/>											

		YES	NO
B. Introduce the four Pool Cool Rules to the class?		<input type="radio"/>	<input type="radio"/>
C. Discuss the power of the sun?		<input type="radio"/>	<input type="radio"/>

In your opinion

D. How interested were the children in this lesson?

Not Interested	A little Interested	Somewhat Interested	Interested	Very Interested
<input type="radio"/>				

-----Thank you!-----

To be completed by Public Health Staff:

E. How many children attended swim lessons in the morning and the evening? _____

**Pool Cool Monitoring Form
Lesson 5: Protective Clothing**

Date: _____

Did you do the following?

	YES	NO
A. Complete Lesson #5?	<input type="radio"/>	<input type="radio"/>
1 2 3 4 5 6 7 8 9 10 >10		

If YES, how many minutes did this lesson take to complete?

<input type="radio"/>										
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	YES	NO
B. Emphasize the importance of wearing sun-protective clothing?	<input type="radio"/>	<input type="radio"/>
C. Discuss the types of clothing that protect from these UV rays?	<input type="radio"/>	<input type="radio"/>
D. Illustrate how these clothes protect?	<input type="radio"/>	<input type="radio"/>

In your opinion

E. How interested were the children in this lesson?

Not Interested	A little Interested	Somewhat Interested	Interested	Very Interested
<input type="radio"/>				

-----Thank you! -----

To be completed by Public Health Staff:

F. How many children attended swim lessons in the morning and the evening? _____

Pool Cool Monitoring Form
Lesson 7: Shady Deals

Date: _____

Did you do the following?

	YES	NO									
A. Complete Lesson #7?	<input type="radio"/>	<input type="radio"/>									
	1	2	3	4	5	6	7	8	9	10	>10

If YES, how many minutes did this lesson take to complete?

	<input type="radio"/>										
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	YES	NO								
B. Help students understand the importance of seeking shade when out in the sun?	<input type="radio"/>	<input type="radio"/>								
C. Discuss the different types of shade available in the pool area?	<input type="radio"/>	<input type="radio"/>								
D. Emphasize limiting sun exposure between 10:00 am and 4:00 pm?	<input type="radio"/>	<input type="radio"/>								

In your opinion

E. How interested were the children in this lesson?

Not Interested	A little Interested	Somewhat Interested	Interested	Very Interested
<input type="radio"/>				

-----Thank you!-----

To be completed by Public Health Staff:

F. How many children attended swim lessons in the morning and the evening? _____

**Pool Cool Monitoring Form
Lesson 8: POOL COOL Review**

Date: _____

Did you do the following?

A. Complete Lesson #8? YES NO

If YES, how many minutes did this lesson take to complete?

	1	2	3	4	5	6	7	8	9	10	>10
	<input type="radio"/>										

B. Review the Four POOL COOL Rules? YES NO

C. Summarize the eight lessons? YES NO

In your opinion

D. How interested were the children in this lesson?

Not Interested	A little Interested	Somewhat Interested	Interested	Very Interested
<input type="radio"/>				

-----Thank you!-----

To be completed by Public Health Staff:

E. How many children attended swim lessons in the morning and the evening? _____