

Pool Cool Program Highlights Sun Safety for City Aquatic Staff

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ST. JOSEPH, Mo.

Staying cool for the summer means learning some sun safety first and that's exactly what St. Joseph Parks and Rec Aquatic staff did from the Midwest Cancer Alliance (MCA). The Midwest Cancer Alliance is the outreach division for The University of Kansas Cancer Center.

At Thomas Eagleton indoor pool on Missouri Western's campus, staff learned the basics of the sometimes unknown danger that surrounds of all us in and out of the pool-the sun.

"Sometimes you want to go tan and be out in the sun and you forget the dangers of skin cancer and possibly even melanoma," Aquatic Coordinator Travis Anderson said.

"Skin cancer is the number one form of cancer so my staff teaches the lifeguards tips that they can teach their swimming lesson students," MCA Outreach Coordinator Ashley Adorante said. "They teach them why it's important to wear sunscreen, take a break from the sun, wear sunglasses and wear protective clothing."

Staff say having the option of swimming indoors eliminates the threat of summer sun for some.

"It's been a huge deal throughout the semester. Just having a place that people can come in year-round and swim and stay out of the sun. People that may be afraid of the dangers of the sun or don't have any sunscreen they can come in and lap swim and bring their kids and still have a fun time in the pool," Anderson said.

The Midwest Cancer Alliance (MCA) conducts sun safety presentations throughout both northwest Missouri and Kansas. Additional Pool Cool support is provided by Kansas Cancer Partnership, Outpacing Melanoma, The Center for Disease Control and Prevention, and Prevention and Public Health Funds.

Last year alone, the Pool Cool program by the MCA trained 1,721 swim instructors, lifeguards and other pool staff about sun safety.