The lifeguards at Palisade's Pool are providing POOL COOL sun safety education, encouraging the use of sunscreen and sun safety habits, in partnership with Southwest Nebraska Public Health Department. Pool staff include (from left) Katie Flaig, Weylin Davis and manager Donna Schluckebier. Not pictured, Connor Kayton.

The staff at Palisade's swimming pool is offering the community more than just a place to cool down during hot summer days. They are also teaching pool patrons the importance of practicing sun safety.

Southwest Nebraska Public Health Department (SWNPHD) is partnering with the Palisade City Pool through a grant from the Nebraska Comprehensive Cancer Control Program. Palisade was chosen for another year to participate in the POOL COOL program to increase youth awareness of sun safety.

"POOL COOL will be taught by pool staff members during swim breaks at the Palisade Pool this summer," explained Denise Ringenberg, Health Educator at SWNPHD.

"We want to increase the use of sunscreen, covering up, sunglasses, hats and seeking shade between 10 a.m. and 4 p.m.," she said.

POOL COOL is a multi-component skin cancer prevention program for use with outdoor pools. Palisade Pool received a quart of 30 SPF sunscreen and UV wristbands that change color as a

reminder to put on more sunscreen.

The pool already has signage from previous years involvement to remind customers about sun safety. Color-changing wristbands will be given out to youth at the pool.

“We are pleased to see Donna Schluckebier and her staff serving as role models for using sunscreen,” noted Ringenberg. “The lifeguards do an excellent job teaching sun safety during swim breaks.”

If you have additional questions about POOL COOL or sun safety, contact Denise Ringenberg at educate@swhealth.ne.gov, or visit SWNPHD’s website at www.swhealth.ne.gov, call the SWNPHD office at 308-345-4223 or visit them at 404 West 10th Street in McCook–one block north of Arby’s.

The Palisade Pool is open from 1:00 to 6:00 p.m. CT for everyone and from 6:00 to 7:00 p.m. CT for adult swim.

The pool will close early at 5:00 p.m. on July 19 and 30 and will be closed on July 21 and 27.

The last day of operation for the Palisade Pool will be July 31. The cost to swim is $3 per day, ages three and younger can swim for free.

Pool staff include manager Donna Schluckebier, Katie Flaig, Weylin Davis and Connor Kayton.