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SWOSU Bulldog Wellness Committee

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SWOSU

Bulldog Wellness

July 2021



UV Safety Awareness & Parks and Recreation Month

As many of us are enjoying those warm rays this summer, we must remember to protect our skin and eyes from the damaging effects of the sun.



According to the CDC skin cancer is the leading type of cancer in the U.S., so it's important to educate ourselves on the risks associated with it.

The good news is there are things you can do to minimize the risk.

Cover Up: Wearing a wide brimmed hat or other shade-protective clothing can partly shield your skin from the harmful effects of UV ray exposure. Proper clothing may include long-sleeved shirts, pants, hats, and sunglasses - for eye protection.



Stay in the Shade: The sun's glare is strongest at midday. Staying in the shade between the hours of 10 a.m. and 4 p.m. will further protect your skin. The sun can still damage your skin on cloudy days or in the winter. Stay protected throughout the year!

Use the Right Amount of Sunscreen: According to the National Council on Skin Cancer Prevention, most people apply only 25-50 percent of the recommended amount of sunscreen. When out in the sun, it is important that you apply at least one ounce (a palmful) of sunscreen every two hours. You should apply it more often if you are sweating or swimming, even if the sunscreen is waterproof.

Examine your skin: Perform a head-to-toe exam once a month. If you notice any worrisome spots, call your doctor.

See your physician: Get a professional skin exam at least once a year.

Protecting yourself from Sun Exposure

Anyone working outdoors is exposed to the sun's ultraviolet (UV) rays, even on cloudy days. UV rays are a part of sunlight that is an invisible form of radiation. There are three types of UV rays. UVA is believed to damage connective tissue and increase the risk for developing skin cancer. UVB penetrates less deeply into the skin, but can still cause some types of skin cancer. Natural UVC is absorbed by the atmosphere and does not pose a risk.

Choosing Sunscreen: This is extremely important. Your sunscreen should have a minimum sun protection factor (SPF) of 15 and should protect against both Ultraviolet A (UV-A) and Ultraviolet B (UV-B) rays.

- SPF only refers to UVB protection.
- To protect against UVA, look for products containing: Mexoryl, Parsol 1789, titanium dioxide, zinc oxide, or avobenzone.
- Sunscreen performance is affected by wind, humidity, perspiration, and proper application.
- Throw away sunscreens after 1–2 years (they lose potency).
- Apply to ears, scalp, lips, neck, tops of feet, and backs of hands.
- Some sunscreens may lose their effectiveness when applied with insect repellents. You may need to reapply more often.



In honor of Parks and Recreation Month

we encourage you to visit our very own Crowder Lake University Park!

Operated by SWOSU since 1997, Crowder Lake University Park is a 158-water-acre and 159-land-acre park located 10 minutes south of campus. The park features a number of facilities and has lots of outdoor activities for the general public to enjoy.



Camping and Interpretive Nature Trail

The park has five well-shaded concrete RV sites with water, electricity, picnic tables and cooking grills. A sanitary dump station for recreational vehicle use is located in the RV area. There are also seven covered concrete picnic tables with cooking grills available for tent camping. Clean handicap accessible bathroom and shower facilities are located near the camping sites.

Due to the limited number of camping sites available reservations are not taken. Camping sites are available on a first come, first-served basis.

A one-mile-long asphalt trail is available for park users. Funded through a grant from the National Recreational Trails Program, this scenic trail winds throughout the park and introduces the user to many native tree species.

Interpretive trail maps detailing the many identified tree species are available at the trailhead parking lot. The trail is fully handicap accessible and well suited for walking, jogging, bicycling, and skating. Motorized vehicles are not allowed on the trail.



Fishing Opportunities

Crowder Lake has been designated a Trophy Bass Lake by the Oklahoma Department of Wildlife Conservation. In addition to excellent black and white bass, many game fish can be found in large numbers at Crowder Lake, including crappie, saugeye, blue gill and channel catfish. Several bass tournaments are held yearly at Crowder Lake. Crowder Lake is a no wake lake.



Boating & Aquatics

SWOSU maintains a fleet of watercraft for public use. Canoes, kayaks, and stand up paddle boards are available. Paddles and personal flotation devices are supplied as well. Swimming and SCUBA diving is permitted. No lifeguards are on duty. To ensure a safe recreational experience for lake users, a no wake regulation is enforced.

Go to [Crowder Lake | SWOSU](#) for more information.