

# SunSmart

## Early Childhood Program

### Application form



Centre/Kindergarten: \_\_\_\_\_

Contact Name: \_\_\_\_\_ Position: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Postcode: \_\_\_\_\_

Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email address: \_\_\_\_\_

Best time to be contacted: \_\_\_\_\_

Centre type: (long day care, sessional kindergarten, occasional care, etc) \_\_\_\_\_

Age group attending centre: (Birth–3 years, 3–6 years, birth–6 years) \_\_\_\_\_

**Privacy:**

*Your centre contact details will be used to provide you with information and resources relating to Cancer Council SA. All centre information will be at all times kept private and confidential, and no identifying information will be used for statistical purposes. If you wish to discuss the storage and use of your details, please contact **Cancer Council Helpline 13 11 20**.*

**In South Australia it is recommended that a skin protection policy be implemented from the beginning of September until the end of April, when the ultraviolet radiation is most intense. Care should also be taken when the ultraviolet radiation level reaches 3 and above, at other times.**

1. Is hat wearing enforced or encouraged at your centre?  
 Yes – enforced  
 Yes – encouraged  
 No, neither enforced nor encouraged
2. What type/types of hats do children at your centre wear?  
 Broad-brimmed hats  
 Legionnaire hats  
 Bucket hats (at least 5 cm brim and a deep crown)  
 Other: please specify \_\_\_\_\_
3. On a typical day from the start of September to the end of April, approximately how many children would be wearing broad brimmed, legionnaire or bucket hats?  
 All of the children  
 Most of the children  
 Half of the children  
 Some of the children  
 Very few of the children

### **Sun protection and babies.**

Babies' skin is thinner than adults' skin; it is extremely sensitive and can burn easily. Babies can be at risk of sunburn even when they are in the shade, so make sure they are covered up when under the shade. Choose a hat that protects the baby's face, neck and ears such as a soft legionnaire style hat, with a flap at the back that will crumple easily when they put their head down. If infants are kept out of direct sun or well protected from UV radiation by clothing, hats and shade, sunscreen need only be used occasionally on very small amounts of their exposed skin.

4. Does your centre's sun protection practises consider the special needs of infants?
- Yes  
 No  
 Not applicable
5. What are the consequences for a child not wearing a hat when outside?
- They must remain in the shade - play allowed  
 They must return indoors  
 They must wear a hat from a set of hats provided by the Centre  
 No restrictions  
 Other: please specify: \_\_\_\_\_
6. Does your centre request that all staff wear broad-brimmed, bucket or legionnaire hats while outside?
- Yes  
 No
7. Does your centre encourage parents / carers to wear a sun protective hat when participating in the centre's outdoor program?
- Yes  
 No
8. Do you request that children wear sun protective clothing during outdoor experiences? E.g. shirts or dresses that cover the shoulders and shirts with collars. (No singlets or mid-riff tops.)
- Yes  
 No
9. What happens at your centre regarding the use of SPF 30+ broad spectrum, water resistant sunscreen?  
(tick as many as applicable)
- Sunscreen is supplied by the centre for children's use  
 Parents/carers sign a consent form allowing staff to apply sunscreen to children  
 Parents/carers are encouraged to supply sunscreen for their children  
 It is encouraged that children come to the centre wearing sunscreen  
 Time is given for the application of sunscreen 20 minutes before children go outside  
 Older children are encouraged to apply sunscreen themselves under adult supervision  
 Sunscreen is re-applied every 2 hours while outside
10. Does your centre have planned experiences that focus on skin protection?
- Yes  
 No

11. Do all staff actively reinforce sun protection practises in their regular interaction with children?
- Yes (go to Q. 12)
- No (go to Q. 13)
12. How do staff actively reinforce sun protection on a regular basis with the children?
- Role modelling
- Display of posters
- Discussion
- Picture storybooks or reference books
- Play experiences, e.g. imaginative play
- Songs, poems or finger plays
- Games
- Other: please specify \_\_\_\_\_
13. Which of the following are in place to minimise the time spent outdoors during peak ultraviolet (UV) radiation times?
- Outdoor experiences are held outside of these hours when possible
- Outdoor excursions are scheduled early or late in the day
- Lunch/snack is eaten inside
- Lunch/snack is eaten in shaded areas
- We allow indoor/outdoor play
- Other: please specify \_\_\_\_\_
14. Please describe the available shade at your centre. (tick as many as applicable)
- We have sufficient shade
- We have shady trees
- We have some built shade structures
- We have some portable shade structures
- We have plans to increase shade in the next 12 months
- Shade is not currently a priority area
- Shade poses funding concerns for our centre
15. Does your centre have a written skin protection policy?
- Yes
- No
- No, but we are planning one
16. Who was involved in the development of the policy?
- Co-coordinator/Director
- Staff
- Management committee
- Parents
- Peak early childhood organisation
- Cancer Council SA
- Other: please specify \_\_\_\_\_

17. Does your skin protection policy specifically mention:
- Appropriate hat wearing by children
  - Appropriate hat wearing by staff (role modelling)
  - Protective clothing for children (shirts with collars – no midriff or singlet straps)
  - Minimising time spent outside during peak UV period
  - Appropriate sunscreen use for children
  - Shade provision
  - Encouraging parents/carers to wear appropriate hats
  - Regular reinforcement of the SunSmart message (eg through newsletters, centre activities etc)
  - Regular monitoring and review plan in place
  - Other? Please specify \_\_\_\_\_
18. What obstacles (if any) has your centre encountered in introducing a sun protection policy?
- Limited support by staff
  - Limited support by parents/carers
  - Limited support by management
  - Cost of sunscreen/hats
  - Cost of shade development
  - Insufficient information on policy content
  - Not a centre priority
  - Other: please specify \_\_\_\_\_

Signature of Director: \_\_\_\_\_

Director's Name (printed): \_\_\_\_\_

Centre: \_\_\_\_\_

Date: \_\_\_\_\_

**Becoming a SunSmart Centre tells the community that your centre is committed to the future health of its children.**

If you qualify as a SunSmart Early Childhood Centre you will receive a 60cm x 90cm SunSmart Centre sign to display on your fence or somewhere prominent.

**Please return this application form, along with a copy of your current skin protection policy to:**

Early Childhood Project Officer  
Cancer Council SA  
PO Box 929  
Unley BC SA 5061  
t 08 8291 4149

For more information visit [www.cancersa.org.au](http://www.cancersa.org.au) or contact **Cancer Council Helpline 13 11 20**.

**\*IMPORTANT\* Don't forget to attach a copy of your current skin protection policy when returning this application form.**

Updated August 2009