

# SunSmart Family Day Care Program



Please use this checklist to write your skin protection policy and practice.

	<p><b>Policy review checklist for South Australian family day care services</b></p>
	<p>The policy is in place from the beginning of September until the end of April in South Australia and when the ultraviolet radiation (UVR) level is 3 and above, at other times.</p>
	<p>All children and staff wear a broad brimmed, legionnaire or bucket-style hat (bucket hat must have a deep crown and minimum 5 cm brim for children under 5 years of age and 6 cm for older children and adults) whenever they are outside from September to the end of April and when the UV level is 3 and above outside of these times.</p>
	<p>Babies (under the age of 12 months) should be kept out of the direct sunlight as much as possible and always protected by shade, clothing and hats. Sunscreen should be applied to small areas of exposed skin not protected by clothing or hats, where necessary.</p>
	<p>Appropriate sun protective clothing is to be worn—no singlet or midriff tops are allowed.</p>
	<p>Carers to use available areas of shade for outdoor activities as much as possible.</p>
	<p>Care is taken during the peak UVR times and outdoor activities are scheduled outside of these times where possible.</p>
	<p>Children who do not have appropriate hats with them are asked to play in an area protected from the sun.</p>
	<p>Carers to act as positive role models by routinely practising SunSmart behaviours including wearing appropriate hats and clothing when outdoors.</p>
	<p>SPF 30+ broad spectrum, water resistant sunscreen is applied 15–20 minutes before going outside and reapplied regularly (around two hourly or sooner if involved in water activities).</p>
	<p>SunSmart behaviour is regularly reinforced to families.</p>
	<p>The service provides shade for children playing outdoors.</p>
	<p>The skin protection policy is reviewed regularly (at least every two years) to ensure the policy remains current and relevant.</p>

Further information can be found at [www.cancersa.org.au](http://www.cancersa.org.au) or contact **Cancer Council Helpline 13 11 20** or [chl@cancersa.org.au](mailto:chl@cancersa.org.au)

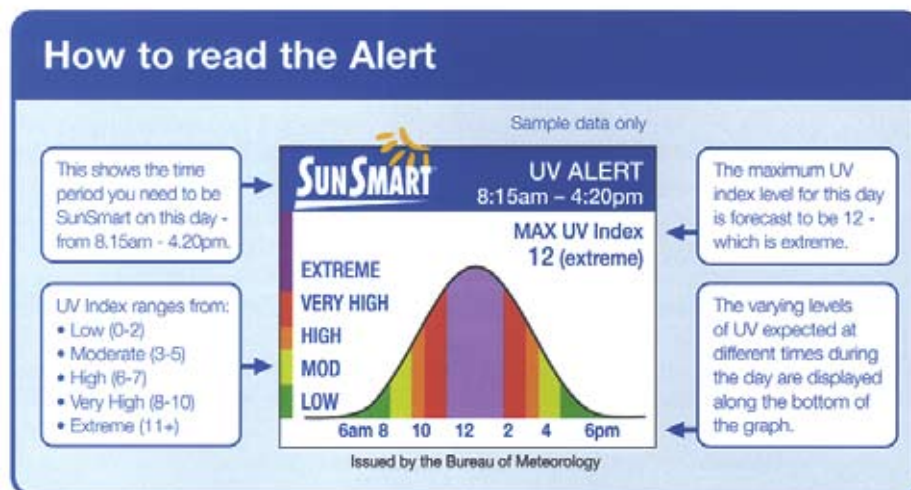
# SunSmart UV Alert—add it to your Favourites on your computer.

Ultraviolet radiation (UVR) is the part of the sunlight that causes damage to your skin. When the UVR level reaches 3 (moderate) or above it is strong enough to cause damage to unprotected skin. In South Australia the UVR levels are generally 3 and above from around the beginning of September until the end of April. There are also times during May and August where the UVR level can reach 3 or higher so there is a need to monitor the UVR levels during these months.

The SunSmart UV Alert is a tool that can be used to find out when to protect your skin from UVR. It is based on the Global Solar UV Index, a rating system that indicates the amount of UVR from the sun that reaches the earth's surface. The higher the index value the greater potential for skin damage.

## How to find out what the UV level is?

- Look for the SunSmart UV alert on The Advertiser weather page or go to <http://www.bom.gov.au/weather/uv>  
The SunSmart UV alert is issued every day by the Bureau of Meteorology. It tells you the hours when the UV will be 3 and over, so you know that skin protection is needed (i.e. UV Alert 10:15 am – 4:20 pm). When the UV is below 3 no UV Alert is issued.



## Find out more

Cancer Council Australia's updated position statement 'The risks and benefits of sun exposure' [www.cancer.org.au/positionVitD](http://www.cancer.org.au/positionVitD)  
General SunSmart information

- [www.sunsmart.org.au](http://www.sunsmart.org.au)
- Cancer Council Australia [www.cancer.org.au/cancersmartlifestyle/sunsmart](http://www.cancer.org.au/cancersmartlifestyle/sunsmart)

UV information

- Bureau of Meteorology <http://www.bom.gov.au/weather/uv>
- Australian Radiation Protection and Nuclear Safety Agency (ARPANZA) [www.arpanza.gov.au/uvindex/daily/ausuvindex.htm](http://www.arpanza.gov.au/uvindex/daily/ausuvindex.htm)
- Real time UVR levels for around Australia [www.arpanza.gov.au/uvindex/realtime/ausrealtime.htm](http://www.arpanza.gov.au/uvindex/realtime/ausrealtime.htm)

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