

SunSmart early childhood policy guidelines.



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Introduction.

What is skin cancer?

Skin cancer occurs when skin cells are damaged.
The majority of skin cancers are caused by exposure to ultraviolet (UV) radiation from the sun.

Australia has one of the highest rates of skin cancer in the world. Medicare records show there are over a million treatments for non-melanoma skin cancers each year in Australia— more than 3,000 skin cancer treatments each day. At least two in three people are diagnosed with some form of skin cancer in their lifetime. Over 2,000 people die from skin cancer each year, with 66 per cent of those deaths due to melanoma.

Melanoma is the most dangerous form of skin cancer and is also the most common cancer diagnosed in young Australians aged 15–29 years.

There has been a recent decline in melanoma rates in South Australians under forty. These changes illustrate the importance of decreased UV exposure in childhood as a key contributor in lowering skin cancer risk later in life.

It is estimated that 95–99 per cent of skin cancers are caused by overexposure to UV radiation. Therefore, many skin cancers can be prevented by adequately protecting the skin from overexposure to damaging UV radiation.

Sun exposure during childhood and adolescence is a major factor in determining future skin cancer risk. Early childhood centres can make a significant contribution to lowering the risk of childhood skin damage by implementing comprehensive policy and practice that protects the children in their care, and encourages the development of positive sun protection habits which are important throughout the lifespan.

What causes skin cancer?

UV radiation from the sun causes skin damage.

Too much UV radiation from the sun can cause sunburn, skin damage (e.g. wrinkles, blotches and other signs of ageing), eye damage and skin cancer.

Skin damage from UV radiation adds up over time causing permanent damage to our DNA, increasing the risk of skin cancer occurring.

The UV radiation level is determined by a number of factors including:

- time of year – the angle of the sun to the earth’s surface changes throughout the year
- time of day – UV radiation levels peak over the middle of the day when the sun is directly overhead
- where you live – the closer your location is to the equator, the higher the UV levels will be year-round.

UV radiation cannot be seen or felt and is different to infra red radiation (heat), therefore UV levels are not related to temperature. UV radiation can be high even on cool and cloudy days, so clear skies or high temperatures can’t be used to determine when sun protection is needed.

A UV radiation level of 3 is high enough to cause damage to unprotected skin, therefore it is important to protect skin when the UV radiation level is 3 and above. In South Australia, the UV radiation levels are 3 and above from the beginning of August to end of April. The UV radiation level may also be 3 and above from May to July so it is important to check the UV radiation levels daily.

Early childhood centres also have the opportunity to educate parents/guardians about the importance of sun protection.

In this resource the term ‘centre’ refers to any type of preschool, kindergarten, children’s centre or childcare, including long day care, occasional care and family day care.

The UV Index and daily sun protection times

The Global Solar UV Index is a rating system developed by the World Health Organization (WHO) that measures the amount of UV radiation at the earth’s surface.

It has five categories which are detailed below. The higher the UV Index value, the greater the potential for skin damage. Sun protection is required when the UV Index is 3 and above.

11+	Extreme
8, 9, 10	Very High
6, 7	High
3, 4, 5	Moderate
1, 2	Low

The sun protection times are issued daily by the Bureau of Meteorology (BOM), when the UV Index is forecast to reach 3 and above.

When the sun protection times are issued, sun protection measures are recommended during the times indicated.

The sun protection times are reported the **BOM website**, via the **SunSmart Global UV app** or **SunSmart widget**, and via **myuv.com.au**

Sun exposure and vitamin D—a healthy balance

A balance between sun protection to lower the risk of skin cancer, and sun exposure for the production and maintenance of vitamin D is important for general health, and normal growth and development of bones and teeth.

The sun's ultraviolet (UV) radiation is both the major cause of skin cancer and the best natural source of vitamin D. In Australia, we need to balance the risk of skin cancer from too much sun exposure with maintaining vitamin D levels.

Sensible sun protection when the UV is 3 and above does not put people at risk of vitamin D deficiency.

When should I protect my skin?

Whenever the UV level is 3 and above, UV radiation is strong enough to cause skin damage and therefore skin cancer.

UV Index 3 and above

When the UV level is 3 and above, a combination of sun protective measures (broad-brimmed hat, sun protective clothing, SPF 30 or higher broad spectrum, water resistant sunscreen, sunglasses and shade) is recommended when outdoors.

In South Australia, the UV Index is generally 3 and above from 1 August until 30 April.

UV Index below 3

Generally, when the UV Index is below 3, it is recommended that people are outdoors in the middle of the day with some skin uncovered on most days of the week to support vitamin D production. Being physically active while outdoors will further assist with vitamin D levels.

In South Australia, during May, June and July, the UV Index should be monitored for your location.

Use the **SunSmart Global UV app** or **SunSmart widget** on the centre we or visit **bom.gov.au** or **myuv.com.au** to check the daily sun protection times for your location, which are when the UV Index is forecast to be 3 and above.

During May, June and July sun protection times will shorten, yet will coincide with lunch playtimes as the UV Index peaks at solar noon, when the sun is highest in the sky.

SunSmart implementation times for Early Childhood Centres (ECCs)

Sun protection policies should outline adequate sun protection measures and be in place during terms 1, 3 and 4 (or from 1 August to 30 April) and any other time the UV Index is 3 and above. Staff are encouraged to check the local sun protection times for their location each day to determine when sun protection is necessary.

If your location is in or south of Kingston SE or Naracoorte due to lower latitude, during August your centre can choose to implement sun protection only when the UV is 3 and above. Procedures must be implemented to ensure sun protection times are monitored daily.

If your location is in or north of Elliston, Cowell, Burra or Port Broughton it is particularly important to monitor sun protection times during May, June and July due to higher local UV Index from being closer to the equator.

Steps to being SunSmart

When the UV Index level is 3 and above, use a combination of five SunSmart steps whenever you are outside to protect against skin damage and skin cancer.



1. Slip on sun protective clothing

Children and staff should wear clothing which covers as much skin as possible and wraps for babies.

The higher the UV protection factor (UPF) of the fabric, the greater the protection provided.

When clothing doesn't have a UPF label, look for fabrics that are closely woven and darker in colour. The tighter the fabric structure, whether knitted or woven, the better the protection from UV radiation.

Longer style shorts or skirts and tops that cover the shoulders, arms and chest are best. Polo shirts with a collar also help protect the neck.



2. Slop on SPF 50+ sunscreen

Apply SPF 50+, broad-spectrum, water-resistant sunscreen to skin not protected by clothing at least 20 minutes before going outdoors. Reapplication every two hours is essential if remaining outdoors.

Babies under 12 months should be protected by using shade, clothing and sun protective hats. Sunscreen should be the last line of defence and applied to exposed skin not protected by clothing or hats, on babies six months and older. The widespread use of sunscreen on babies under six months is not recommended as they have sensitive skin and may be more likely to have a reaction. Sunscreens with titanium dioxide or zinc oxide scatters UV radiation away from the skin, and are less likely to cause problems with sensitive skin.

Most people don't apply enough sunscreen, so frequent reapplication is important to maintain maximum sun protection. Once old enough, it is recommended children are encouraged to apply their own sunscreen under supervision. It is important children are given time to develop this skill so they will be ready for independent application at school.



3. Slap on a hat

Choose hats that provide good shade to the face, back of the neck, eyes and ears. A good sun hat can also help protect the eyes by reducing the amount of UV radiation by 50 per cent.

Suitable sun protection hats include:

- legionnaire hats with a flap at the back to protect the neck—the flap and front peak should overlap.
- bucket hats with a deep crown and angled brim that sit easily on the child's head.
- broad-brimmed hats.

Baseball caps do not offer enough protection for the cheeks, ears and neck and are not an acceptable choice for sun protection.



4. Seek shade

A combination of natural and built shade is essential for the outdoor play space. Research has shown that natural outdoor play spaces with shrubs, uneven ground and low reflective surfaces are better for sun protection and stimulate more physical activity.

Shade alone can reduce overall exposure to UV radiation by about 75 per cent. Shade should be correctly designed to offer the greatest coverage during peak UV radiation times and peak periods of use. For best protection, choose shade that has extensive overhead and side cover and is positioned away from highly reflective surfaces.

All children should be encouraged to use shaded areas for outdoor play. Even when in the shade, the sun's UV radiation can reflect from surfaces such as sand and concrete, so always wear a hat, clothing, sunscreen and sunglasses.

For more information about shade design at your centre, read our **Fact Sheet on Shade**.



5. Slide on some sunglasses

If practical, encourage children to wear sunglasses when playing outdoors. Sunglasses and a hat provide very good eye protection. Look for sunglasses that:

- are a close fitting, wraparound style that cover as much of the eye area as possible.
- meet the Australian Standard AS/NZS 1067.1:2016 (Sunglasses: lens category two, three or four).
- are preferable marked eye protection factor (EPF) 10
- have soft elastic to keep them in place.

Novelty tinted glasses do not meet the requirements for sunglasses under the Australian Standard and should not be used for sun protection.

Staff role models

Children often copy those around them and learn by imitation.

Therefore if you adopt sun protection behaviours, the children in your care are more likely to do the same. Sun exposure for staff is also a Work Health & Safety issue.

Family information

The link between children's sun protection education and their family can be significant.

Parent/guardian behaviours influence their children's behaviour, and their interest and willingness to participate in sun safety activities will positively influence their children (e.g. role modelling appropriate behaviours such as hat and sunscreen use when going outside, encourages their children to do the same).

It is helpful if families understand the centre's sun protection policy and are aware of how they can assist by supporting the centre's recommendation for clothing, providing appropriate hats, and possibly sunglasses and sunscreen, as well as being good role models. Newsletters and noticeboards are an ideal way of keeping the community informed.

For further information

Cancer Council SA has various resources to help share the sun protection message with your centre community. These resources include posters, brochures, information sheets, lesson activities and teaching resources. Information regarding the SunSmart program and SunSmart policy guidance are also available. Visit **cancersa.org.au/sunsmart-program**.

For more advice on sun protection or skin cancer see your doctor, or call **Cancer Council 13 11 20**.

Useful web links

Australian Radiation Protection and Nuclear Safety Agency (ARPANSA) **arpansa.gov.au**

Bureau of Meteorology (BOM) **bom.gov.au/places/sa/adelaide/forecast/**

MyUV **myuv.com.au/**

Generation SunSmart free learning modules **generationsunsmart.com.au/online-learning/**

Skin cancer—an important issue for ECCs.

Centres have a duty of care to children

In general, duty of care refers to the need to protect children against foreseeable harm.

All staff must take reasonable steps to reduce the risk of foreseeable harm to children.

SunSmart recognition supports education and care services to meet their duty of care obligations.

Sunburn is a foreseeable outcome of overexposure to UV radiation and there is now considerable evidence linking UV radiation exposure, particularly during childhood and adolescence, to the development of skin cancer. It should also be remembered that skin damage may occur without any sign of sunburn.

Every educator has a duty of care towards every child under their supervision, by virtue of the conditions of the educator's employment, and by virtue of the common law principles of negligence.

Any activity that involves children being outdoors for any period of time should be seen as potentially placing them at risk of sunburn and other skin damage, and subsequent skin cancer.

Legal action has occurred in some states as a result of children being sunburnt during centre organised activities.

Work Health & Safety (WH&S)

Exposure to UV radiation has been accepted as an occupational hazard for people who spend all or part of their working day outside. It is estimated that 95 per cent of skin cancers can be prevented by reducing UV exposure.

Educators that spend all or part of their day outdoors can receive up to ten times more UV exposure than an indoor worker. In South Australia, under the Work Health and Safety Act 2012 all staff must take reasonable steps to reduce the risk of foreseeable harm to themselves. When the UV is 3 and above, staff are to practice SunSmart behaviours.

A useful reference document is '**Guide on Exposure to Solar Ultraviolet Radiation (UVR) 2019**' from Safe Work Australia.

How can my centre protect our children and staff?

Centres can play a major role in protecting children and staff, and reducing their risk of developing skin cancer in future years.

Evidence shows:

- the crucial period for sustaining damaging levels of UV radiation exposure occurs during childhood and adolescence.
- children often attend the centre for up to five days per week throughout the year, often during the high UV radiation period of each day.
- children attending these centres are frequently involved in outdoor activities.
- centres, in partnership with families and their communities, can play a significant role in reducing exposure and changing behaviours through policy, education and role modelling.

Early childhood centres have a responsibility to implement skin cancer prevention strategies in the interests of child and staff health and welfare. Strategies must be practical in the context of the centre's environment and circumstances.

It is recommended that all centres implement a comprehensive sun protection policy during terms 1, 3 and 4 (or 1 August to 30 April), and when the UV radiation level is 3 and above at other times, and that the policy covers the areas of:

- education
- the environment (shade)
- skin protection (clothing, hats, sunscreen)
- scheduling of outdoor activities to minimise exposure during peak UV radiation times
- role modelling and WH&S risk controls.

Department for Education requirements

Department for Education schools and early childhood education services must have a sun protection policy in place to meet their duty of care and WH&S obligations outlined in the department's Safety Management Procedure. The policy must be in place in terms 1, 3 and 4 (or from 1 August to 30 April) and whenever the UV radiation level is 3 and above at other times, and must address how the site will comprehensively address the risk of over exposure to UV radiation. Review the department's Intranet page on 'sun exposure' for further details.

Reviewing or developing your policy.

The process of developing or reviewing a sun protection policy is as important as the policy itself. All stakeholders of the centre's community should be consulted and given an opportunity to comment on the draft.

The policy is more likely to be adhered to if all those affected have been involved in its development, and agree on and understand its intent. These steps can be used as a guide:

Step 1: Familiarise yourself with current skin cancer information

Provide all stakeholders involved in the policy development with background information on the need for sun protection and appropriate methods of sun protection.

Relevant stakeholders may include the centre director or manager, other leadership staff, educators, parents and families, head office and/or the management committee.

Step 2: Identify sun protection measures that are already in place

Use the **SunSmart policy checklist for early childhood centres** to compare your current sun protection practices (and policy, if existing) to those recommended for the early childhood setting.

The **SunSmart policy implementation times guide for early childhood centres** can be shared with your committee. The guide provides information on how the UV Index changes throughout the year in SA.

Step 3: Write and review

The policy should contain defined goals and clear statements on the implementation of sun protection strategies that accurately reflect your setting.

We recommend using our **SunSmart sample sun protection policy template** and/or **policy checklist for early childhood centres** to assist in developing or reviewing your policy.

The **SunSmart policy guidance and FAQ's for early childhood centres** provides answers for any questions you may have.

4. Submit an online application

By completing an online application via **cancersa.org.au/sunsmart-program**, your centre will obtain policy feedback from Cancer Council SA and apply to be recognised as a SunSmart centre.

Allow approximately 40 minutes to complete the **online application**, alternatively the applicant can return to the partly completed application as many times as they need, using a unique link sent via email.

For more information on the application process see How to become a SunSmart centre on page 15.

Once the application has been submitted, the SunSmart team will review the application and policy and provide feedback (if any).

Once any feedback from the SunSmart team has been reviewed and considered, the draft policy can be made available for staff and appropriate decision makers to review and approve (e.g. Governing Council, leadership staff, management committee).

Step 5: Implement

Communicate and publicise your new policy to staff and families via newsletter, website, staff and parent meetings. Include copies in family enrolment packs and staff induction packs.

See our implementation tips on page 13 for more ideas.

Step 6: Monitor and evaluate

A policy is only as good as its implementation. Routinely promote your policy by:

- briefing all new staff
- including sun protection as a set agenda item on relevant staff meetings at appropriate times (e.g. first staff meeting of the year)
- including information in your parent information booklet
- using newsletters and website to promote sun protection.

Review the effectiveness of the policy after a set time period. Involve families where possible. Evaluation strategies could include:

- conducting a brief survey
- making observations (e.g. the number of students and staff wearing hats and applying sunscreen)
- assessing shade provision
- conducting a curriculum audit.

SunSmart recognition lasts for three years, after which a policy and practice review and an online application is completed.

Legislation and the quality areas.

Joining the SunSmart Early Childhood Program can help you to meet the national laws and regulations and the quality areas.

Refer to this document when reflecting on your practices and preparing your Quality Improvement Plan.

Legislation	
The SunSmart recommendations relate to the following national law and regulations:	
Education and Care Services National Law Act (2010):	
Section 167	Protection from harm and hazards
Education and Care Services National Regulations (2011):	
Part 4.2:	Children's health and safety
Regulation 100	Risk assessment must be conducted before excursion
Part 4.3:	Physical Environment
Regulation 113	Outdoor space-natural environment
Regulation 114	Outdoor space-shade
Part 4.7:	Leadership and service management
Regulation 168	Policies and procedures (2)(a)(ii) – Sun protection.
Regulation 170	Policies and procedures to be followed
Regulation 171	Policies and procedures to be kept available
Regulation 172	Notification of change to policies or procedures
Work Health and Safety Act (2012)	

Child Health and Safety	
Quality area 2: Children's health and safety	
S 2.1 Health:	Each child's health and physical activity is supported and promoted.
E 2.1.1	Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's need for sleep, rest and relaxation.
E 2.1.2	Effective illness and injury management and hygiene practices are promoted and implemented.
E 2.1.3	Healthy eating and physical activity are promoted and appropriate for each child.
S 2.2 Safety	Each child is protected
E 2.2.1:	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.

Education

Quality area 1: Educational program and practice

S 1.1 Program	The educational program enhances each child's learning and development.
E 1.1.1	Curriculum decision making contributes to each child's learning and development outcomes in relation to their identity, connection with community, wellbeing, confidence as learners and effectiveness as communicators.
E 1.1.3	All aspects of the program, including routines, are organised in ways that maximise opportunities for each child's learning.
S 1.2 Practice	Educators facilitate and extend each child's learning and development.
E 1.2.2	Educators respond to children's ideas and play and extend children's learning through open-ended questions, interactions and feedback.
E 1.2.3	Each child's agency is promoted, enabling them to make choices and decisions that influence events and their world.

Quality area 5: Relationships with children

S 5.2 Relationships between children	Each child is supported to build and maintain sensitive and responsive relationships
E 5.2.1	Children are supported to collaborate, learn from and help each other.

Quality area 6: Collaborative partnerships with families and communities

S 6.1 Supportive relationships with families	Respectful relationships with families are developed and maintained and families are supported in their parenting role.
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Shade

Quality area 3: Physical environment

S 3.1 Design	The design of the facilities is appropriate for the operations of a service.
E 3.1.1	Outdoor and indoor spaces, buildings, fixtures and fittings are suitable for their purpose, including supporting the access of every child.
S 3.2 Use	The service environment is inclusive, promotes competence and supports exploration and play-based learning.
E 3.2.1	Outdoor and indoor spaces are organised and adapted to support every child's participation and to engage every child in quality experiences in both built and natural environments.

Enrolment and information for families

Quality area 6: Collaborative partnerships with families and communities

S 6.1 Supportive relationships with families	Respectful relationships with families are developed and maintained and families are supported in their parenting role.
E 6.1.2	The expertise, culture, values and beliefs of families are respected, and families share in decision-making about their child's learning and wellbeing.
E 6.1.3	Current information is available to families about the service and relevant community services and resources to support parenting and family wellbeing.
S 6.2 Collaborative partnerships	Collaborative partnerships enhance children's inclusion, learning and wellbeing.

Staff WHS and role modelling

Quality area 5: Relationships with children

S 5.2 Relationships between children	Each child is supported to build and maintain sensitive and responsive relationships.
E 5.2.1	Children are supported to collaborate, learn from and help each other.

Policy review

Quality area 7: Governance and leadership

S 7.1 Governance	Governance supports the operations of a quality service.
E 7.1.2	Systems are in place to manage risk and enable the effective management and operation of a quality service.

Implementation tips for ECCs.

Consider the following SunSmart tips to help with implementing your sun protection policy and to create a SunSmart culture at your site.

1. Education and learning

Top tips:

- **SunSmart Global UV app and widget** - Embed the SunSmart Global UV widget to your homepage and the SunSmart Global UV app on centre iPads and phones.
- Set up educator monitor roles to check the UV Index and daily sun protection times each morning and display this information on **UV charts** in each room and reception area.
- Incorporate sun protection into the learning program using our **Be SunSmart Play SunSmart** resource.
- Promote Think UV, not heat messaging through posters, displays, conversations and the centre newsletter.
- Loan one of our SunSmart themed early childhood story book packs for a term and use the **SunSmart Literature Toolkit** to support child learning about the sun, weather, seasons and much more.
- Loan a mini-UV meter from the SunSmart Team to compare UV levels in sunlight, under shade and indoors.
- Regularly reinforce and promote sun protection behaviours to children, educators and parents our SunSmart resources.
- Use our **SunSmart newsletter snippet examples** and tailor to your centre.
- Order or print SunSmart posters and brochures.
- Encourage staff to complete free **Generation SunSmart training** to learn about skin cancer, sun protection, UV radiation and its relevance to Education and Care Services.
- Book an education session from the SunSmart team to talk to staff and parents about skin cancer prevention.

2. WH&S and role modelling for staff

Top tips:

- Encourage staff to keep an appropriate hat, loose fitting long-sleeved top and sunglasses on site for outdoor activities.
- Provide staff with a broad brim or bucket style centre hat.
- Staff apply sunscreen with children before going outdoors.

3. Scheduling of outdoor activities

Top tips:

- Consider the peak UV radiation times of the day (when UV levels are highest) when planning outdoor centre activities.
Peak UV times of the day are when the UV is highest during the daytime and differ from the local sun protection times issued by the BOM, which change daily. For an implementation guide peak UV times of the day are:
 - 11 am-3 pm during daylight savings
 - 10 am-2 pm during non-daylight savings
- Schedule excursions and outdoor play activities earlier in the morning to avoid peak UV times, or in densely shaded areas.



4. Slip on sun protective clothing.

Top tips

- Consider sun protection as part of uniform/dress code review.
- Promote our **note to families** on clothing resource in your centre newsletter.
- Use the Jiggle Jaggle Hop story book, **poster** and **curriculum resource** to teach children about sun protective clothing in a fun and interactive way.
- T-shirts can be worn underneath/over the top of singlet tops or dresses before going outside.
- Your centre may like to supply spare sun protective clothing i.e., t-shirts with collars for children without appropriate clothing.
- Regularly remind parents to send their child with appropriate sun protective clothing which covers as much skin as possible.



5. Slop on sunscreen

Top tips

- Communicate to parents on enrolment who is responsible for providing a suitable SPF 50+ broad-spectrum, water-resistant sunscreen for their child's use.
- Parents with children who have sensitive skin can be asked to provide a suitable sunscreen for their child's use.
- Parents with children who are concerned about Vitamin D requirements are encouraged to speak with their GP.
- Make sunscreen application time fun with music or educational activities e.g., recite alphabet, numbers or sing nursery rhymes.
- A mirror and tissues can be helpful for young children when age appropriate, to promote self-application under adult supervision.
- Incorporate sunscreen application into centres daily routine or programming (e.g., children apply sunscreen, wash hands before going out to play).
- Aim for sunscreen to be applied at least twice throughout the day.

Some strategies to achieve this include:

1st application

- Encourage parents to apply SPF 50+ broad-spectrum, water-resistant sunscreen to their child before or on arrival at the centre each morning.
- Before going outdoors staff apply or assist children to apply sunscreen ideally 20 minutes before going outside to allow sunscreen to reach it's SPF rating.

2nd and further applications

- If returning or remaining outdoors it is recommended to reapply every 2 hours or immediately after sweating, water-based activities, towel drying or being washed off.



6. Slap on a hat

Top tips:

- Educate all staff, children, and parents on the importance of SunSmart hat styles including broad brim, bucket and legionnaire and 'say no to the cap'.
- Your centre may like to loan spare hats to children who do not have an appropriate hat.
- Have regular, age-appropriate conversations with children to promote hat wearing behaviours.
- Consistent role modelling by all adults is important to normalise hat wearing behaviour for young children.



7. Seek shade

Top tips:

- Use undercover areas as much as possible for outdoor activities.
- Choose densely shaded areas for designated No Hat, Play in the Shade – rather than shade from scattered trees.
- Consider shade when planning events and excursions.
- Aim to schedule activities outside peak UV times of the day, where possible. Alternatively, hold activities in well shaded areas.



8. Slide on sunglasses

Top tips:

- Sunglasses designed for babies and toddlers can have soft elastic to keep them in place.
- Encourage parents to choose a style that stays on securely so that the arms don't become a safety hazard.

9. Monitoring your policy

Top tips:

- Make a commitment to review the policy at least every three years using our policy review checklist for early childhood centres.
- Nominate a committee and/or staff member within the centre to take responsibility for reviewing the policy.
- Complete an online application every three years with Cancer Council SA to ensure that the centre's policy is aligned to current sun protection guidance for early childhood and to maintain SunSmart recognition.

Joining the National SunSmart Early Childhood Program.

Research has shown that early childhood centres who take part in of the National SunSmart Early Childhood Program have better policy and practice in place, and therefore offer children a more sun protective environment.

Cancer Council SA offers free SunSmart recognition with the SunSmart Early Childhood Program

Benefits of becoming a SunSmart preschool, kindergarten, early childhood or childcare centre include:

- formal recognition of your commitment to protecting children and staff from the risks of UV radiation
- providing documented proof of your sun protection measures through a comprehensive sun protection policy approved by Cancer Council SA
- promoting your centre within the community as one that is committed to the health of children in your care.

However, the best benefit of all is knowing your centre is making a significant difference to the health of children and staff in your care, which lasts a lifetime.

Your centre will receive:

- a large aluminium sign to display on your fence
- free teaching resources to download
- access the latest information on sun protection
- ongoing support from Cancer Council SA's SunSmart team
- a hard copy of the SunSmart exclusive Jiggle Juggle Hop story book and poster (while stocks last)
- a range of resources including posters, UV charts and brochures.
- 25 per cent discount on Cancer Council body sunscreens for staff and children
- 20 per cent off other Cancer Council retail products for staff from the Cancer Council Regent Arcade store
- access to our UV meter and literature book loan programs to support child and staff learning
- staff training and development opportunities.

How to become a SunSmart centre

By completing an online application via cancersa.org.au/sunsmart-program, your centre will obtain policy feedback from Cancer Council SA and apply to be recognised as a SunSmart centre.

Allow approximately 40 minutes to complete the online application, alternatively the applicant can return to the partly completed application as many times as they need, using a unique link sent via email.

The **online application** will:

- ask for current child enrolments
- ask questions about your centre's sun protection policy content and practice
- ask the applicant to upload the draft sun protection policy for review
- Display immediate feedback for the applicant to find out if the centre is eligible for SunSmart recognition, or how to improve the centre's policy or practice to become eligible as detailed in the application feedback. The application feedback can be printed and/or saved.

Green: Areas your centre is doing well in.

Amber: Suggested areas for improvement to meet best-practice sun protection.

Red: Areas your centre must make improvements in, to be eligible for SunSmart recognition.

- allow the applicant to adopt any of the suggestions by amending their application responses and re-uploading the draft policy
- allow the applicant to submit the application and policy for review once all red feedback (if any) has been addressed.

Once the application has been submitted, the SunSmart team will review the application and policy and provide feedback (if any).

Once any feedback from the SunSmart team has been reviewed and considered, the draft policy can be made available for staff and appropriate decision makers to review and approve (e.g. Governing Council, leadership staff, management committee).

Once the policy has been approved, advise the SunSmart team so the centre's SunSmart recognition can be finalised and accepted.

The applicant and centre will receive a congratulatory email and arrangements will be made for delivery of SunSmart resources and a sign to show your centre community that you are a registered SunSmart centre.

If you have any questions, or would like support in your policy review or application process, please don't hesitate to contact the SunSmart team at sunsmart@cancersa.org.au or by phone (08) 8291 4316. We're here to help.

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For more information please
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