

# Is your centre SunSmart?

Become a SunSmart Centre today and show your clients and the community that you care about the health of children and staff at your centre.

## Why become SunSmart?

- Australia has the highest rate of skin cancer in the world
- Skin cancer is almost totally preventable
- Childhood sun exposure contributes significantly to the risk of skin cancer in later life

How do you become SunSmart?

It's easy!

1. Work on your centre's sun protection policy.  
Need help? Contact The Cancer Council Western Australia (WA) by emailing [education@cancerwa.asn.au](mailto:education@cancerwa.asn.au) or calling (08) 9212 4333.
2. Check your centre meets the minimum standards (see back page).
3. Complete the application form inside and attach your centre's sun protection policy.
4. Send your application to The Cancer Council WA.



# SunSmart Centres Program Application

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

Contact name: \_\_\_\_\_ Position: \_\_\_\_\_

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

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

Email: \_\_\_\_\_ Best time to contact: \_\_\_\_\_

Type of centre:  Long day care  Vacation care  Out of school hours care  
 Other: \_\_\_\_\_

Age groups:  Birth - 2 years  2 - 3 years  3 - 6 years  
 Other: \_\_\_\_\_

**In Western Australia it is recommended that a centre's sun protection policy be implemented throughout the year, but with particular emphasis during the months of September through to May. Please answer the following questions with respect to September to May.**

## Sun protection policy

1. Does your centre have a sun protection policy?
  - Yes Please attach a copy of your policy
  - No A sun protection policy is one of the essential criteria for becoming a SunSmart Centre. Please contact The Cancer Council WA for assistance.
2. Who was involved in the development of your policy? (please tick all that apply)
  - Centre Co-ordinator  Staff  The Cancer Council WA
  - Management committee  Parents
  - Peak organisation - please specify \_\_\_\_\_
  - Other - please specify \_\_\_\_\_
3. What obstacles (if any) has your centre encountered in introducing a policy? (please tick all that apply)
  - Limited support by staff  Limited support by parents/guardians
  - Limited support by management  Cost of sunscreen
  - Cost of shade development  Insufficient information on policy development
  - Not a centre priority  Other - please specify \_\_\_\_\_

## Behaviour

4. Is hat wearing enforced or encouraged at your centre?
  - Yes - enforced
  - Yes - encouraged
  - No - neither enforced nor encouraged - go to question 6  
 Hat wearing is an essential criteria. Please contact The Cancer Council WA for assistance.
5. What type or types of hats are enforced or encouraged? (please tick all that apply)
  - Any hat  Broad brimmed hats (at least 7.5 cm brim)
  - Legionnaire hats  Bucket hats (at least 5 cm brim and a deep crown)
  - Caps
  - Other - please specify \_\_\_\_\_
6. On a typical day at your centre during September to May, what percentage of children would wear a broad brimmed, legionnaire or bucket hat when outside?  
 (please estimate on the following scale with a circle or tick)



7. What are the consequences for a child not wearing a hat when outside?  
(please tick all that apply)
- They must remain in the shade - play allowed  They must return indoors  
 They must wear a hat provided by the centre  No restrictions  
 Other - please specify \_\_\_\_\_
8. Does your centre request that staff wear broad brimmed, legionnaire or bucket hats?  
 Yes  No
9. Does your centre encourage parents to wear a sun protective hat when attending outdoor activities held by your centre?  
 Yes  No
10. Clothing such as shirts or dresses that cover the shoulders, shirts with collars and elbow-length sleeves, longer style shorts and skirts provide protection against harmful ultraviolet (UV) radiation. Do you request that children wear sun protective clothing for outdoor play?  
 Yes  No
11. What happens at your centre in respect to the use of SPF 30+ broad spectrum sunscreen?  
(please tick all that apply)
- Sunscreen is supplied by the centre for children's use  
 Parents or guardians sign a consent form allowing staff to apply sunscreen to children  
 Parents or guardians 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  
 Children are encouraged to apply sunscreen themselves under adult supervision  
 Sunscreen is re-applied every 2 hours while outside

### Environment

12. Which of the following are in place to minimise the time spent outside during peak ultraviolet (UV) radiation times (ie. between 10am to 3pm)?
- Outdoor experiences are held before 10am or after 3pm where possible  
 Outdoor excursions are scheduled early or late in the day  
 Lunch or snacks are eaten inside  
 Lunch or snacks are eaten outside in shaded areas  
 We allow indoor play  
 Other - please specify \_\_\_\_\_
13. Please describe the situation at your centre with respect to shade (please tick all that apply).
- We have shady trees  We have definite plans to increase shade in next 12 months  
 We have some portable shade structures  
 We have some built shade structures  Shade poses funding concerns for our centre  
 Shade is not currently a priority area  
 Other - please specify \_\_\_\_\_

### Education

14. Does your centre have planned play experiences that focus on sun protection?  
 Yes  No
15. 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, for example imaginative play  Songs, poems or finger plays  
 Games  Other- please specify \_\_\_\_\_

### Sun protection and babies

A baby's skin is thinner than adult 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. 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 babies 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 skin.

16. Do your centre's sun protection practices consider the special needs of babies?  
 Yes  No  Not applicable

# SunSmart Centre Agreement

## TERMS AND CONDITIONS

If your centre is accepted as a SunSmart Centre you will be promoting SunSmart and The Cancer Council WA's messages in your daily activities and be acting as a role model for other centres in Western Australia.

**Centres participating in the SunSmart Centres Program must agree to the following terms and conditions:**

- To enforce their sun protection policy as documented.
- To take reasonable steps to ensure that all staff, children and parents are aware of the sun protection policy and its requirements.
- To inform The Cancer Council WA of any changes to the centre's policy and practices and anything else that may relate to or affect its inclusion in the SunSmart Centres Program.

**The centre agrees to comply with the following minimum standards:**

- The sun protection policy is implemented at least from September to May when ultraviolet (UV) radiation levels are most intense.
- All children wear a broad brimmed, legionnaire or bucket (minimum 5 cm brim, deep crown) hat when outside.
- Sun protective clothing is encouraged.
- The use of SPF 30+, broad spectrum sunscreen is encouraged.
- Staff are requested to act as role models by practicing SunSmart behaviours.
- Play experiences about sun protection are included in the centre's program.
- The sun protection policy is reflected in the planning of all outdoor events (for example excursions or picnics).
- Outdoor activities are rescheduled, whenever possible, to minimise the time outdoors between 10 am and 3 pm.
- The centre has sufficient shade or is working towards increasing shade in the outdoor play space.
- The centre reviews its sun protection policy regularly (at least once every two years). This involves staff, management and parents and includes monitoring the centre's compliance with the policy and making suggestions for improvement. The Cancer Council WA requires compliance with the sun protection policy for the centre to remain part of the SunSmart Centres program.

\_\_\_\_\_  
*Name of centre*

\_\_\_\_\_  
agrees to the above stated terms and conditions of the SunSmart Centres Program.

\_\_\_\_\_  
Centre Coordinator/Director *please print*

\_\_\_\_\_  
*Signature*

\_\_\_\_\_  
*Date*

## Application checklist:

- We have attached our centre's sun protection policy.
- The centre's Director/Coordinator has signed the SunSmart Centres Agreement above.

## Mail or fax your policy and completed questionnaire to:

Schools Coordinator  
The Cancer Council Western Australia  
46 Ventnor Avenue, West Perth WA 6005  
Ph: (08) 9212 4333  
Fax: (08) 9212 4399  
education@cancerwa.asn.au



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

If you qualify as a SunSmart Centre you will receive either a 60 cm x 90 cm SunSmart Centres sign or SunSmart Centres Certificate to display at your centre as well as a media release to promote your status as SunSmart Centre to your local newspaper.