



Tasmanian SunSmart Early Childhood Program Application



Centre:

Contact Name: Position:

Address:

..... Postcode:

Telephone: Fax:

Email address:

Service type: Long day care Occasional care After school care
 Family day care Play centre Other:

Centre Enrolment:

Age group attending service: Birth – 3 years 3 – 5 years Birth – 5 years

In Tasmania, it is recommended that Early Childhood Centre sun protection policies are implemented from September 1 to April 30, when ultraviolet radiation is most intense. Your policy should specify these dates. Please answer the following questions in respect to these times.

1. Is hat wearing enforced or encouraged at your centre?

- Yes – enforced
- Yes – encouraged
- No, neither enforced nor encouraged Go to Q 3

2. What type / types of hat 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 (eg. Caps)

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



Sunsmart Program
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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 skin.

4. Do your centre's sun protection practices consider the special needs of young babies?

- 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 class set of hats
- No restrictions
- Other: please specify:.....

Does your centre request that all staff wear broad-brimmed, bucket or legionnaire hats while outside?

- Yes
- No

7. Does your centre encourage parents to wear a sun protective hat when participating in or attending school outdoor activities?

- Yes
- No

8. Do you request that children wear sun protective clothing when outside e.g. shirts or dresses that cover the shoulders, shirts with collars and elbow-length sleeves, longer style shorts and skirts?

- Yes
- No

9. Does your centre encourage the use of wrap around sunglasses that meet Australian Standard 1067 (Sunglasses – Category 2,3 or 4)?

- Yes
- No

10. What obstacles (if any) would prevent your centre from including sunglasses in your policy?

- Cost
- Safety
- Practicality of each child having their own pair of sunglasses
- No reason
- Other: Please specify:.....



11. What happens at your centre regarding the use of SPF 30+ broad spectrum sunscreen?
- 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
 - Children are encouraged to apply sunscreen themselves under adult supervision
 - Sunscreen is re-applied every 2 hours while outside
12. Does your centre have planned experiences that focus on sun protection?
- Yes
 - No
13. Do all staff actively reinforce sun protection practices in their regular interaction with children?
- Yes
 - No
14. 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, eg. imaginative play
 - Songs or poems
 - Games
 - Other: please specify:.....
15. Which of the following are in place to minimize the time spent outdoors during peak ultraviolet (UV) radiation times (10am – 3pm)?
- Outdoor experiences are organized in shaded areas
 - Children are monitored to ensure they are not spending extended periods in sunny areas
 - 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:.....
16. Please describe the available shade at your centre?
- 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
17. Does your centre have a written sun protection policy?
- Yes
 - No
 - No, but we are planning one



18. Who is involved in the development of the policy?

- CoOrdinator / Director
- Staff
- Committee of management
- Parents
- Peak early childhood organisation
- The Cancer Council (State)
- Other: please specify.....

19. 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.....

Being a SunSmart Centre demonstrates a commitment to the future health of your children.

IMPORTANT INFORMATION

If you qualify as a SunSmart Centre you will receive a 60 cm x 90 cm SunSmart Centre sign and be invoiced for the cost (including GST) and delivery of the sign.



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SUNSMART CENTRE AGREEMENT

TERMS AND CONDITIONS

If your centre is accepted as a *SunSmart member*, you will be promoting the SunSmart and Cancer Council Tasmania's sun protection messages in your daily activities, thus providing a role model to other early childhood centres throughout Tasmania.

Centres participating in the SunSmart Early Childhood 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 / carers are aware of the sun protection policy and its requirements
- To inform the Cancer Council Tasmania of any changes to the centre's policy and practices and anything else that may relate to or affect its inclusion in the SunSmart Early Childhood Program.

The centre agrees to comply with the following minimum standards:

- The sun protection policy is implemented from Sept 1 to the end of April, when ultraviolet radiation levels are most intense in Tasmania.
- Particular care is taken between 10am and 3pm when UV levels reach their peak.
- A combination of sun protection measures are considered when planning all outdoor activities.
- The centre has sufficient shade or is working towards increasing the number of trees and shade structures so as to provide adequate sun protected areas.
- Children are encouraged to use areas of shade for outdoor activities
- Children who do not have appropriate hats or sun protective clothing are asked to play in the shade.
- When outside, children wear sun protective clothing that covers as much skin as possible
- When outside, children wear hats that protect their face, neck and ears i.e. a broad brimmed (minimum 6 cm brim), legionnaire or bucket hat (deep crown and minimum 5 cm brim).
- The use of wrap-around sunglasses that meet Australian Standard 1067 (Sunglasses – Category 2, 3 or 4) is encouraged.
- SPF 30+ broad spectrum, water resistant sunscreen is applied at least 20 minutes before going outdoors.
- Staff act as role models by practicing SunSmart behaviours.
- Learning about skin and to protect skin from the sun is incorporated into planned experiences.
- Staff and parents / carers are provided with educational material on sun protection, the service's sun protection policy, and ways they can help support it.
- The centre reviews its sun protection policy every two years and revises the policy as required.

AGREEMENT

..... agrees to the above stated terms and conditions
Name of centre of the SunSmart Early Childhood Program

Centre Co-ordinator / Director:
Name - please print *Signature* *Date*

Please forward these three completed documents: SunSmart Early Childhood Program Application Form
Signed SunSmart Centre Agreement
Copy of your centre's sun protection policy

For more information contact the SunSmart Health Promotion Officer on 6233 2375



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