

## Introduction

Effective sun protection is designed to prevent sunburn, skin cancer, eye damage, dehydration, and heat illness without risking vitamin D deficiency. Given Queensland's consistently high UV levels- UV3+, the following 5 Cancer Council 'Be SunSmart' strategies are followed year-round.

## Slip on covering clothing

Choose clothing that covers as much skin as possible i.e. shirts that cover neck and shoulders, and long style shorts or skirts.

### Teachers and educators will:

- Model 'Be SunSmart' behavior by wearing clothing that covers as much skin as possible.
- Help children choose SunSmart clothing and offer alternatives if needed.
- Keep spare SunSmart clothing available for children.
- Encourage parents/guardians to dress children in SunSmart clothing.
- Provide parents/guardians with SunSmart clothing information upon and throughout enrolment.

### 1. Slip on covering clothing



### Parents/Guardians will:

- Dress their child in SunSmart clothing suitable for the weather.
- Provide a spare set of clearly labelled SunSmart clothing daily.

## Slop on sunscreen

Apply a generous amount (about 7 teaspoons or 35mls) of SPF50+, broad-spectrum, water-resistant sunscreen to clean, dry skin at least 20mins before sun exposure. Reapply every 2hrs.

### Centre Director or Responsible Person in Charge (RPIC) will:

- Ensure an adequate supply of SPF50+ sunscreen for communal use.
- Maintain a sunscreen register for each room/group. Refer to [Creating and Printing a Weekly Roll and Sunscreen Record](#).
- Keep Safety Data Sheets for sunscreen in the Chemical Register folder.
- Document (via *Extreme Heat and Sun Exposure Risk Assessment*) and implement the 4 remaining 'Be Sun Smart' strategies when sunscreen consent is not provided by a parent/guardian.

### Teachers and educators will:

- Model 'Be SunSmart' behavior by applying sunscreen 20mins before sun exposure and reapplying every 2hrs.
- When developmentally appropriate, support children from three years to apply their own sunscreen. Set up a sunscreen station daily with a mirror, tissues and pictorial prompts.
- Apply sunscreen to children 20mins before sun exposure if not applied by parents/guardians; direct children to play in the shade if needed.
- Reapply sunscreen every 2hrs and when sunscreen has been washed off.
- Use sunscreen sparingly on infants under 6mths.
- Record applications on the *Sunscreen Register*.
- For children with skin conditions or illness, apply sunscreen last with gloves and wash hands before and after.
- When provided by parents/guardians, apply supplied for their child, and inform families when supplies are low.
- When not in use, store sunscreen in a cool, child-inaccessible location. Discard expired products.

### Parents/Guardians will:

- Apply sunscreen at home before leaving or upon arrival at the centre.
- Record application on *Sunscreen Register*.
- When preferred, provide your own sunscreen, ensuring the product is clearly labelled with your child's name, meets Australian guidelines, and is SPF50+, broad-spectrum and water-resistant. Maintain an adequate supply and replace promptly when requested. Record request via a *Sunscreen, Insect Repellent, Cream and Ointment Authorisation Record*.

## Slap on a hat

Choose a broad-brimmed, legionnaire or bucket hat that shades the face, nose, neck and ears.

### Centre Director or RPIC will:

- Maintain an adequate supply of spare SunSmart hats for communal use.
- Upon and throughout enrolment, advise parents/guardians:
  - To provide a SunSmart hat daily for the child.
  - Outline [KidSafe](#) and [Australian Competition and Consumer Commission \(ACCC\)](#) guidance regarding entrapment risks of hats and other clothing with neck drawstrings/toggles.

### 3. Slap on a hat



### Teachers and educators will:

- Model 'Be SunSmart' behavior by wearing a SunSmart hat in the sun.
- Store children's hats where they can quickly and easily find them.
- Ensure children wear hats in the sun; provide spare hats if needed.
- Encourage children without hats to stay on verandahs or indoors.
- Tuck cords/toggles under hats or seek parental consent to remove them.

### Parents/Guardians will:

- Provide a clearly labelled SunSmart hat for their child daily.

### Seek shade

Seek natural, built and portable shade when outdoors.

### Centre Director or RPIC will:

- Factor in available shade when planning outdoor events and excursions.
- Conduct periodic shade audits to assess current and future needs, and (branch centres only) consider long term shade in their centre's *10 Year Enhanced Physical Environment Plan*.



### Teachers and educators will:

- Model 'Be SunSmart' behaviour by using shade in the sun.
- Consider shade when setting up outdoor equipment, and when possible, place and re-position moveable equipment in the shade.
- Encourage children to seek shade while outside.

### Slide on sunglasses

Wearing sunglasses and a broad-brimmed hat can reduce UV radiation exposure to the eyes by up to 98%. Sunglasses should be worn outside during daylight hours. Choose close-fitting wraparound sunglasses that meet Australian Standard AS/NSZ 1067. Sunglasses are encouraged but optional for children, teachers, educators and visitors.



### Managing the risks of the sun

#### Centre Director or RPIC will:

- Lead the implementation and annual review of the *Extreme Heat and Sun Exposure Risk Assessment*.
- Consider using an infra-red gun to check outdoor surface temperatures before children play.

#### Teachers and educators will:

- Teach children about sun dangers, including hot playground equipment.
- Use the [SunSmart Widget](#) or [App](#) to guide outdoor activities.
- Monitor extreme heat or high UV Index warnings and adjust outdoor activity as appropriate.
- Recognise hot playground surfaces can result in serious burns. Regularly check the temperature of equipment and surfacing. When needed, reposition, remove/pack-away or restrict access to equipment during periods of hot temperatures.
- Minimise infants' direct sunlight exposure; plan indoor activities or shade-covered outdoor play between 10am and 3pm.
- Ensure children have easy access to clean drinking water and encourage regular hydration.
- Recognise signs of heat-related illness e.g. swelling, prickly heat, cramps, exhaustion, heatstroke.
- When possible, reduce reflective surfaces in the outdoor environment.
- Assist with the annual review of the *Extreme Heat and Sun Exposure Risk Assessment*.

### Heatwaves

Heatwaves involve excessively high temperatures and humidity sustained over several days, posing risks to young children and older adults.

#### Centre Director or RPIC will:

- Monitor weather forecasts.
- Communicate extreme weather predictions with families and team.
- When centre has a pump to access water, store multiple 10-litre bottles of water for emergencies.
- Ensure air conditioners and fans are maintained and functional; submit maintenance requests when needed.

#### Teachers and educators will:

- Cool cement paths with water and instruct children to wear shoes as needed.

- Limit outdoor physical activity.
- Keep indoor areas cool by closing windows and doors, using air conditioners and fans, and drawing blinds. Set air conditioners to “recirculate.”
- Recognise signs of heat-related illness e.g. swelling, prickly heat, cramps, exhaustion, heatstroke. Closely monitor infants and children with health conditions.
- Provide accessible drinking water; set a timer to remind children to drink every 20mins.
- Monitor urine colour for signs of dehydration.
- Remind colleagues to hydrate and avoid caffeinated and sugary drinks.
- Encourage children to stay in the shade and wear 'Be Sun Smart' loose clothing.
- Adapt activities based on weather conditions.
- Offer water play opportunities
- Use cool washers or sponges to help with heat relief.
- Ensure centre pets/animals have shade, water and ventilation.

### Acknowledgements

- Cancer Council Australia: [Sun protection](#)
- Cancer Council Australia: [Position Statement - Sun Protection and Infants](#)
- Cancer Council Queensland: [Early Childhood Settings: Sun Smart Policy Guidelines](#)
- Queensland Health: [Early Childhood Sun Safety](#)
- SunSmart: [Sunscreen Tips for Early Childhood](#)