INTRODUCTION

Over 450,000 cases of skin cancer are treated each year in Australia.\(^{1}\) UV radiation from the sun is the main cause of skin cancer.\(^{2}\)

Childhood is a critical period during which exposure to UV radiation is more likely to contribute to skin cancer in later life.\(^{3}\)

Early childhood environments play a major role in minimising children’s sun exposure and providing an environment where policies and procedures can positively influence long-term behaviour. Child care services also have the opportunity to educate parents/guardians about the importance of sun protection. In this resource the term ‘child care service’ refers to any type of child care, including long day care, out of school hours care, occasional care, vacation care and family day care.

This resource has been designed to help your service put sun protection strategies into action, so you can protect the children in your care and play a vital role in reducing Australia’s skin cancer rates!
The SunSmart Centres program is a national program run by Cancer Councils in each state and territory. This program supports child care services to develop and implement sun protection policy and practice that reduces children’s exposure to ultraviolet (UV) radiation and reduces the risk of skin cancer.

The SunSmart Centres program can help your service:
- Develop a sun protection policy
- While many early childhood services have a sun protection policy, it may not include the latest information and recommendations, or be as comprehensive as it should be. The SunSmart team can help you review your policy and develop the strategies you already have in place into a comprehensive sun protection policy.

**So, why join the program rather than go it alone?**

- **Peace of mind**
  Cancer Council endorsement of your policy and procedures lets you know you have it right.
- **Comprehensiveness**
  Have you thought of everything? There is much more to sun protection than a “No Hat, No Play” rule.
- **Current information**
  Access accurate, current information on sun protection issues such as sunscreen allergies, nanoparticles, vitamin D, Occupational Health and Safety (OH&S) and duty of care.
- **Support**
  You get information about how other centres have dealt with particular problems, free resources, access to competitions, and discounts on sun protection items at the Cancer Council shop.
- **Advocacy**
  Cancer Council speakers can talk to parents and staff about the risk of skin cancer and the value of good sun protection policies and procedures.
- **Critical mass**
  Formally joining the program allows Cancer Council to count membership. In turn, higher participation rates add weight to our representations to the government, help convince other centres to join the program and demonstrates your commitment to reducing the burden of skin cancer in the community.

There is a small, one-off fee to join the program. For more information on the SunSmart Centres program go to www.cancerwa.asn.au/sunsmartcentres

**Skin cancer in Australia**

Australia is the skin cancer capital of the world. At least 2 in 3 Australians will be diagnosed with skin cancer before the age of 70, and annually over 2,200 will lose their lives to skin cancer.10

In people aged 12 – 24 years in Australia, melanoma is the most common cancer, with more than double the number of cases of any other kind of cancer.10

Overexposure to UV radiation from the sun has been identified as the cause of around 99% of non melanoma skin cancers and 95% of melanoma in Australia.10

Children have delicate skin which places them at particular risk of sunburn and skin damage. In fact, sun exposure during the first 10 years of life has a significant impact on the likelihood of developing skin cancer later in life8.

The good news is that most skin cancers can be prevented by protecting skin from over exposure to the sun8.

**Ultraviolet (UV) radiation from the sun**

The sun emits different types of radiation - visible light that we see, infrared radiation (heat) that we feel, and UV radiation that we can not see or feel. It is the UV radiation that does the damage. Temperature does not affect UV radiation levels, so even on cool, cloudy days UV levels can be high.

Over exposure to UV radiation causes sunburn, premature ageing and skin damage leading to skin cancer.10 Even if exposure does not cause obvious sunburn, damage still occurs and accumulates over the years.

Australia experiences some of the highest levels of UV radiation in the world because we are close to the equator and have a lot of clear blue-sky days. UV radiation levels depend on altitude (the higher the altitude, the higher the UV), time of year (higher in summer because the southern hemisphere is tilted towards the sun) and time of day (higher around noon, when the sun is directly overhead).

Typical UV radiation levels for summer and winter are shown in Figure 1 and 2. (However, levels do vary from day to day and a clear day in April or October may be more damaging than an overcast day in January.)

**SEASONAL UV RADIATION LEVELS**

**Source: Bureau of Meteorology 2010**

**Figure 1: Typical UV levels - WINTER**

**Figure 2: Typical UV levels - SUMMER**

**The UV Index**

The Global 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 ranging from low (0-2) to extreme (11+). The higher the UV Index value, the greater the potential for skin damage.

When the UV Index is low (below 3), you can safely be outside with no protection. When UV Index levels reach 3 and above, UV radiation is strong enough to damage skin, so sun protection is required. UV levels peak during the middle of the day, so extra care should be taken around midday hours. Everyone is at risk of developing skin cancer, although people with fair skin who burn easily are at greatest risk, and so should take particular care at all times.

For more information on the UV Index, see the Bureau of Meteorology website www.bom.gov.au/uv or www.myUV.com.au
The UV Alert

The SunSmart UV Alert is a tool that will tell you when the UV levels will be high enough to damage the skin and when sun protection is needed.

The SunSmart UV Alert presents the UV Index in the shape of a bell curve (see image below) to show how it changes throughout the day, peaking around solar noon (when UV levels are strongest) and dropping off throughout the afternoon. The Bureau of Meteorology issues the SunSmart UV Alert when the UV Index is forecast to reach 3 or higher. The SunSmart UV Alert is issued for over 200 cities across Australia and is reported in most daily newspapers and on the Bureau of Meteorology website. Go to www.bom.gov.au/uv or www.myUV.com.au.

The SunSmart UV Alert can be used to plan outdoor activities for the time of day when the UV levels are low.

Vitamin D and sun exposure

Overexposure to sun causes skin cancer, eye damage and premature ageing. However, sunlight is also the main source of vitamin D which is vital for the development and maintenance of strong, healthy bones. A balance is required to achieve enough sun exposure to maintain adequate vitamin D levels while minimising the risk of skin cancer.

In summer, most people only need a few minutes of sun each day outside peak UV times on the face, arms and hands. During winter, in southern parts of Australia, this can be extended to a few hours of sunlight to the face, arms and hands spread over each week. People with naturally very dark skin require more UVR to maintain their vitamin D levels. When the UV Index is below 3 you can safely be outside without sun protection and this is the best time to get some vitamin D. Regular use of sunscreen when the UV Index is 3 or above will not stop you getting enough vitamin D.

Children who may be at risk of vitamin D deficiency include those with naturally dark skin, those who cover their skin for religious or cultural reasons and children of vitamin D deficient mothers. Concerns about vitamin D deficiency should be discussed with a doctor.

If your child care setting has children in its care that are in a high risk group and you are concerned about vitamin D, contact Cancer Council on 13 11 20 for further information or advice. Also see Cancer Council Australia’s ‘Risk and Benefits of Sun Exposure’ position statement, available at www.cancer.org.au/sunsmart

Steps to being SunSmart

When the UV Index is 3 and above use a combination of 5 SunSmart steps whenever you are outside, to protect against skin damage and skin cancer.

1. Slip on sun protective clothing

Cover as much of the child’s skin as possible with cool, loose-fitting clothes, and wraps for babies. The higher the UV protection factor (UPF) of the fabric, the greater the protection provided. If possible, choose fabrics that are at least UPF15 (good protection), but preferably UPF50 (excellent protection).

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 SPF30 or higher sunscreen

Apply SPF30+ broad-spectrum sunscreen to skin not protected by clothing at least 20 minutes before going outdoors. Reapplication every two hours is essential. Most people don’t apply enough sunscreen so frequent reapplication is important to maintain maximum sun protection. It is recommended that children from about five years of age be encouraged to apply their own sunscreen under supervision. It is important they are given time to develop this skill so they will be ready for independent application at school.

The Australian College of Dermatologists recommends the use of a sunscreen at any age when there is unavoidable exposure to the sun and states that sunscreen is safe to use on babies. Many brands have a gentler baby or toddler formula. Sunscreens with titanium dioxide or zinc oxide reflect UV radiation away from the skin, and are less likely to cause problems with sensitive skin.

Children with naturally very dark skin (skin that rarely or never burns) may not need to apply sunscreen as their high level of melanin (skin pigment) helps protect their skin. This is a decision for families to make. However all children, regardless of skin type should wear a sun-protective hat and sunglasses where possible.

3. Slap on a hat

Choose hats that provide good coverage and stimulate physical activity. The best protection, choose shade that natural outdoor play spaces

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 reflectance surfaces are better for sun protection and stimulate more physical activity.

Shade alone can reduce overall exposure to UV radiation by about 75%. 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. Babies under 12 months need to be kept out of direct sun when the UV Index is 3 or more and in the shade at all times. 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.

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, wrap-around style that cover as much of the eye area as possible
- meet the Australian Standard AS/NZS 1067:2003 (Sunglasses and fashion spectacles: sunglasses category 2, 3 or 4);
- are preferably marked eye protection factor (EPF) 10, and have soft elastic to keep them in place.
A sun protection policy is a document that outlines:

- why sun protection is important in your centre;
- what strategies your service will use to protect children and staff from UV radiation;
- how and when the policy will be put into action and reviewed, and
- how the impact of the policy will be determined (evaluation).

**Why have a sun protection policy?**

Child care settings are ideally placed to play a significant role in the protection of young children from the damaging effects of UV radiation. Children often attend child care for five days per week throughout the year, often during the high UV radiation period of each day. Children attending these services are frequently involved in outdoor activities. Through the development and implementation of a sun protection policy, services have the opportunity to educate both children and parents about sun protection and minimise children’s exposure to harmful UV radiation.

In order to join the SunSmart Centres program, services need to have a sun protection policy in place, which outlines key strategies for protecting children and staff from UV radiation.

**Occupational Safety and Health**

Under Australian occupational safety and health (OSH) legislation, both employers and employees have responsibilities to reduce risk of injury and health risks. Having a written policy is a simple way of providing information to all employees about the workplace’s OSH requirements. Employees are required to comply with reasonable instructions given by their employer that ensure health and safety in the workplace. Employees should take reasonable precautions to protect themselves and others at work.

**Duty of care**

All child care services have a legal responsibility known as ‘duty of care’ to the children in their care as well as to staff and visitors at their site. This duty of care involves providing protection from foreseeable harm. Skin damage from overexposure to the sun is a foreseeable harm. Child care services should develop and implement appropriate sun protection policies and practices to adequately protect children, staff and visitors from damage caused by the sun.

A few simple measures, such as changing the time of outdoor activities, providing employees with sun protective clothing, sunscreen and hats, in addition to providing training and education can protect employees from over exposure to the sun.

**How to develop a sun protection policy**

The process of developing a sun protection policy and action plan is as important as the policy itself. Staff, parents and any other relevant groups should have the opportunity to contribute as their involvement will strongly influence the policy’s success. Involving older children in discussions about the need for a sun protection policy and what it should contain is very empowering and will help them to better understand and appreciate the service’s sun protection requirements.

If your service already has a sun protection policy, it is important that it is reviewed regularly to ensure current relevancy. For instance, a policy reviewed every two years may address issues such as shade maintenance, emerging research in sun protection, changes in service delivery, and/or implementation issues of the current policy. Staff and parent involvement should also be sought during the review process.

The following steps provide a guide to developing an effective sun protection policy.

1. **Family information**
   - The link between children’s sun protection education and their family can be significant. Parents’ behaviour influences their children’s behaviour, and parental interest and willingness to participate in sun safety activities may motivate their children. For example, they can model appropriate behaviours such as hat and sunscreen use when going outside, encourage their children to play in the shade and remind them to wear sun protective clothing.
   - 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.

2. **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 in your care are more likely to do the same. Sun exposure for staff in your care are more likely to do the same.

3. **For further information**
   - Cancer Council 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 sun protection policies is also available. Visit www.cancerwa.asn.au/sunsmart
   - For more advice on sun protection or skin cancer see your doctor or call Cancer Council on 13 11 20.

4. **Useful web links**
   - Australian Radiation Protection and Nuclear Safety Agency (ARPANSA) www.arpansa.gov.au
   - www.myUV.com.au
   - www.acecqa.gov.au and from your Australian Children’s Education and Care Quality Authority (ACECQA)
   - The SunSmart Information program and sun protection activities and teaching resources.
   - www.cancerwa.asn.au/sunsmart
   - Useful web links
   - Use helpful websites such as:
     - www.cancerwa.asn.au/sunsmart
     - www.myUV.com.au
     - www.bom.gov.au/uv
     - www.acecqa.gov.au and from your Australian Children’s Education and Care Quality Authority (ACECQA)
   - Further information can be found at
   - Information regarding the SunSmart program and sun protection policies is also available. Visit www.cancerwa.asn.au/sunsmart
   - For more advice on sun protection or skin cancer see your doctor or call Cancer Council on 13 11 20.
To improve the chance of a policy being successful, an action plan should be prepared during the development of the policy. This plan provides an opportunity to clearly document the objectives of the policy and record the steps required to achieve these. This will require careful consideration of the practical aspects of the policy such as choosing the type of activities to undertake, the resources needed and who will take responsibility. The policy action tool can be provided to the working group and used as a discussion and record document. Consider the opportunities and barriers that your service may face. In some instances, it may be better to phase in any changes to the policy or your practices over a period of time.

Consult: Development of the policy should involve the whole child care community including parents, staff and management. Once a draft has been written, circulate it for review and comment. Include some information about the need for a sun protection policy.

Finalise: Once comments have been received from the community and you have considered any feedback your working group can finalise the document and start planning the launch!

Review the effectiveness of the policy after a set time period. Evaluation strategies could include:
- Conducting a brief survey to identify what staff and parents know about the sun protection policy.
- Making observations to identify the number of children wearing hats and whether staff are role modelling sun protective behaviour.
- Assessing shade provision by conducting a shade audit.
- Seeking feedback from the childcare setting community.

For further support with policy development and implementation for your child care service contact:
Cancer Council WA
Level 1, 420 Bagot Road
Subiaco WA 6008
Phone: (08) 9212 4333
Email: sunsmart@cancerwa.asn.au
Website: www.cancerwa.asn.au

Children’s Services Support Unit WA Inc. (CSSU)
Phone: (08) 9470 6886
Email: information@cssu.org.au
Website: www.cssu.org.au

For information printed in languages other than English, call Cancer Council on 13 11 20 or click on sun protection at www.sunsmart.com.au
PART THREE - Shade planning and design

In many cases shade planning and design will involve more than simply planting a tree or establishing a new shade structure. A well considered shade project will result in shade that:

- Covers the appropriate area and falls in the right place, at the desired time of day and at the desired time of year.
- Creates an outdoor space that is comfortable to use in all seasons.
- Minimises the impact of indirect (reflected) UV radiation on the space.
- Is attractive, practical and environmentally friendly.

A project team can help to ensure that different perspectives are considered during the planning process. Ideally the project team should comprise service licencees/owners/managers, staff and parents as well as relevant professionals. The project team would work to plan and design appropriate shade for the service. This may also include fundraising.

Cancer Council WA has published a resource called The Shade Handbook. It will help you plan effective shade and it can be downloaded from the publications section of the Cancer Council WA website.


### Planning shade to fall in the right place

Too often, the planting of trees or construction of shade structures results in a shadow pattern entirely different from that required. The direction and length of the shadow changes according to the time of day and season. The sun’s path has to be taken into consideration when planning for shade.

When briefing the architect, landscape architect or shade supplier involved in your shade project it is necessary to provide them with information on where and when you would like the shade to fall.

### Creating comfortable outdoor spaces

When planning shade, it is important to take into account the overall characteristics of the particular climate in which the service is situated. The effects of local climatic conditions also need to be considered.

Create well shaded outdoor spaces that can be enjoyed in every season by considering the following design principles:

#### Cooling in summer

- Orientate openings to capture breezes or channel the wind.
- Shade the openings of shade structures.
- Attach projecting eaves to built shade structures.
- Help reduce glare and heat radiation by shading the walls and ground surfaces, such as concrete or paving.
- Use trees and plants to give visual and psychological relief by creating an impression of coolness.
- Limit areas of bitumen and other solid pavements to reduce heat radiation.

#### Warming in winter

- Use shade materials that block UV radiation but allow the sun’s warmth and light through.
- North facing openings will make the most of the winter sun.
- Use a windbreak to the south, south west or west of shaded areas.
- Make use of adjustable shade devices.
- Use deciduous trees and plants to allow warmth and light through in winter.

### Minimising the impact of indirect (reflected) UV radiation

Indirect (reflected) UV radiation must be considered when designing built shade structures and selecting ground surfaces for outdoor play spaces. Consider the following ways of reducing indirect UV radiation exposure (shown in Figure 3):

1. Choose materials that reduce reflectivity.
   - Coarse and/or soft surfaces such as brick pavers or grass will reflect less UV radiation than hard or smooth surfaces like concrete.
   - Existing surfaces can be modified by growing a climbing plant on a light coloured, highly reflective wall.

2. Ensure shade structures are an adequate size.
   - UV radiation levels will be greater towards the edge of the shaded area than in the centre.
   - Extend overhead barriers past the actual use area. A simple rule of thumb is to ensure that there is at least one metre overhang past the actual area of use.

3. Use natural or built vertical barriers such as a climbing plant or shade cloth for side protection on one side of the structure.

### Making shade attractive, practical and environmentally friendly

Shade design should be attractive as well as practical. Combining both built and natural elements is most effective. Using a variety of shade strategies will help create a different identity for each area within the play space, as well as a more interesting and stimulating environment.

Attractive forms of shade include:

- Coloured sails or canopies.
- Structures that support flowering vines.
- A combination of trees, shrubs and vines including deciduous and evergreen varieties.

### Issues to consider

#### Service type

Shade planning and design for each service type will be influenced by the number of children in care and the size of the outdoor play space.

#### Existing shade

Plans should be made to optimise the use of existing shade before additional shade is considered.

For example, relocating play equipment to a shaded area, removing low branches from trees so that children can play underneath and setting up passive outdoor activities in existing shade will provide variable alternatives to constructing new shade areas.

#### Site usage patterns

It is important to take into account the usage patterns at the site, including the types of activities and the time of day they occur.

#### Climatic conditions

Consider the overall characteristics of the particular climate zone in which the service is located, as well as any local conditions such as strong wind. When these are understood it is possible to use design strategies to modify adverse conditions. The effects of local conditions, particularly salt and wind in coastal areas also need to be considered in the selection and design of shade structures, as well as, the selection of tree species.

### Safety

Ensure that shade structures do not create safety hazards. Support systems such as upright posts should be clearly visible and ideally have rounded edges or padding. Support systems should minimise intrusion into play and circulation areas. Avoid guy ropes (support ropes) as they may be a trip hazard. If vertical barriers are used at the sides of shade structures they need to be designed to prevent children using them for climbing.

### Remember the need for supervision

Staff need to be able to see children at all times. Examples of designs that may hinder supervision include shade structures with solid or opaque sides and low placement of overhead sails. Trees and shrubs also have the potential to obstruct vision if they are inappropriately located.

### Local government approval

Local councils may require development approval for built shade structures. Contact your local council for more information.

---

**Figure 3: Shade structure and reflected UV radiation**

- **Increase walling use with extension**
- **Plant climbers**
- **Change floor material to less reflective surface**

---
Types of shade

Natural shade

Trees with dense foliage and wide spreading canopies provide the best protection. Species should be selected to suit local soil and climatic conditions as well as the character of the surrounding environment. Generally, they should be planted on the north, north-eastern and north-western sides of the play space. Root barriers and subsoil drainage will help to ensure that tree roots do not damage adjacent paved areas. Dense shrubs also have the potential to provide shade. They should be planted around the perimeter of the site so they do not obstruct vision. Pruning shrubs on the underside allows for shaded play nooks to be created underneath.

Avoid species that:

• are toxic,
• have seed pods or stone-fruit which create a potential choking hazard for children under five years of age,
• attract bees,
• have thorns or spikes,
• have a tendency to drop their branches,
• are known to cause adverse health effects such as allergy, asthma or skin irritation.

Consider plants that are low maintenance for example, choose plants that will not constantly drop leaves into sandpits. Species that are resilient to Western Australia’s dry climate will also provide benefits. Contact the Water Corporation Watervise Helpline on 13 10 39 for Watervise gardening brochures or visit their website www.watercorporation.com.au

If natural shade is the favoured long term option for areas within the site, built structures with a lifespan of six to ten years can be used until trees planted for shade purposes mature.

Built Shade

Although built shade structures may not always be as attractive as natural shade, their use has some advantages. They can be erected quickly and the shade pattern is more predictable. Built shade can also provide protection from the rain.

Built shade can be stand alone or incorporated into existing buildings and other facilities. It can be permanent, demountable or adjustable.

Selecting shade

When selecting the material for the canopy or roof of a shade structure it is important to establish its Ultraviolet Protection Factor (UPF). The UPF rating is based on the percentage of UV radiation transmitted through the material.

Cancer Council WA recommends shade materials that provide at least 94% protection against direct UV radiation, which means a UPF of 15 or greater. It is important to note however, that even with this level of protection, some UV radiation is getting through the material.

Ready made (off-the-shelf) structures

In the appropriate situation, off-the-shelf structures can provide a readily available, cost-effective shade solution. If the decision is made to purchase an off-the-shelf structure, it is particularly important to ask the supplier for evidence of the canopy material’s UPF. Suppliers may claim that a material provides “up to” a certain level of UV radiation protection. It is important however to establish the UPF as a minimum level of protection, not a maximum. When selecting a shade cloth structure, it is also important to note that different coloured shade cloths may have different UPFs.

Demountable structures

Demountable shade structures should only be used to supplement more permanent forms of shade. Some demountable structures such as umbrellas offer limited protection. Umbrellas or shade tents also provide limited group space underneath and may be unstable during windy conditions.

Recommendations

The following are suggested as minimum shade guidelines for centre based child care services. In planning shade development, improvements to summer shade should always be a priority.

Open areas

• Partial shade is recommended, especially over grass that needs some sun for growth.
• Natural shade is best.
• Plan the perimeter of the active play space to minimise obstacles or safety hazards.
• Consider arranging plants in clusters so that a group of children can access the shade.
• Deciduous trees will allow for penetration of warmth and light to the play space during winter.

Quiet areas

• Shade throughout the year is recommended, particularly over sandpits.
• A permanent shade system is the most appropriate option.
• Consider the need for winter warmth and light.

Formal quiet areas

• Shade throughout the year is recommended.
• Consider using a combination of built and natural shade.
• Consider the need for winter warmth and light.

Active areas

• Consider using a combination of built and natural shade.
• Shade throughout the year is recommended over fixed play equipment and areas where children play for extended periods of time, such as a sandpit.
• Place moveable equipment used for active play, such as climbing frames in the shade.
• Consider the need for winter warmth and light.

Fixed play equipment

• Safety is a major consideration for shade provision over fixed play equipment.
• Ensure shade structures over fixed play equipment do not have footholds or grip surfaces that would permit climbing.
• Ensure the roofline of the shade structure is designed to prevent child access to the roof.
• Allow for a minimum head clearance height of two metres between the deck of the play equipment and the roof of the shade structure.
• Locate trees and upright posts or the roof of the play equipment, such as the side of a climbing platform or the end of an extended swing arc, to ensure sufficient freestanding zones.
• Design shade structures with reference to Part One of the national standard AS/ NZS4486:1997 Playground and Playground Equipment, or latest equivalent.

Transition zones

• Verandas provide permanent shade as well as rain protection.
• Design the roof angle and overhang to maximise shade for the major part of the day.

especially during summer.
• A veranda width of four metres or more will allow for shaded play space underneath.
• Select roof materials that minimise heat in summer. Insulate the roof with a ceiling cavity and insulation material, providing airflow points.
• Terraces with a deciduous vine covered pergola or an adjustable shade system provide seasonal shade. Some canopies will also provide rain protection.
• Retractable or louvered shade canopies should be easily adjustable, ideally by one person at ground level.
• A combination of fixed roof veranda and terrace spaces may be desirable for some services.
• Vertical pull down blinds at the side of a veranda or terrace can provide additional protection from UV radiation during the morning or afternoon.

Baby/toddler areas

• Shade throughout the year is recommended.
• Consider using a combination of natural and built shade.
• Consider the need for winter warmth and light.

Funding shade

Cancer Council WA recognises that funding is often the biggest barrier to providing shade. As a charity we do not offer funding, however we can provide letters of support to attach to your funding application. Options for sourcing funds include grants, sponsorship and fundraising.

Table 2: UPF Classification system

<table>
<thead>
<tr>
<th>Protection Category</th>
<th>UPF ratings</th>
<th>UV radiation blocked</th>
</tr>
</thead>
<tbody>
<tr>
<td>Excellent protection</td>
<td>40, 45, 50 .50+</td>
<td>More than 97.5%</td>
</tr>
<tr>
<td>Very good protection</td>
<td>25, 30, 35</td>
<td>95.9% to 97.4%</td>
</tr>
<tr>
<td>Good protection</td>
<td>15, 20</td>
<td>93.3% to 95.8%</td>
</tr>
</tbody>
</table>

[UPF Classification System as found in the Australian and New Zealand Standard for sun protective clothing (AS/NZS 4399:1996)]
Grants
Commonwealth and state government departments, as well as local government agencies have various grants available. Local community groups such as Rotary and Lions Clubs may also have grants. Regularly search for available grants by checking a grants directory website or regularly viewing the websites of grant agencies. If the website has a search engine try searching for ‘grant’. Grant directory sites may also provide advice on grant applications. For those without access to the internet, ask organisations if they have a mailing list to inform groups when grants become available.

Grants may not be listed as ‘shade grants’ per se. For instance, community facilities grants or early childhood grants may fund installation of shade structures. You may require a little imagination to fit a grant to your desired shade project. Some key words you could search for include: shade, children, facilities, health, safety, physical activity and recreation. Consider contacting the agency to check whether your application appropriately meets their funding criteria.

Grant directories/assistance
GrantsFinder - Australian Government
www.grantslink.gov.au
Our Community:
www.ourcommunity.com.au
Grant Search:
www.grantsearch.com.au

Government agencies
Department of Local Government and Communities
www.communities.wa.gov.au
www.grantsdirectory.dlg.wa.gov.au
LotteryWest
www.lotterywest.wa.gov.au
Department of Social Services
www.dss.gov.au
Department of Sport and Recreation
www.dsr.wa.gov.au
Healthway
www.healthway.wa.gov.au

Sponsorship
Sponsorship funds may be available from business partners. You could approach a local business (ideally one you already have a relationship with) or one of your suppliers for sponsorship. Sponsorship is based on the idea that everyone’s a winner. Your group receives funding towards a shade structure and the business sponsoring you receives positive community feedback through your acknowledgment strategy. The ways you could acknowledge a sponsor include: 
• Placing a plaque at the front of the centre acknowledging the sponsors support.
• Including information or advertisements in newsletters and enrolment information.
• Giving the business naming rights to the shaded area for example, The (sponsor name) Activity Zone.
• Submitting a community newspaper media article or media release regarding the shade structure acknowledging support.

Remember that the business you are supporting will be associated with your organisation and you will be promoting its product. You may want to think about how you feel about the business and if it is something that you want to be associated with. For example, sponsorship from a tanning salon would not be recommended as this demonstrates a message that contradicts the value of sun protection.

Fundraising
Fundraising provides a great opportunity to involve the childcare community and promotes ownership of the item for which funds are being raised. Unfortunately funds are often raised by selling chocolates, running lamington or pie drives, holding sausage sizzles, cake stalls and doughnut days.

Some healthy alternatives are:
• Hot cross buns are low in fat, contain dried fruit and taste great!
• Healthy snack options such as fresh fruit, dried fruit, nuts, fruit and nut mixes, rice crackers or apricot squares.
• Sun protective hats.

REFERENCES
12. Cancer Council Australia. Position statement: Sun protection and infants (0-12 months); Cancer Council Australia; 2013.
Appendix One
Policy Development

1A – Policy guidelines
1B – Sun protection checklist
1C – Sample sun protection policy
1D – Why we have a sun protection policy-fact sheet
1. OUTDOOR ACTIVITIES

Policy Recommendation
The service will ensure all sun protection measures are applied to children and staff while outside when the UV level is 3 or above.

Strategy Options
Sun protection includes shade, hats, protective clothing and sunscreen.

The UV levels can be checked daily at the Bureau of Meteorology website (www.bom.gov.au/uv), the Australian Radiation Protection and Nuclear Safety Agency (ARPANSA) website (www.arpansa.gov.au/uvindex), www.myUV.com.au and in many newspapers.

2. SHADE

Policy Recommendation
Outdoor activities will be planned to occur in shaded areas.

Strategy Options
Children will be actively encouraged to use shade for outdoor play activity.
Activities are set up in the shade.
Activities and portable equipment are moved as the shade moves throughout the day.

3. SHADE

Policy Recommendation
The service will provide and maintain adequate shade for outdoor play.

Strategy Options
The service will:
- assess where and when shade falls throughout the day and year, to plan outdoor activity
- use both natural and built shade, or a mixture of built shade
- use portable shade options
- regularly review and monitor the quality and condition of all shade options
- conduct a shade audit (a process that assesses how existing shade is used at a centre and makes recommendations for additional shade or better use of existing shade)
- develop plans to address any shade deficits
- give priority for shade development to areas where children play for extended periods.

4. HATS

Policy Recommendation
All children will wear a SunSmart hat that protects the face, neck, ears and crown of the head whenever they are outside.

Strategy Options
The service or parents will provide SunSmart hats for children.
Staff will ensure children are wearing a SunSmart hat when outdoors or the ‘no hat, play restrictions’ policy will apply.
A reminder note will be given to parents if their child doesn’t bring a SunSmart hat.
Hats are stored at the service.
Spare SunSmart hats will be available at the service for children to borrow.

5. HATS

Policy Recommendation
Children without hats will remain protected from the sun.

Strategy Options
Children who have left their hat at home, bring a baseball cap or refuse to wear a hat may:
- play indoors if staff ratios allow
- play on a veranda
- play in a shaded area
- wear spare hats available at the service.

6. CLOTHING

Policy Recommendation
When outdoors, all children will wear SunSmart clothing that protects as much of the skin as possible. Loose fitting clothing and darker colours will be more comfortable and effective.

Strategy Options
Spare SunSmart clothing will be available at the service for children to borrow.
A reminder note about clothing requirements will be given to parents of children who attend the service in non-SunSmart clothing.
7. SUNSCREEN

Policy Recommendation
All children and staff will apply SPF30 or higher broad-spectrum water resistant sunscreen 20 minutes before going outdoors.

Strategy Options
The service or the parents will provide SPF30 or higher, broad-spectrum and water resistant sunscreen.
Staff, children and visitors will use sunscreen.
Staff will ensure that sunscreen is reapplied to the children and themselves every two hours or more frequently if it is washed or wiped off.
Sunscreen will be applied by smearing over clean, dry skin, leaving a visible film, so it is clear which areas have been missed.
Parents will be encouraged to apply sunscreen to their children before they attend the childcare centre.
Sunscreen will be stored in a cool place, out of the sun.
Staff will monitor the expiry date of sunscreen and discard when out of date.

8. BABIES

Policy Recommendation
Children under 12 months of age will not be exposed to direct sunlight, when the UV Index is 3 or above.

Strategy Options
Staff will ensure that babies remain in dense shade when outside.
Care will be taken to avoid babies’ exposure to indirect or reflected UV radiation when they are in shaded areas by using SunSmart clothing and a hat, and placing them in the middle of the shade.
SPF30 or higher, broad-spectrum and water resistant sunscreen can be used on small areas of skin not covered by clothing (eg, feet and hands).

9. ROLE MODELLING

Policy Recommendation
Staff, students, families and visitors will act as positive role models and demonstrate SunSmart behaviour when attending the service by:
• wearing a SunSmart hat
• applying SPF30 or higher broad-spectrum water resistant sunscreen
• using and promoting shade
• wearing SunSmart clothing
• wearing sunglasses that meet the Australian Standard 1067.

Strategy Options
Staff job descriptions will include SunSmart behaviour.
The service will provide or subsidise SunSmart hats for staff, or staff will provide their own SunSmart hats.
Hats that comply with sunprotective guidelines will be available for families and visitors to borrow.
Sunscreen SPF30 or higher will be available for families and visitors.
Invitations to families to attend an event at the service will include reminders of the sun protection policy and its requirements.

10. EXCURSIONS

Policy Recommendation
Sun protection will be considered when excursions are planned.

Strategy Options
Time of day and availability of shade will be considered.
Families will be reminded in notices and newsletters of specific sun protection requirements for excursions.
Volunteers accompanying children on excursions will be given information on sun protection requirements.

11. EDUCATION

Policy Recommendation
Sun protection is part of the learning program.

Strategy Options
Sun protection will be incorporated regularly into the learning program.
SunSmart theme days will be held throughout the year.

12. INFORMATION

Policy Recommendation
Sun protection information will be promoted to staff, families and visitors.

Strategy Options
Posters will be displayed and brochures will be available to staff, families and visitors.
Sun protection information will be included in newsletters and excursion notes.
Information and resources can be accessed through Cancer Council.
13. POLICY
Policy Recommendation
The sun protection policy will be made available to staff, families and visitors.

Strategy Options
The sun protection policy will be displayed at the service.
When enrolling their child, parents will be informed of the sun protection policy, including clothing and sunscreen requirements.
Staff will be familiar with all aspects of the sun protection policy.

14. POLICY
Policy Recommendation
The policy is monitored and reviewed annually.

Strategy Options
A date will be planned for the next policy review.
Current Cancer Council guidelines will be referred to when the policy is reviewed. Refer to:
www.cancerwa.asn.au/sunsmartcentres
Dates of previous reviews will be listed on policies.

Sun protection checklist

What sun protection strategies do you currently have in place? The following checklist can be used as a discussion document for improving sun protection at your centre.

✓ = Currently in place  ★ = Not in place

<table>
<thead>
<tr>
<th>Sun Protection Strategy</th>
<th>✓</th>
<th>★</th>
<th>How can we improve?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Staff check local UV Index and apply full sun protection to children when it is 3 or above.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Children are actively encouraged to use shade for outdoor play activity.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Outdoor activities are planned to occur in shaded areas.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The service has a plan in place to increase or maintain the amount of shade at the service.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>All children and staff wear a wide brim, bucket or legionnaires style hat whenever they are outside or on an excursion.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Children without hats remain protected from the sun (not hat, play in the shade).</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>When outdoors, all children wear SunSmart clothing that protects as much of the skin as possible. Loose fitting clothing and darker colours will be more comfortable and effective.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>All children and staff apply SPF30 or higher broad-spectrum water resistant sunscreen 20 minutes before going outdoors.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Staff ensure that sunscreen is reapplied to the children and themselves every two hours or more frequently if it is washed or wiped off.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Children under 12 months of age are not exposed to direct sunlight, when the UV Index is 3 or above.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Staff, students, families and visitors act as positive role models and demonstrate SunSmart behaviour when attending the child care centre.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sun protection is considered when excursions are planned, time of day and availability of shade.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sun protection is part of the learning program.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sun protection information is promoted to staff, families and visitors (such as articles and tips in parent newsletters, posters displayed).</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The sun protection policy is made available to staff, families and visitors.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The policy is monitored and reviewed annually.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Sample sun protection policy

Adapt this policy in consultation with your child care community to suit your child care setting.

BROAD POLICY STATEMENT:
Our sun protection policy has been developed to ensure that all children, employees and visitors attending [centre name] are protected from skin damage caused by harmful ultraviolet (UV) radiation from the sun.

It is to be implemented throughout the year and will be effective from ________________

Due for review ________________ [date]

[date]

OUTDOOR ACTIVITIES
• The service will ensure all sun protection measures are applied to children and staff while outside when the UV Index is 3 or above.

SHADE
• Children will be actively encouraged to use shade for outdoor play activity.
• Outdoor activities will be planned to occur in shaded areas.
• The service will provide and maintain adequate shade for outdoor play.

HATS
• All children will wear a wide brim, bucket or legionnaires style hat that protects the face, neck, ears and crown of the head whenever they are outside or on an excursion. Caps will be not allowed at the centre.
• Children without hats will remain protected from the sun.

CLOTHING
• When outdoors, all children will wear SunSmart clothing that protects as much of the skin as possible. Loose fitting clothing and darker colours will be more comfortable and effective.

SUNSCREEN
• All children and staff will apply SPF30 or higher broad-spectrum water resistant sunscreen 20 minutes before going outdoors.
• Staff will ensure that sunscreen is reapplied to the children and themselves every two hours or more frequently if it is washed or wiped off.
• Sunscreen will be stored in a cool place, out of the sun.
• Staff will monitor the expiry date of sunscreen and discard when out of date.

BABIES
• Children under 12 months of age will not be exposed to direct sunlight when the UV Index is 3 or above.

ROLE MODELLING
• Staff, students, families and visitors will act as positive role models and demonstrate SunSmart behaviour when attending the service by:
  • wearing a SunSmart hat
  • applying SPF30 or higher broad-spectrum water resistant sunscreen
  • using and promoting shade
  • wearing SunSmart clothing
  • wearing sunglasses that meet the Australian Standard 1067.

EXCURSIONS
• Sun protection will be considered when excursions are planned, particularly time of day and availability of shade.

EDUCATION
• Sun protection is part of the learning program.

INFORMATION
• Sun protection information will be promoted to staff, families and visitors.

POLICY
• The sun protection policy will be made available to staff, families and visitors.
• The policy is monitored and reviewed annually.
Why we have a sun protection policy

The following information can be included in fact sheets or newsletters for parents of the children in your care.

Why we have a sun protection policy?
Skin cancer rates are higher in Australia than anywhere else in the world. One out of two Australians will develop some form of skin cancer during their lifetime, with childhood sun exposure being an important risk factor. Damage to the skin begins with the first over exposure to sunlight. It builds up year after year and leads to premature ageing of the skin and increases the chances of skin cancer developing. Everyone is at risk of developing skin cancer although people with fair skin who burn easily are at greatest risk.

[Centre name] has a sun protection policy which is based on guidelines set out by the Cancer Council Western Australia. The aim of our sun protection policy is to reduce the amount of sun exposure that your children and our staff receive while at our centre. This helps us protect your children from skin damage and the risk of getting skin cancer later in life. It also helps us meet our duty of care and the standards of the Australian Children’s Education and Quality Care Authority.

Basic rules of sun protection
Using a combination of all five steps to being SunSmart offers the best protection. When the UV Index is 3 or above:
- Slip on sun protective clothing;
- Slop on SPF30 or higher, broad spectrum, water resistant sunscreen, and remember to reapply;
- Slap on a wide brim, bucket or legionnaire style hat;
- Seek shade, and
- Slide on sunglasses.

Why only broad brimmed, bucket or legionnaire style hats?
Hats should protect the face, ears, top of the head and neck from UV radiation from the sun. Most skin cancers appear on the head and neck and are linked to the amount of sun exposure you have had during your life – starting protection early is important. Baseball caps and visors do not provide enough protection to most parts of the face, neck and ears and are therefore not recommended.

What can you do to help?
There are a number of things that parents can do to support [centre name] in providing a healthy, sun protective environment for your child/children.

- Ensure that your child has a SunSmart hat and develop a routine to encourage your child to remember to take this hat to their child care service. Make sun protection a life-long habit – just like cleaning your teeth, the benefits are long term.
- Be familiar with our sun protection policy.
- Be a good role model for your child and be SunSmart yourself by using shade, wearing a hat and protective clothing, sunglasses and sunscreen.
- Provide a consistent message to your child about sun protection by continuing sun protective behaviours on the weekend.

Further information
[Centre name] has fact sheets and brochures available on sun protection or you can visit the Cancer Council website www.cancerwa.asn.au or telephone Cancer Council on 13 11 20.

2A – Shade audit tool
2B – Shade snippets for funding applications
Shade Audit Tool

Stage 1 - Gather information
There are four stages in doing a shade audit:

Stage 1 - Gather information
Stage 2 - Site fieldwork
Stage 3 - Assessment
Stage 4 - Recommendations

This tool can be used to help you complete Stage 1 - Gather information, by providing questions to interview the licensee/manager, staff and parents to obtain information relevant to your shade project. Alternatively you could print this form and ask them to complete it. You may need to adapt some of the questions to suit your childcare service.

Questions

1. Where and when do different outdoor activities occur?
   For example active play, quiet play.

2. Does shade cover play and activity zones (particularly during summer)?
   Yes – full shade Yes – part shade No

3. Are there opportunities to modify site usage and/or management practices so that the use of existing shade is optimised?
   Play equipment could be moved to shaded areas
   Low tree branches could be removed to allow room for children to play

4. Do you think there is a need for more shade?
   If yes, what kind of additional shade should be provided and where should it be located?
   For example a built shade structure over the children’s sandpit.

5. Are there any issues that need to be considered such as concerns about vandalism or the need for rain protection?
   Yes No Unsure

6. Are there any barriers to the provision of shade at the site?
   If yes, what are they?

7. Are there any long term development plans for the site such as building works or landscaping?
   Yes No Unsure
8. Are there any specific plans for the provision of increased shade at the site?  
☐ Yes  ☐ No  ☐ Unsure  
If yes, what is planned?  
__________________________________________________________

9. Do you have access to a site plan?  
☐ Yes  ☐ No  ☐ Unsure  
__________________________________________________________

Now you are ready to move on to Stage 2: Site fieldwork

**Stage 2 - Site fieldwork**

There are four stages in doing a shade audit:

**Stage 1 - Gather information**

**Stage 2 - Site fieldwork**

**Stage 3 - Assessment**

**Stage 4 - Recommendations**

**Stage 2 - Site fieldwork** involves establishing the existing shade patterns at your site. It is most important that this is done during the summer months when UV radiation levels are at their peak and the need for shade is greatest. It should also be done in winter so that projects aimed at increasing summer shade do not intensify winter conditions at the site. Use the following questions to guide you and to record the results of your site fieldwork. You will need flour, chalk or string, two copies of your centre’s site plan, a tape measure and a pencil.

**Step 1 – Mark the shade**

A. At what hours does your service schedule outdoor play?  
   a. Summer __________________ (am) to __________________ (pm)  
   b. Winter ________________ (am) to ________________ (pm)  

B. Determine the best times to do your site fieldwork based on the answer to the above question.  
   For example, if outdoor play is scheduled between 9 am and 11 am, as well as 3 pm and 5 pm during summer, the recommended times for Step 1 of the site fieldwork would be in the middle of each of those times (that is, at 10 am and 4 pm). Based on your answers above what would be the best times to conduct your site fieldwork.  
   a. Summer ________________ (am) to ________________ (pm)  
   b. Winter ________________ (am) to ________________ (pm)  

C. At these times, twice during the year, once at mid summer (or as close to mid summer as is appropriate) and once in mid winter, mark the shade cast by both built and natural objects on the ground by using chalk, flour or string.

**Step 2 – Record the shade**

A. Measure the dimensions of the shade outline as cast in Step 1.  
B. Sketch the summer shade onto one copy of the centre’s site plan.  
C. Sketch the winter shade onto another copy of the centre’s site plan.  
D. Remember to date all documents.
Step 3 - Record other features of the site

Make note of the following, either on your site plan or record details below:

A. Are there any potential sources of indirect (reflected) UV radiation, such as highly reflective ground or building surfaces (remember hard/smooth surfaces reflect more than soft/coarse surfaces)?

B. Are there any special site conditions that may impact on the design of new shade structures, such as significant ground level changes or underground services?

C. What are the characteristics of any trees planted at the site? You may need the help of a horticulturalist for this task or a good plant book from the local library.

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>Tree 1</th>
<th>Tree 2</th>
<th>Tree 3</th>
<th>Tree 4</th>
<th>Tree 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Identifying characteristics (if required)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age now</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age at maturity</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Height now</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Height at maturity</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Canopy density now</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Canopy density at maturity</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Condition and problems</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Deciduous or evergreen</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Now you are ready to move on to Stage 3: Assessment

Date: ________

Stage 3 - Site fieldwork

There are four stages in doing a shade audit:
Stage 1 - Gather information
Stage 2 - Site fieldwork
Stage 3 - Assessment
Stage 4 - Recommendations

Stage 3 - Assessment involves looking at the quantity and usability of existing shade and the need for additional shade. Provide your project team with the information you gained in Stages 1 and 2 of your shade audit, then use this tool to guide your shade project team in discussion of shade issues.

Likely impact of future tree growth

1. Will tree growth significantly alter the amount or distribution of shade? If so, how long will it take before significant changes occur?
   - Yes
   - No
   - Unsure

Amount and location of existing shade

2. Are there any areas of use where shade is non-existent or inadequate?
   - Yes
   - No
   - Unsure
   If so, where?
   Refer to shade recommendations, pg 18

3. Are there opportunities to better utilise or access existing shade?
   - Yes
   - No
   - Unsure
   If so, what opportunities are there?

4. Can existing shade be relocated to be more compatible with site usage patterns?
   - Yes
   - No
   - Unsure
   If so, what and how?
5. What are the priority areas of shade provision?

6. Are there locations that will allow additional summer shade to be achieved without creating excessive shaded areas in winter?

☐ Yes  ☐ No  ☐ Unsure

7. Are these locations compatible with site usage patterns?

☐ Yes  ☐ No  ☐ Unsure

8. Are some areas of the site likely to have high levels of indirect UV radiation as a result of surface finishes?

For example, lighter colours and smoother surfaces reflect more UV radiation including sand and concrete.

☐ Yes  ☐ No  ☐ Unsure

9. Can these surfaces be modified to reduce the likelihood of indirect (reflected) UV radiation?

☐ Yes  ☐ No  ☐ Unsure

10. Can other measures be adopted to minimise the impact of indirect UV radiation?

☐ Yes  ☐ No  ☐ Unsure

Now you are ready to move on to Stage 4: Recommendations
Stage 4 - Recommendations

There are four stages in doing a shade audit:

Stage 1 – Gather information
Stage 2 – Site fieldwork
Stage 3 – Assessment
Stage 4 – Recommendations

Stage 4 – Recommendations

Use this form to document your shade goals, strategies and timeframe, as well as possible project management options, fundraising and budgeting plans. Possible strategies include: organising a working bee to lop low branches from trees, hiring an architect to design a purpose built shade structure and asking a local nursery to recommend a tree planting strategy.

Example:

Shade goal:
To create shade that covers the children’s sandpit.

Strategies:
1. Invite shade suppliers to submit a proposal for supply and installation of an off-the-shelf shade structure.
2. Form a fundraising committee.

Resources required: Funding required: Desired timeframe:
• Shade supplier to supply and install.
• Volunteers for fundraising committee.

Shade goal 1:

Strategies:

Resources required: Funding required: Desired timeframe:

Shade goal 2:

Strategies:

Resources required: Funding required: Desired timeframe:

Shade goal 3:

Strategies:

Resources required: Funding required: Desired timeframe:

Shade goal 4:

Strategies:

Resources required: Funding required: Desired timeframe:

Available budget: Total funding required: Future opportunities for fundraising:

Refer to funding shade, pg 15 - 16
Shade snippets for funding applications

Use the following shade snippets to assist you in writing your funding application for shade.

Be sure to adapt this information to suit your centre. You may also find some of the information provided within this resource to be useful. Cancer Council WA can provide a letter of support upon request.

1. [Centre name] is committed to reducing the risk of skin cancer for the children in our care. Sun exposure in the first 15 years of life contributes significantly to lifetime skin cancer risk. Australia has the highest rate of skin cancer in the world, with 1 in 2 Australians being treated for skin cancer in their lifetime. Cancer Council Western Australia recognises shade provision as a sustainable and appropriate strategy for reducing sun exposure.

2. The [centre name] shade structure will be modelled from the guidelines provided by Cancer Council Western Australia, as shown in the publication SunSmart Child Care: A guide for service providers (2015).

3. [Centre name] has a sun protection policy which incorporates sun protection education, behaviour and environmental initiatives. The policy encourages positive role modelling, parental involvement, education and the development of a supportive sun safe environment for families and children. The provision of a shade structure for [centre name] would assist us in providing a sun safe environment. Our shade goals were identified in a centre shade audit conducted on [dates]

These shade goals are:

1. 
2. 
3. 
4. 

4. [Centre name] will establish a shade project team to ensure that different perspectives are considered during the shade planning process. Representatives from staff and parent groups as well as relevant professionals will be invited to participate on the project team.

Cancer Council WA produces a number of fact sheets on sun protection and children. Titles include:

- SunSmart tips and newsletter snippets
- SunSmart hats and fact sheet
- Sun protection and your child
- Choosing and using sunscreen

These can be downloaded from the publication section of the Cancer Council WA website: www.cancerwa.asn.au
SunSmart tips and newsletters snippets

These SunSmart tips and newsletter snippets can be used to communicate sun protection messages to parents through your centre’s newsletter. For an electronic version, contact SunSmart at Cancer Council WA.

Email: sunsmart@cancerwa.asn.au
Phone: (08) 9388 4351
Web: www.generationsunsmart.com.au

SunSmart Tips

Sun exposure can lead to skin cancer and other forms of skin and eye damage later in life. Remember to Slip! Slop! Slap! Seek! Slide! These SunSmart tips and newsletter snippets can be used to communicate sun protection messages to parents through your centre’s newsletter. For an electronic version, contact SunSmart at Cancer Council WA.

Web: www.arpansa.gov.au/uvindex/realtime/ Download the SunSmart app for smartphones and tablets today!

Ultraviolet radiation is more powerful and hazardous than visible light. UV radiation is responsible for sunburn, skin cancer and eye damage. The amount of UV radiation varies through the year and the time of day. The higher the level of UV radiation during the day, the more damaging it is. When the UV levels are 3 or above, it is strong enough to damage your skin, so this is when you need to use sun protection.

The real secret of younger looking skin

Too much sun exposure causes wrinkling, discoloration and irreversible skin damage. In fact the majority of the visible signs of ageing are caused by exposure to the sun.

You need proof? Hold your arm out in front of you, palm facing down and look at the skin on the top of your arm. Now turn your palm over and look at the skin on the inside of your arm. Can you see the difference? Generally the top of your arm would have received considerable sun exposure over your life time compared with the inside of your arm.

Children have beautiful, soft, even coloured skin. If your children protect their skin from sun damage from a young age, they will not only have beautiful youthful looking skin when they are your age, they will also be at considerably less risk of skin cancer.

Sunscreens and babies

Staying indoors during the middle of the day, using full shade, clothing and broad brimmed, bucket or legionnaire style hats are the best sun protection measures for babies.

Sunscreens should be applied to those areas of skin that cannot be protected by clothing. Generally sunscreens are safe to use on babies.

A patch test is recommended to check for any allergies or reactions to sunscreen. If there is a reaction you can try a different brand.

What if my child is allergic to sunscreen?

As with all products, discontinue use if you have any reactions such as skin irritation. Try other brands to find a product that suits you. Sensitive skin or fragrance-free varieties are available and may be more suitable.

The shelf life of sunscreen

Australian sunscreens have expiry dates and storage information on the label. Generally sunscreens last for a minimum of two years.

Sunscreens should be stored at room temperature (below 30 degrees) as higher temperatures can cause deterioration. Storing sunscreen in your car, such as in the glove box, is not a good idea.

If the sunscreen has passed its expiry date or if the texture of the sunscreen shows separation of the ingredients, it may not be effective.
Children and sunglasses

Eyes, like skin, are susceptible to damage from ultraviolet (UV) radiation from the sun. Broad brimmed, bucket or legionnaire style hats provide some eye protection but when combined with sunglasses protection is even better.

Children can wear sunglasses when old enough to manage them. Close fitting, wrap around style sunglasses that meet the Australian standard (AS 1067.1) are most protective. Always check the tag when choosing children's sunglasses, as some sold as toys may not meet the Australian standard.

Protection in the car

Car window glass offers some protection from ultraviolet (UV) radiation from the sun, but if you are sitting in the car for a long period you can still get burnt. Extra protection should be taken. Drive with the windows closed where air-conditioning is available. The use of suitable clothing, such as a long sleeved shirt and sunscreen will help protect you and your children. Sunglasses will provide added protection for the eyes and gloves will protect the backs of the hands. Long sleeve is available for wearing on the arm nearest to the car window. Window tints or window shades will provide additional protection and reduce glare. Cancer Council has endorsed a window tint product available through the after sales service at AHG dealerships.

What happens when you are sunburnt?

Unfortunately once you are sunburnt, you can’t reverse the damage. Ultraviolet (UV) radiation from the sun has penetrated the skin and damaged the DNA in the skin cells, causing swelling and redness. This damage accumulates with every sunburn, increasing the risk of skin cancer later in life. Skin damage can also occur without sunburn - sunburn just demonstrates more severe damage.

Even when you go out in the sun and don’t get sunburnt you may still be damaging your skin. Learn from the experience and remember to Slip, Slop, Slap, Seek and Slide!

The UV Index in weather reports – what do these numbers mean?

Table 1. WHO UV radiation recommendations

<table>
<thead>
<tr>
<th>UV INDEX</th>
<th>1-2</th>
<th>3-4</th>
<th>5-6</th>
<th>7-8</th>
<th>9-10</th>
<th>11+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Moderate</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>High</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Very high</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Extreme</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

You can safely stay outside! Seek shade during midday hours! Slip on a shirt, slap on sunscreen and slap on a hat! Avoid being outside during midday hours! Make sure you seek shade! Shirt, sunscreen and hat are a must!


UV is an abbreviation for ultraviolet, which is the radiation from the sun that causes skin and eye damage including skin cancer and premature ageing of the skin. Just as a weather forecast tells us the expected temperature, the UV index gives us a forecast of how high the UV radiation from the sun will be. This maximum is usually reached when the sun is highest in the sky (around noon). The UV Index starts at 0 and is open ended. The World Health Organization has the following recommendations on how much sun protection you need based on these numbers (Table 1).

The higher the number the quicker you can damage your skin in the sun. When planning outdoor activities check the UV radiation forecast rather than the temperature, as a guide to the amount of danger from UV radiation. The UV forecast is provided by the Bureau of Meteorology on their website www.bom.gov.au/uv and is also reported in some newspaper, radio and television weather reports, and at www.myUV.com.au

Information, facts and support about cancer

Cancer Council provides information about cancer related issues and support services for individuals, families and communities affected by cancer. Not only are we supported by health care professionals in updating our information, but we also support them in caring for cancer patients, their families and communities.

If you would like information, facts or support about cancer call Cancer Council on 13 11 20 for the cost of a local call statewide:

Weekdays 8 am to 6 pm
Email: questions@cancerwa.asn.au
We’re your compass through cancer
13 11 20

For support and information on cancer and cancer-related issues, call Cancer Council on 13 11 20.