

SunSmart Coaches Tip Sheet

Information for Coaches / Deliverers

- The delivery of the event has been funded by Healthway
- In the delivery of the event, the SunSmart message can be integrated and promoted by the use of the signage, equipment etc. provided in the sponsorship.
- Please ensure you are a role model for the children and have the appropriate sun protection measures in place according to the sun protection times, UV and session environment being inside or outside etc. If required, please contact Healthway to arrange for appropriate sun protective clothing.

Why the SunSmart message is important

- The sun's ultraviolet (UV) radiation is both a major cause of skin cancer and the best natural source of vitamin D. A healthy UV exposure balance helps maintain vitamin D levels and minimises the risk of skin and eye damage, sunburn and skin cancer
- During the daily sun protection times (and whenever UV levels are 3 or above) use a combination of these five sun protection measures:
 1. **Slip** on sun protective clothing
 2. **Slop** on SPF30 or higher, broad-spectrum, water-resistant sun screen
 3. **Slap** on a hat
 4. **Seek** shade
 5. **Slide** on sunglasses
- Healthway's sponsorships promoting the SunSmart messages aim to deliver the following key messages:
 1. When the UV Index is 3 or above – be SunSmart.
 2. Protect yourself in 5 ways from skin cancer – Slip, Slop, Slap, Seek and Slide.
 3. Be SunSmart – visit www.myUV.com.au for your UV forecast.
 4. The good news is that skin cancer is largely preventable by being SunSmart.
 5. Being SunSmart is a simple and effective way to reduce your risk of developing skin cancer
 6. Western Australia has amongst the highest skin cancer rates in Australia. More than 70,000 people will be diagnosed with skin cancer and around 200 deaths are attributable to skin cancer each year in Western Australia. Treatment of skin cancer costs Western Australia more than \$50 million per year (this to be targeted more at young people and adults)
- Access more information on Tennis specific UV information [here](#)

How to educate and promote awareness of the SunSmart message to children (aged 12 years and under)

- Modelling is a very powerful teaching tool. Children learn much more from what we do than from what we say. This means that it is very important for all educators and other staff, as well as family members and visitors, to wear hats, appropriate clothing and apply sunscreen when outdoors.
- There needs to be a balanced message about the importance of getting enough sun to ensure adequate amounts of vitamin D and using a combination of sun protection measures to protect the skin and eyes.
- Children may have questions about different skin tones and may wonder about whether dark skin will burn. These questions and discussions offer powerful opportunities for educators to talk in respectful ways about similarities and differences and to clarify any misconceptions that children have. Highlight to the children that even though we may all look different, we are still the same.
- It is recommended that children from about three years are encouraged to apply their own sunscreen under supervision. As an Educator, you can encourage children to remind each other about wearing hats and applying sunscreen. Enlisting children's help in reminding others nurtures a sense of community and caring for each other.
- Wearing hats are non-negotiable practices in services, even when children protest in words or actions. Having respectful partnerships with children means that educators acknowledge children's feelings when they resist and encourage and support them to go along with the requirement.

Different ways to integrate the SunSmart message into the session

1. Beginning of the session:

- At the beginning of each session, you are able to integrate the sponsorship and the SunSmart message. This could be by acknowledging Healthway as sponsor of the session and ask questions.
- Questioning can include:
 - *“SunSmart has helped us bring this program to you today at [club name]. What message do you think they want me to tell you?”* – encourage the children to answer. Ask them to look at your clothing/hat/signage for clues. If they still don’t know, ask them to look at signage.
- Once the children have recognised the health message is SunSmart, quiz the children on the five ways they can be SunSmart (**Slip, Slop, Slap, Seek, Slide**), this will start the engagement and thinking of the health message.
- **EXPLAIN:** to the children that they need to protect themselves from the sun’s ultraviolet (UV) radiation. Explain that this comes from directly from the sun and is what can hurt their eyes and skin.
- **EXPLAIN:** to the children when the UV radiation level is 3 or above, they need to be SunSmart by the five sun protection measures (Slip, Slop, Slap, Seek and Shade).
- **EXPLAIN:** to the children that being SunSmart doesn’t mean they shouldn’t go outside and play in the sun because the sun gives them Vitamin D, an important vitamin to help them have a healthy body but by remembering the five ways to be SunSmart (Slip, Slop, Slap, Seek, Slide) so they protect their eyes and skin.

PLEASE NOTE:

- There needs to be a balanced message about the importance of getting enough sun to ensure adequate amounts of vitamin D and using a combination of sun protection measures to protect the skin and eyes.
- It could be a good idea to download the Cancer Council’s UV forecast app on your phone and have this ready at the start of the session. The UV forecast app is in the app store or www.myUV.com.au.

ADDITIONAL OPTIONS

- Take the opportunity to check the UV forecast at the start of the session, to check if the UV is over 3 or above. If the UV is under and/or over integrate and take the opportunity to quiz the children on the five ways to be SunSmart (**Slip, Slop, Slap, Seek and Slide**) in sun protection times.
- If required and to assist in children to further understand the SunSmart message, a comparison can be made with foods and eating. This is through informing children that just as there are good amounts of sun and good times to get sun; it is the same as it is to being healthy. To be healthy you need to eat the healthy foods in reasonable amounts. Too much food, or eating lots of unhealthy food, is not good for us, just as too much sun, or sun that has high UV levels can be unhealthy for us.

2. Throughout the session’s activities

- Integrate SunSmart key messages into fun games, activities and match practice.
- Examples include:
 - Use the SunSmart signage into warm up/warm down activities and games e.g. run to the SunSmart sign and back etc.
 - When doing throwing or hitting drills, put the SunSmart signage in a position where the children can aim for or throw/pass over
 - If splitting children into teams, give the teams an opportunity to name their team one of the five ways to be SunSmart e.g. slip on protective clothing vs slap on SPF 30+ sunscreen or slap on a hat vs seek shade. Always remember to refer to the teams as these names.
 - With younger children, get them to yell out at the end of the lesson – what is the health message? e.g. “I can’t hear you? and/or “what is the nearest club or school you may want to join or play Tennis?” I can’t hear you? “What is the health message again?” etc.






3. End of the session

- At the end of each session, you are able to integrate and reinforce the sponsorship and the health message. This could be by acknowledging SunSmart as the event partner.
- Questioning can include:
 - “SunSmart has helped us bring this program to you today at [club name]. What message do you think they want me to tell you?” – encourage the children to answer. Ask them to look at your clothing/hat/signage for clues. If they still don’t know, ask them to look at signage.
- Once the children have recognised the health message is SunSmart again, quiz the children on the five ways they can be SunSmart (**Slip, Slop, Slap, Seek, Slide**) again, this will reinforce the engagement and thinking of the health message from questioning at the start and throughout the session.
- Once the children have recognised the five ways they can be SunSmart (**Slip, Slop, Slap, Seek, Slide**) ask the following questions:
 - What Vitamin does the sun give everyone so we a healthy body? ANSWER: VITAMIN D
 - What number does the UV radiation level have to be when you need to be SunSmart? ANSWER: 3 AND ABOVE
 - If we aren’t SunSmart when the UV radiation is 3 or above, what can we hurt on our body? Our eyes and _____? ANSWER: SKIN
- **EXPLAIN:** to the children that being SunSmart doesn’t mean they shouldn’t go outside and play in the sun because the sun gives them Vitamin D, an important vitamin to help them have a healthy body but by remembering the five ways to be SunSmart (Slip, Slop, Slap, Seek, Slide) so they protect their eyes and skin.

ADDITIONAL OPTIONS

- If time permits, you are able to take another opportunity to check the UV forecast at the end of the session and see if this has changed since the start of the session

How to be SunSmart - Protect yourself from skin cancer in five ways

	<p>Slip on protective clothing</p> <ul style="list-style-type: none"> • Look for designs that cover as much skin as possible. • Choose materials with a close weave and darker colours as they absorb more UV radiation.
	<p>Slop on SPF 30+ sunscreen</p> <ul style="list-style-type: none"> • Make sure it is broad spectrum (blocks both UVA and UVB rays) and water-resistant. • Apply generously to clean, dry skin 20 minutes before going outdoors and re-apply every 2 hours. Layer sunscreen on rather than rubbing it in.
	<p>Slap on a hat</p> <ul style="list-style-type: none"> • Wear a hat that covers your face, head, neck and ears. • Broad-brimmed hats with a brim of 7.5cm or more. • Bucket hats with a brim of at least 6cm. • Legionnaire style hats. The flap should cover the ears and meet the sides of the front peak to protect the ears and sides of the face.
	<p>Seek shade</p> <ul style="list-style-type: none"> • Make use of trees or built shade or bring your own. • UV radiation will reflect off sand, water and paving so it is important to use sun protection even whilst in the shade.
	<p>Slide on some sunglasses</p> <ul style="list-style-type: none"> • Close fitting wrap-around styles offer the best protection. • Sunglasses are an important way of reducing eye damage from UV radiation.