



Outdoor play the SunSmart way

SunSmart play

Active, outdoor play is important for health, wellbeing and development.

SunSmart encourages children to enjoy outdoor play each day across the year but please remember to use the 5 SunSmart steps for all outdoor play during the sun protection times (whenever UV levels reach three or more). Sun hats, covering clothing, sunscreen, shade, and if practical, sunglasses will help protect children from the UV when they are outside.

Please take as much care if the UV is 3 or 6 or 9. UV damage is cumulative so a little UV for a long time can damage skin. When UV levels are high, this damage occurs more quickly.

Keep safe in the sun

Check SunSmart's daily sun protection times so you know when you do and don't need sun protection each day. These are available from the free SunSmart app, online (sunsmart.com.au or myuv.com.au), in the weather section of the newspaper or as a free website widget. Perhaps you can add the widget to your service's website? If you can't check the sun protection times each day, be SunSmart **from mid-August to the end of April** in Victoria.

- 1. SLIP on cool, covering clothing** that covers as much skin as possible.
- 2. SLOP on SPF 30 (or higher) sunscreen.** Make sure it's broad-spectrum and water-resistant. Apply a generous amount and reapply it every **two** hours.
- 3. SLAP on a hat** that protects the face, neck and ears. Choose a wide-brimmed, legionnaire or bucket hat. Peak caps and visors do not offer enough UV protection so leave those ones inside!
- 4. SEEK shade**
Choose shady spots for play whenever possible.
- 5. SLIDE on wrap-around AS1067 sunglasses**
When appropriate and practical, help protect the eyes with sunglasses.

Shady play

Good quality shade can reduce overall exposure to the sun's UV. When combined with appropriate clothing, hats and sunscreen, children can be well protected from UV when outdoors.

Research shows that spacious preschool environments with trees, shrubbery, and broken ground triggers more physical activity and provides better sun protection in outdoor play.

Shady and natural play spaces are also requirements of the Education and Care Services National Regulations (Reg. 113,114)

How shady is your outdoor play space?

Visit sunsmart.com.au/protect-your-skin/seek-shade for more information.

