

## Healthway Partnership Junior Coaching Tip Sheet

### Information for Development Officers and Coaches

- Swimming WA is supported by Healthway.
- In the delivery of junior programs, the SunSmart message can be integrated and promoted by the use of the signage, equipment, communication and education.
- Ensure you are a good role model by wearing sunscreen, a hat, long sleeves and holding activities in shade where possible.
- Encourage participants to drink water and eat healthy snacks to stay energised and hydrated during sport.

### 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.
- 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)
- The good news is that skin cancer is largely preventable by being SunSmart.

### How do we promote the SunSmart message?

- When the UV Index is 3 or above – be SunSmart.
- Be SunSmart – visit [www.myUV.com.au](http://www.myUV.com.au) for your UV forecast.
- Being SunSmart is a simple and effective way to reduce your risk of developing 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:
  - **Slip** on sun protective clothing
  - **Slop** on SPF30 or higher, broad-spectrum, water-resistant sun screen
  - **Slap** on a hat
  - **Seek** shade
  - **Slide** on sunglasses

### How can we educate young people about SunSmart behaviours?

- Role model sun protective behaviours. Young people learn as much from what we do as from what we say. It is important for all educators and other staff to wear hats, appropriate clothing and apply sunscreen when outdoors.
- Creating a SunSmart environment teaches young people that being SunSmart is the norm for sport. Providing shade and free sunscreen lets young people know these things are important.
- Have a requirement for participants to wear hats where appropriate, support young people when they resist and encourage them to remind each other about sun protection.
- Ask questions and allowing young people to ask their own.

## Integrating the SunSmart message into Swimming Club activities and events

### *Prior to attendance or commencing activities*

- Remind participants to pack a hat, bottle of water and a healthy snack for the event.
- Encourage participants to apply SPF30+ sunscreen to all areas of exposed skin at least 20 minutes before training begins and before sun exposure.
- Educate participants on how to apply your sunscreen: 1 teaspoon for your face, neck and ears, and 1 teaspoon for each arm, each leg, your front and your back.






### *Beginning and during activities*

- Try integrating the SunSmart message into your introduction using a Q&A:
  - *“Healthway is supporting us to run the Swimming WA program and to be safe in the sun when we are doing our sport. How do you think we can do this?”*
  - Encourage children to recognise the five ways to be SunSmart:  
*Slip, Slop, Slap, Seek, Slide*
  - **EXPLAIN:** being SunSmart doesn't mean we shouldn't go out in the sun because the sun gives us Vitamin D, an important vitamin to stay healthy, but we need to protect ourselves from UV radiation which is harmful to eyes and skin.
  - **EXPLAIN:** when the UV radiation level is 3 or above, we need to use the five sun protection measures (Slip, Slop, Slap, Seek and Shade).
- Check the UV forecast at [myuv.com.au](http://myuv.com.au) or via the **SunSmart app**. Read the forecast:
  - **Example:** *Today, the UV forecast for Fremantle is 7, which is high. Sun protection is recommended between 9:10am – 3:10pm.* so we will be making sure we're SunSmart today.
- Use the SunSmart Myths about Sun Protection resource to ask participants to answer true or false to a sun protection myth:
  - **Example:** Only sunbathers get skin cancer, True or **False**?
- Use the SunSmart signage into warm up/warm down activities and games e.g. run to the SunSmart sign and back, weave around the SunSmart signs in the warm up etc.

### *Ending the session*

- Check the UV forecast again and see if this has changed since the start of the session.
  - This is an opportunity for participants to learn about sun protection times.
- Reinforce the SunSmart message by asking questions such as:
  - What are the five ways to be SunSmart? (Slip, Slop, Slap, Seek, Slide)
  - What Vitamin do we get from the sun that is healthy for our body? (Vitamin D)
  - At what UV radiation level do we need to be SunSmart? (3 and above)
  - Which body parts can be harmed by UV if we aren't SunSmart? (Eyes and Skin)
- Reinforce what it means to be ready for Swimming Club, by asking what we need to do?
  - Apply sunscreen, bring a hat and a long sleeve rashie, bring a water bottle, and a healthy snack.

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

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