

Policy Title:	SunSmart Policy
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Author:	Operations Manager
Owner:	Chief Executive Officer
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INTRODUCTION

Lionheart Camp for Kids (Lionheart) is committed to safeguarding the health and wellbeing of all participants, staff, and volunteers by actively promoting sun protection measures. Given Australia's high rates of skin cancer, Lionheart recognises the critical importance of reducing UV exposure through evidence-based practices and ongoing education.

PURPOSE

This policy aims to reduce the risk of skin cancer and sun-related harm by implementing best-practice sun protection strategies in line with recommendations from the Cancer Council's SunSmart program. It applies to all participants, staff, and volunteers engaged in Lionheart activities. This also applies to any external contractors, guest facilitators, or professionals involved in program delivery.

DEFINITIONS

- *Participants:* Children and young people attending LHCK programs.
- *UV Radiation:* Ultraviolet radiation from the sun, which can cause skin damage and increase cancer risk.
- *Shade Structures:* Portable or fixed equipment designed to block UV radiation.
- *Extreme UV Levels:* UV Index of 11 and above, where unprotected skin damage can occur within minutes.
- *SunSmart Program:* A public health initiative by Cancer Council Australia promoting sun protection.
- *Protective Clothing:* Clothing that covers as much skin as possible, including hats and long-sleeved shirts.

POLICY

Lionheart is committed to embedding proactive sun smart strategies into all activities, ensuring participants, staff, and volunteers are protected from harmful UV radiation. Our sun safety initiatives will be regularly monitored and improved based on:

- Current best practices and participant needs.
- Compliance with WA and Commonwealth legislation, including the Occupational Safety and Health Act 1984 (WA) and Work Health and Safety Act 2011 (Cth).
- Sun protection strategies will be monitored and reviewed to ensure their effectiveness during all Lionheart activities.
- Alignment with ACNC Governance Standards regarding duty of care.
- Adoption of the Cancer Council's combination of sun protection measures.

PROCEDURE

Clothing

- Staff, volunteers, and participants required to bring hats to programs and encouraged to wear broad-brimmed, bucket, or legionnaire-style hats during outdoor activities.
- Lionheart will provide spare hats and long-sleeved shirts if required.
- Protective clothing, including sunglasses that meet Australian standards, is strongly encouraged.

Sunscreen

- Broad-spectrum, water-resistant sunscreen (SPF 30+ or higher) will be provided at all programs.
- Sunscreen must be applied prior to arrival and at least 20 minutes before outdoor exposure and reapplied every two hours.
- Participants engaging in water activities must reapply sunscreen more frequently.
- Participants are encouraged to apply their own sunscreen, however if a participant requires assistance to apply, Lionheart staff or volunteers will:
 - First use hands-off guidance (verbal only)
 - Utilise spray sunscreen where available
 - Approach the parent/carer to gain consent to assist with application, with two Lionheart staff or volunteers being present for the application.

Outdoor Activities

- Outdoor activities should be scheduled outside peak UV periods (10 am – 3 pm) wherever possible.
- The Bureau of Meteorology UV alerts will be monitored daily by the Camp Manager to inform activity scheduling and sun protection measures.
- If unavoidable, sun exposure will be limited to one hour per session.
- Lionheart will maximise the use of natural and artificial shade and provide portable shade structures as needed.
- Adequate drinking water will be supplied at all events.

Swimming Activities

Should swimming activities be part of Lionheart's programmed activities:

- Participants must wear water-resistant sunscreen and reapply immediately after swimming.
- Protective clothing should be worn when out of the water.
- Participants are encouraged to wear swim shirts (rashies) during water activities for additional protection.
- Swimming sessions may be rescheduled if UV levels are extreme.

Sun Awareness Promotion

- Sun safety education will be incorporated into Lionheart programs and promotional materials.
- Staff and volunteers will model appropriate sun-safe behaviours.
- Sun safety education will be culturally appropriate, respectful, and age-appropriate, recognising the diverse backgrounds of Lionheart participants.
- Sun protection policies will be regularly communicated to parents and caregivers.

Roles and Responsibilities

Staff and Volunteers

- Model sun-safe behaviours.
- Ensure sun protection procedures are followed during activities.
- Support children to understand and apply sun protection practices.

Parents and Caregivers

- Provide children with appropriate sun-safe clothing and hats.
- Apply sunscreen to children prior to program commencement, where possible.

REVIEW

This policy will be reviewed every two years or as required to ensure compliance with legislative changes and best practice.

RELATED DOCUMENTS

- Child and Vulnerable People Safety Policy
- Risk Management Policy

REFERENCES

- Work Health and Safety Act 2011 (Cth)
- Occupational Safety and Health Act 1984 (WA)
- Cancer Council SunSmart Guidelines: www.cancer.org.au
- Bureau of Meteorology UV Alerts: www.bom.gov.au/uv
- Sunsmart: [SunSmart: Prevent skin cancer & sunburn this summer - SunSmart](#)

KEY CONTACT PERSON

For further information please contact the Operations Manager by emailing enquiries@lionheartcampforkids.com.au.