



## Dreamworld's Healthy Habit Attack

Student Name: .....

School:.....

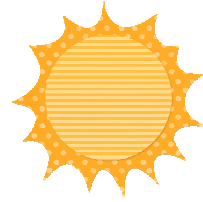
# Sun Safety

## MISSION

You have the chance to put on your detective hat and ride the wave of excitement at Dreamworld. Together you and your class mates will be part of the **ACTIVE DREAMWORLD CHALLENGE** and investigate ways in which we can live more healthy lives.

**GET INVOLVED, BE ACTIVE AND HAVE FUN!!!**

# Sun Safety



## PRE - TRIP EXERCISE

1) Australia has one of the highest incidences of skin cancer in the world. Explain why exposure to the sun is a health issue for young people.

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Ultraviolet (UV) radiation is a human carcinogen of which there are three types:

- UVA (contributes to premature ageing and wrinkling of the skin)
- UVB (major cause of skin cancers, sunburning and cataracts) and
- UVC (is absorbed in the atmosphere and does not reach the earth's surface).

Skin cancer is mainly caused by too much UV radiation from the sun and other sources like solariums. Sun exposure is the cause of around 99% of non-melanoma skin cancers and 95% of melanoma (the most dangerous form of skin cancer) in Australia, this is why it is so important to take up health sun safety practices.

[SunSmartVictoria](#) (2008) Sun Protection in Australia

2) Why do you think Australia has a high rate of skin cancer?

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3) We are constantly told by our parents, our teachers and the media of the importance of sun protection. How important is sun protection in preventing health problems for you and your friends? List as many sun protection items you know.

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# SLIP SLOP SLAP



## AT DREAMWORLD

- 1) Dreamworld has a Sun Policy aimed at limiting the amount of exposure for staff members working in the Queensland sun and reducing the risk of sun cancer. As you walk around the park, list as many different measures Dreamworld staff members use to help protect themselves from the sun.

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- 2) Whilst enjoying a day of action-packed fun, it is extremely important that visitors adopt sun safety practices while walking around the park. Does Dreamworld encourage visitors to protect themselves from the sun? If so how? (For example what facilities are provided?)

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- 3) What does your school do so that students can avoid or minimise their exposure to the sun?

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## POST-TRIP EXERCISE

In small groups of three or four create a fun advertising campaign for Dreamworld to use in order to get visitors to adopt sun safety practices when visiting the park.

Each month Dreamworld will select **The Best School Campaign** and show the winner on our website.



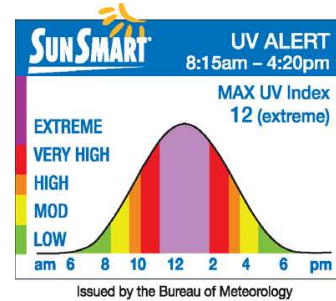
## EXTENSION ACTIVITY

UV radiation levels vary in strength across Australia on any given day. During the middle part of the day around solar noon (i.e. generally between 10am – 3pm), when the sun is directly overhead, the earth receives 60% of the day’s UV radiation. This is also when UV radiation levels reach their peak.

The Bureau of Meteorology issues the SunSmart UV Alert whenever the UV Index is forecast moderate and above. The time period displayed in the SunSmart UV Alert advises when to use sun protection when outdoors. As you can see, extra care should be taken between 10am to 3pm when UV Index levels reach their peak.

Using the Sun Smart UV Alert guideline analyse the rides, shows and attractions available at Dreamworld and propose an itinerary to minimise sun exposure for one of the follow groups:

1. Thrill seekers
2. Japanese tour groups
3. Families with young kids



**Tip:** Collect a Park Map or click on to the interactive park map on the website to make sure you select the best itinerary to maximise the guest’s day in the park  
[http://www.dreamworld.com.au/content/drw\\_2008\\_shopping.asp?name=ParkMap](http://www.dreamworld.com.au/content/drw_2008_shopping.asp?name=ParkMap)

GROUP \_\_\_\_\_  
10 am – 12 noon

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12 noon – 2 pm

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2 pm – 4pm

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