

Polocrosse Hydration and Heat Stress Guide



The Polocrosse Association of Australia strives to ensure Polocrosse has a sports system that supports and offers quality Polocrosse experiences for all members. The Hydration and Heat Stress Guideline has been adopted to ensure that all members are afforded with a positive experience whilst participating in all aspects of the Sport.

The Polocrosse Association of Australia entrust that all our members, which includes affiliated State Associations, Clubs, players, officials, volunteers and contractors acknowledge and encourage the implementation of this Guide.

The physiological and structural difference between children and adults places children at a greater risk of suffering from dehydration and heat illness. These differences impact on a child's ability to respond to environmental heat and acclimatise to heat.



Exercise, in particular, in hot or humid weather will result in additional fluid loss and increase the risk of dehydration. The more a player sweats, the more fluid he/she must consume to avoid dehydration. Dehydration contributes to fatigue and may make players more susceptible to heat stress.

It is important that Players are aware of Heat Stress, symptoms include: Fatigue; Nausea; Headache; Confusion and Light-headedness.

To diminish the risk of heat stress fluid should be consumed at regular intervals. Polocrosse Australia encourages the following strategies:

1. Each Player should have their own water bottle.
2. Drink fluid before, during and after the Game.
3. At the conclusion of each Chukka players should be encouraged to drink fluids.
4. Seek shade where possible.



Please seek medical assistance if you suspect a Player may be suffering from Heat Stress