

Polocrosse is Sun Smart



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

Australia has the highest rate of skin cancer in the world and sun exposure during childhood and adolescence is a risk factor for skin cancer later in life. The Polocrosse Association of Australia is committed to ensuring our members are aware of the risks of sun exposure.

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

For the best protection against UV radiation:

Slip on some sun protective clothing – that covers as much skin as possible.

Slop on SPF30+ sunscreen – make sure it is broad spectrum and water resistant.
Put it on 20 minutes before you go outdoors and every two hours afterwards.
Sunscreen should never be used to extend the time you spend in the sun.

Slap on a hat – that protects your face, head, necks and ears – wide brimmed or legionnaires.

Seek shade.

Slide on some sunglasses – make sure they meet Australian Standards.



It is also recommended...

Club Officials should act as SunSmart Role Models.

The period of greatest risk to ultraviolet radiation is the two hours either side of the solar noon, this is when the sun is directly overhead - 10am – 2pm (and 11am – 3pm during daylight saving). Clubs are encouraged to remember this when scheduling games

To encourage spectators and players to come well prepared by reminding them to be SunSmart before arriving at a Polocrosse event.

Canteens make Sunscreen available for sale.



Encouraging sun protection throughout the day through signage and announcements over the Public Address System to Slip Slop Slap.