

Polocrosse Weather 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 Weather 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.

Climatic conditions vary throughout Australia and individuals; Polocrosse Australia recommends that clubs and associations apply commonsense guidelines to climatic conditions and action should be taken promptly by Umpires, Coaches and Administrators to cease play under any conditions that may be dangerous to the players, officials and spectators.

Umpires, Coaches and Administrators should regularly monitor weather conditions during the day of play.

Lightening & Thunder Activity

Umpires, Coaches and Administrators will suspend play when any visible lightning is observed or heard irrespective of the location of the storm or the direction in which it is moving.



They should be aware of how close lightning is occurring. The "flash to bang" method is the easiest and most convenient way to estimate how far away lightning activity is occurring. Simply stated, count the seconds from the time the lightning ("flash") is sighted to when the clap of thunder ("bang") is heard. (*Divide this number by five* to obtain how far away (in miles) lightning is occurring.)

Play should not resume until at least 30 minutes after the last lightning.

Hot Weather

Umpires, Coaches and Administrators should avoid scheduling games during the hottest part of the day (usually 11:00am - 3:00pm). Games outside of this time should be a consideration throughout summer regardless of the temperature.



Ambient Temperature

It is the most easily understood guide available, and is most useful on hot, dry days.

Ambient Temperature	Relative Humidity	Risk of Thermal Injury	Possible Modifying Action for vigorous sustained activity.
15 – 20		Low	Heat illness can occur in distance running
21-25	< 60%	Low – moderate	Increase vigilance.

26 – 30	< 50%	Moderate	Moderate early pre-season training; Reduce intensity & duration; take more breaks
31 – 35	< 30%	High – Very High	Limit intensity. Limit duration to less than 60 minute sessions
36 and above	< 25%	Extreme	Postponement/cancellation

Games conducted in dry climate areas should be cancelled if the actual or official forecast temperature (ambient temperature) as advised by the Bureau of Meteorology at 9am on the day of the game is 36 degrees or higher. However it should be considered to cancel if the temperature is between 31 – 35 degrees.

Wet Bulb Globe Temperature (WBGT)

The WBGT is not the same as Ambient or 'Dry' temperature as the WBGT accounts for the levels of humidity, radiation, wind movement and ambient temperature.

WBGT should be measured on site immediately prior to the start of an activity or event using a specific WBGT thermometer. This is done to ensure measurements are reflective of the conditions at which the event is to be played.

At WBGT between 23 and 28 degrees Celsius there is a high risk of heat injury.
At WBGT between 18 and 22 degrees Celsius there is a moderate risk of heat injury
At WBGT below 18 degrees Celsius there is a minimal risk of heat injury

Games conducted in humid climate areas should be cancelled if the actual or official forecast temperature as advised by the Bureau of Meteorology at 9am on the day of the game is between 23 and 28 degrees or higher.

Wet Weather

Umpires, Coaches and Administrators should suspend play if it is dangerous to the players, officials and spectators; and if the playing surface exhibit any of the following characteristics:

- Surface water present
- Water rises to the surface when walking across the surface (indicates soil is at saturation point).
- Surface is slippery to walk on, or grass dislodged easily
- Heavy and/or consistent rains occurs immediately prior to or during training or play.

