Hit-off: Polo is an equestrian team sport, played by two teams of four athletes. There is a paucity of literature concerning Polo, focussing predominantly on injury rates, with minimal performance literature. This poster details key characteristics of Polo that are comparable to other areas of applied research, this therefore lends Polo to being further investigated by Sport Science practitioners.

Polo games consist of four or six 7-minute periods of play (chukkas) with a maximum of 14 horses per player, per game. This presents a novel approach to studying HIIT responses, and physiological profiles in both human and equine athletes in tandem.

Final Chukka: Polo presents many opportunities in the areas of biomechanics, physiology, performance analysis and athlete wellbeing. However there are idiosyncrasies unique to Polo which may challenge conventional sport science strategies, such as the handicapping system and Polo performance being the manifestation of human and equine attributes.

Both male and female athletes play Polo, in either single or mixed sex matches. When combined with the nuanced handicap system, this presents a fascinating challenge to the researcher.

The current influx of ex-racehorses into the sport suggests play will likely change in nature and increase in pace, due to increased top running speeds (~70km/h).

The stochastic demands of riding whilst performing accuracy based motor tasks, with potential contact from other players, requires a consistent swing pattern, this has not been objectively measured in current literature.