

SRVUSD Safety Recommendations for Heat Safety on Artificial Turf Athletic Fields:

The American Academy of Pediatrics recommends the following for children and adolescents

(note: does not refer specifically to young adults):

1. The intensity of activities that last 15 minutes or more should be reduced whenever relative humidity, solar radiation, and air temperature are above critical levels. One way of increasing rest periods on a hot day is to substitute players frequently.
2. At the beginning of a strenuous exercise program or after traveling to a warmer climate, the intensity and duration of exercise should be limited initially and then gradually increased during a period of 10 to 14 days to accomplish acclimatization to the heat. When such a period is not available, the length of time for participants during practice and competition should be curtailed.
3. Before prolonged physical activity, the child should be well-hydrated. During the activity, periodic drinking should be enforced (e.g., each 20 minutes 150 mL [5 oz.] of cold tap water or a flavored salted beverage for a child weighing 40 kg (88 lbs.) and 250 mL [9 oz.] for an adolescent weighing 60 kg (132 lbs.)), even if the child does not feel thirsty. Weighing before and after a training session can verify hydration status if the child is weighed wearing little or no clothing.
4. Clothing should be light-colored and lightweight and limited to one layer of absorbent material to facilitate evaporation of sweat. Sweat-saturated garments should be replaced by dry garments. Rubberized sweat suits should never be used to produce loss of weight.

Because of the potential for high temperatures on infilled synthetic turf fields, it is important that people who play or work on the fields be provided with adequate warnings regarding the potential for heat stress. People should also be advised to remain hydrated and to seek relief from the heat in shaded areas.

Excerpted from NY State Department of Health "Fact Sheet: Crumb-rubber Infilled Synthetic Turf Athletic Fields" July 2008