



# WESTPORT CONNECTICUT PARKS AND RECREATION DEPARTMENT

LONGSHORE CLUB PARK

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To: Synthetic Athletic Turf Users

Date: August 4, 2008

Re: Heat Advisory

The Parks and Recreation Department reminds all athletic field users that SAT fields retain heat and in warm weather can be substantially hotter than grass fields. In supervising activities on SAT fields, coaches should assure players are well hydrated. Take frequent water breaks and have additional water available. Coaches should always be aware of the signs of heat exhaustion and heat stroke in athletes and take appropriate first aid measures.

If at any time you have a concern for the safety of your players you should immediately discontinue use of the fields. Activities can be moved to an adjacent available grass field or the activity should be suspended and resumed when in more moderate temperatures.

**Below please find American Red Cross information on identification and treatment of heat related illnesses.**

## heat-related illness

Warm weather means activities and fun under the sun! Whether you love putting on shorts and feeling the warm outdoors, or find it hot and sticky, everyone must be careful not to let a heat-related illness spoil the day.

Normally, the body has ways of keeping itself cool, by letting heat escape through the skin, and by evaporating sweat (perspiration). If the body does not cool properly or does not cool enough, the victim may suffer a heat-related illness. Anyone can be susceptible although the very young and very old are at greater risk. Heat-related illnesses can become serious or even deadly if unattended.

### Preventing Heat-Related Illness

**Dress for the heat.** Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy. It is also a good idea to wear hats or to use an umbrella.

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