



DEPARTMENTAL POLICY

NEW POLICY
 POLICY UPDATE
Policy No. _____

APPROVAL DATE: July 11, 2017
POLICY DELEGATION No.: 2017-001

SUBJECT: Mary Grogan Soccer Complex Heat Management Policy

PURPOSE & SCOPE:

It is the intent of the department to provide a safe location for community members to interact and play. Due to the nature of the synthetic turf at the complex, high temperatures pose an increased threat to the overall safety and comfort of our participants and staff.

Due to the desire to provide timely information on closures to both renters and the public, the department will be utilizing the forecast from the prior day to determine complex closures in accordance with the phased approach outlined below. This has been determined to be the more efficient alternative to hourly staff measurements of field temperatures with the Non-Contact Infrared Thermometer (Temperature Gun).

The policy & procedure below will be provided to all facility renters as well as posted on the department website and on the public information boards located at the facility.

POLICY & PROCEDURE:

At all times renters and sports organizations using the facility shall have the responsibility to encourage participants to regularly take breaks from use and to drink plenty of fluids. All renters and sports organizations using the facility shall actively look for signs of heat illness and shall encourage participants exhibiting any sign of said illness to take steps as outlined in the attached Heat Safety Basics and to contact medical personnel if necessary.

Phase 1 – During forecasted weather of 85 degrees F to 99 degrees F

All renters and sports organizations using the facility shall have the responsibility to require mandatory water breaks after every 15 minutes of activity when playing on the synthetic turf fields.

Phase 2 – During forecasted weather of 100 degrees F to 104 degrees F

The synthetic turf fields will be closed to use between 12 noon and 7pm. All rentals scheduled within this timeframe will be given the option to cancel their synthetic turf reservation without penalty or move their reservation to a grass field (if available). Should a renter choose to use a grass field they would be given a refund of any difference in the fee for use of a grass field.

The soccer complex will remain available on any day of the week from 7pm until dusk and on weekends from 8am to 12 noon for community use and reservations.

In the event that there are not any scheduled rentals, the Parks, Recreation and Neighborhoods Director shall have full authority to close the soccer complex to all use at their own discretion.

Phase 3 – During forecasted weather of 105 degrees F and above

The entire complex will be closed after 12 noon. All rentals within this time period will be given a full refund.

During weekend open hours Recreation Staff will check the synthetic turf conditions and if necessary will relocate users to grass fields (if available) or close the complex accordingly.

When Phase 3 is in effect, all safety precautions from Phase I and Phase II will be enforced (ie Mandatory water breaks, etc) during the complex operating hours.

The Parks, Recreation & Neighborhoods Director shall have full authority to close the soccer complex in its entirety at their own discretion.

Note: Official forecast shall be taken on the morning of the day prior to the use. Staff will utilize the resources available at www.weather.com to determine the forecast projection. Sunday and Monday operations shall be determined on the preceding Friday morning to ensure proper notification of all affected reservations.

Note: Due to the number of variables that can contribute to overall field conditions (direct heat vs. indirect, wind speed, humidity, distance from turf, etc.) onsite staff will actively check field temperatures when high temp. exposure is a concern. Should field temperatures reach levels deemed unsafe by staff the Department Director has full authority to suspend use of the facility at their own discretion.

SET FORTH & APPROVED BY:

 7/12/17

Nathan Houx Date
Acting Parks Recreation & Neighborhoods Manager

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"We Care"

HEAT RELATED ILLNESS SAFETY BASICS

What is heat exhaustion?

Heat exhaustion happens when your body gets too hot. It can be caused by exercise or hot weather. You may feel weak, dizzy, or worried. You also may have a headache or a fast heartbeat. You may get dehydrated and have very little urine.

What should I do if I think I have heat exhaustion?

If you think you may have heat exhaustion, get out of the heat quickly. Rest in a cool, shady place and drink plenty of water or other fluids. Do NOT drink alcohol. Alcohol can make heat exhaustion worse. If you do not feel better within 30 minutes, you should see your doctor. If heat exhaustion is not treated, you can get heatstroke.

What is heatstroke?

Heatstroke is much more serious than heat exhaustion and can kill you. People with heatstroke may seem confused. They may have seizures or go into a coma. Most people with heatstroke also have a fever. Heatstroke can happen when your body gets too hot, or it can happen after heat exhaustion.

What should I do if I think someone has heatstroke?

If you think someone might have heatstroke, you should take him or her to a cool, shady place quickly, and call a doctor. Removing the person's unnecessary clothing and bathing or spraying the person's skin with cool water can help cool him or her down. Try to fan warm air over the person while wetting the skin with lukewarm water. The evaporation of the water will speed cooling.

The following checklist can help you recognize the symptoms of heat-related illnesses:

1. **Heat Rash:** Heat rash looks like a red cluster of pimples or small blisters.
2. **Heat cramps:** Symptoms are painful muscle spasms in the arms, legs, or abdomen
3. **Heat syncope (fainting):** Symptoms of heat syncope or fainting are
4. **Heat exhaustion** is a warning that the body is getting too hot.
5. **Heat stroke** is a serious, life-threatening condition that occurs when the body loses its ability to control its temperature.

How to prevent heat illness:

1. Drink plenty of non-caffeinated fluids (caffeinated drinks can contribute to and accelerate dehydration).
2. Wear light-colored, loose fitting clothing.
3. Do not participate in heavy activity outdoors during the hottest hours of the day.
4. Go indoors to a cooled area immediately whenever you feel overheated.