

# Important Information

## *Needham's New Athletic Fields at Memorial Park and DeFazio Park*

### Needham's New Fields

Through an amazing fund-raising effort overseen by the Needham Sports Council, Needham is in the process of rebuilding and redesigning the athletic fields at Memorial Park and DeFazio Park.

Construction began at Memorial Park in early May. The first half of the project will be completed and ready for use in mid-August...the synthetic turf multi-purpose field at the base of the hill. The second half of the project—the 90' baseball diamond, will be completed in early September, but not ready for use until the roots of the new sod are firmly established.



**Halfway done at Memorial Park!**

Construction began at DeFazio in June and will continue into the fall. The two new synthetic multi-purpose fields and the new 8-lane track will be available for use when construction is completed. The natural turf diamonds

and multi-purpose fields will need more time to establish strong root systems before they come into use.

### Please Use Common Sense

As noted in the right hand column, the synthetic turf fields retain more heat than a natural turf field. Coaches and players should be prepared to alter games and practices

when the heat and humidity are high. Examples: (1) eliminate opportunities for skin to have direct contact with the surface; (2) insure that all athletes remain properly hydrated

during use; (3) alter schedule to use only during cooler parts of day or cancel use if safety is in question; (4) provide shade for athletes and spectators.

### Important Information about Synthetic Turf

#### *Special points of interest:*

- Synthetic turf fields are warmer than natural grass fields. *Please see story at bottom of Page One for important information.*
- Needham's synthetic turf fields are a polyethylene product.
- In order to keep the field clean and safe for players, only **water** may be brought onto the field. Remove all water containers after use. No food is permitted.
- In order to protect the turf material, for the safety of players, metal cleats are not permitted.
- It is recommended that all athletes wear protective clothing to avoid unnecessary skin abrasions.
- The extensive drainage system will allow synthetic turf fields to be used in most rain conditions.
- Dogs are not permitted on the synthetic turf surfaces, except for medical purposes.

## Athletic Field Lights

Some of these new athletic fields will now have athletic field lights available for use at the following times:

- Monday - Thursday until 9 PM
- Friday until 10 PM
- Saturday until 9 PM
- No Sunday use

There will be an hourly rate set for use of the lights. More information will be available in the near future.

It is important for all groups using the athletic field lights to be respectful of neighbors.

- All parking must be in parking lots and not on side streets.
- No excessive noise is permitted.
- All trash must be placed in the proper receptacles at each park and not be left on the fields or be thrown onto neighboring properties.

## Trash

All athletic fields should remain free of trash. Coaches should ask all players and spectators to pick up their own trash before leaving any field.

The Town of Needham will be instituting a new trash pick-up system that will require all barrels to be located off of fields, so please bring all trash to the proper receptacles when walking to the car. Nothing should be left outside of barrels.

## Keeping Athletes Hydrated

All athletes should be taught the importance of staying hydrated...no matter where or when they are playing.

Water is the best resource for hydration. Avoid drinks that contain sugar, including most sports drinks. Insure that enough water breaks in a shaded area occur during games and practices. Provide proper protection to asthma inhalers and other medication.

Here is what to watch for:

**Heat cramps:** Exercising in hot weather can lead to muscle cramps, especially in the legs, because of brief imbalances in body salts. Cramps become less frequent as a person becomes used to the heat.

**Heat syncope or fainting:** Anyone not used to exercising in the heat can experience a quick drop in blood pressure that can lead to fainting. As with heat cramps, the cure is to take it easy.

**Heat exhaustion:** Losing fluid and salt through perspiration or replacing them in an imbalanced way can lead to dizziness

and weakness. Body temperature might rise, but not above 102 degrees. The best defense is to take it easy and drink plenty of water. Don't take salt tablets without consulting a physician.

**Heatstroke:** In some cases extreme heat can upset the body's thermostat, causing body temperature to rise to 105 degrees or higher. Symptoms are lethargy, confusion and unconsciousness. Even a suspicion that someone might be suffering from heatstroke requires immediate medical aid. Heatstroke can kill.

## Local Study of Synthetic Turf

As the first synthetic turf field in Needham comes into use, several Town departments will be gathering data to determine whether any new policies are needed to be put in

place prior to more extensive use in the spring.

All organizations have been provided with Accident Report forms, as well as Incident Report forms.

Completed forms should be submitted to Park and Recreation within 24 hours of the incident. Some follow-up information may be required.

