



## Field Safety Guidelines

The Department of General Services (DGS) advises caution when using recreational services throughout the District during heat emergency. Fields can get hot on warm, sunny days. Please use caution.

### **Always Remember:**

- Drink plenty of water
- Wear light clothing
- Always wear shoes
- Take breaks often
- Exercise moderately
  - If you experience symptoms of heat related illness, such as dizziness, weakness, headache, vomiting or muscle cramps, move to a shaded area, drink water, and rest. Seek medical attention if you do not feel better.

### **Tips for Protecting Human Health:**

- No bare feet
- No dogs or other animals except for service animals
- No picnics, meals or open containers
- Do not eat grass blades, infill or soil
- Wash hands and exposed body parts thoroughly after using the field
- Shake clothing vigorously before leaving fields so avoid tracking dust and debris to other locations

### **Tips for Maintaining Field Health:**

- No vehicles, bikes ATVs, in-line skates, skateboards or scooters; except mobility devices
- No smoking, grilling, or open fires
- No metal cleats (applies to synthetic turf fields only)
- Do not insert stakes or support posts into field surface
- No chewing gum
- No littering or dumping of debris

All Users are responsible for adhering to all field safety guidelines. To report a problem with the condition of the field, call 311, visit [311.dc.gov](http://311.dc.gov) or use the 311 app.