



Resources for Schools: Heat Illness Prevention, Best Practices and Emergency Preparedness

[NRPA Synthetic Sports Fields and the Heat Island Effect](#), May 8, 2019, by Sonia Myrick, Parks & Recreation Magazine

The [National Athletic Trainers' Association](https://www.nata.org) website, <https://www.nata.org>, provides a number of resources including [handouts](#), a [Heat Safety Checklist](#) and other [guidance for parents and coaches](#).

[Surface Temperature of Synthetic Turf](#), Penn State Center for Sports Surface Research

[Safe Healthy Playing Fields Inc.](#)

- [Heat Levels on Artificial Turf](#)
- [Heat: Grass v Synthetic Turf](#)

[U.S. Soccer Recognize to Recover, a comprehensive player health and safety program.](#)

- [Heat Guidelines Handout](#)

[Youth Lacrosse Minnesota Heat Guidelines](#)

[Playing on Plastic: Artificial Turf Hazards and Safer Alternatives](#) by Rachel Massey, ScD and Lindsey Pollard, MS., The Collaborative for Health and Environment (CHE). From professional sports leagues to elementary schools and even day care centers, many communities have questions about the pros and cons of artificial turf. The National Football League's Players Association president is advocating for natural grass fields, citing higher injury rates on artificial turf fields. Some communities have adopted moratoria on turf installation, while some are making plans to invest in new, sustainably managed natural grass fields. In this blog, we'll briefly review some of the growing concerns about artificial turf – including chemicals in rubber and plastic turf components, microplastic pollution, and excess heat.