

V. Recommendations



Recommendations for the Federal Government

- The federal government should remove all references to the safety of synthetic turf fields with crumb rubber from its websites.
- The federal government should require that indoor synthetic turf fields be properly ventilated because of the accumulation of toxins that outgas from the indoor fields.
- The federal government should recommend that outdoor synthetic fields with crumb rubber not be used in the heat, due to the fact that fields become excessively hot. For instance, when the air is 89°F, the temperature of the fields ranges from 145°F to 160°F, and when the air is 91°F the field might reach 161°F. That temperature is too hot for the fields to be safe to use.
- The federal government should do more to support and recommend that schools and towns install state-of-the-art natural grass fields instead of plastic synthetic turf fields.
- The federal government should track the cancers that have arisen in those people who have played on synthetic turf fields. In addition, because there are so many chemical irritants in these fields, the federal government should track the asthma cases that have developed from using the fields, as well as other allergic reactions that people who play on these fields develop.



Recommendations for States

- States should stop financially supporting the installation of synthetic turf fields with crumb rubber.
- States should remove all references to the safety of synthetic turf fields with crumb rubber from state government websites.
- States should recommend that outdoor synthetic fields with crumb rubber should not be used in the heat due to the fact that fields become excessively hot. For instance, when the air is 89°F, the temperature of the fields ranges from 145°F to 160°F, and when the air is 91°F the field might reach 161°F. That temperature is too hot for the fields to be safe to use.
- States should do more to support and recommend that schools and towns install state-of-the-art natural grass fields instead of plastic synthetic turf fields.
- States should track the cancers that have arisen in those who have played on synthetic turf fields. In addition, because there are so many chemical irritants in these fields, the states should track the asthma cases that have developed from using the fields, as well as other allergic reactions that people who play on these fields develop.



Recommendations for Towns

- Town Planning and Zoning Commissions should no longer approve synthetic turf fields with crumb rubber.
- Towns should not allow toddler and children's playgrounds to have ground-up rubber tire mulch as surfacing material in their playgrounds. Rubber mulch made from waste tires contains the same carcinogens and heavy metals as crumb rubber.
- Towns should do more to support and recommend that schools and towns install state-of-the-art natural grass fields instead of plastic synthetic turf fields.

Recommendations for Schools

- Schools should recommend installing state-of-the-art natural grass fields instead of plastic synthetic turf fields.
- Schools should not allow their toddler and children's playgrounds to use ground-up rubber tire mulch as surfacing material. Rubber mulch made from waste tires contains the same carcinogens and heavy metals as crumb rubber.
- Schools should be aware of all students with asthma and other allergies, especially those who use synthetic turf fields.

VERSUS THE SCIENCE



- Synthetic turf fields with crumb rubber should not be used when the temperature is hot. For instance, when the air is 89°F, the temperature of the fields ranges from 145°F to 160°F, and when the air is 91°F the field might reach 161°F. That temperature is too hot for the fields to be safe to use.
- If a school already has a synthetic turf field with crumb rubber installed, the school will need to place recommendations for using the fields where they can be easily seen by those who play on the fields. The following recommendations should be posted:
 - Shower after using the field. If you cannot shower, wash your hands, face, and any open skin areas.
 - Wash your clothes, making sure there are no crumb rubber particles in your socks, pants, or other articles of clothing.
 - Be careful not to bring crumb rubber particles into the school building.
 - Always wear shoes on artificial turf.
 - Clean any cuts or abrasions immediately.
 - Brush your hair thoroughly after play.

Recommendations for Individuals

- Students and athletes with a history of asthma and other allergic reactions should be especially careful when playing on synthetic turf fields.

INDUSTRY'S CLAIMS



- Individuals should work with their school PTAs and school boards to educate schools about the dangers of synthetic turf fields with crumb rubber. Parents should do more to support and recommend the installation of natural grass fields.
- If a school, nursery school, or town has a playground with rubber tire mulch as its surfacing material, keep your young child off that playground. Encourage the school to remove the rubber mulch and replace it with sand or wood chips.
- Do not use a synthetic turf field in the heat because it gets too hot to be safe to use. In addition, the heat causes the toxins in the fields to outgas at a greater rate, which increases chemical exposures.
- If your school already has a synthetic turf field with crumb rubber installed, you should insist that the school place recommendations for using the field where they can be easily seen by those who play on the fields. The following recommendations should be posted:
 - Shower after using the field. If you cannot shower, wash your hands, face, and any open skin areas.
 - Wash your clothes, making sure there are no crumb rubber particles in your socks, pants, or other articles of clothing.
 - Be careful not to bring crumb rubber particles into the school building.
 - Always wear shoes on artificial turf.
 - Clean any cuts or abrasions immediately.
 - Brush your hair thoroughly after play.