



CITY OF MANHATTAN
**PARKS
& REC**
LIVE · LEARN · PLAY

WELCOME TO MANHATTAN'S PREMIER SPORTS COMPLEX!

Thank you for helping provide a healthy and safe environment for your tournament!
Please share this information with your players and their families.

- No animals of any kind (service dogs only)
- No glass bottles or containers
- Smoking and use of tobacco products of any kind prohibited by City of Manhattan
- Alcohol consumption is prohibited by City of Manhattan ordinance
- No climbing on fences, structures, buildings or trees
- No skateboards, roller blades, bikes, scooters or motorized vehicles
- Temporary tents or shade structures must have prior approval (no ground stakes)
- Warm up in designated areas only
- Excessive use of profanity, fighting or unsportsmanlike behavior are grounds for immediate expulsion
- **These items are strictly prohibited on synthetic turf fields (1-4):**
 - metal spikes or cleats (rubber or plastic are allowed)
 - gum, sunflower seeds and any shelled nuts
 - food of any type
 - drinks other than water
- Manhattan Parks & Rec staff will rule on all other areas.

Sunflower Seeds and other shelled nuts **PROHIBITED** in this Complex

Seeds and other shelled nuts damage synthetic turf.
Thank you for understanding.



PROTECT YOURSELF FROM HEAT STRESS

- Know signs/symptoms of heat-related illness; monitor yourself and other participants.
- Block out direct sun or other heat sources.
- Use cooling fans/air misters; rest regularly.
- Hydrate with water; 1 cup every 15 minutes.
- Wear lightweight, light-colored, loose fitting clothing.
- Avoid alcohol, caffeinated drinks and heavy meals.

LOOK FOR THESE SIGNS OF HEAT ILLNESS:

Headache

Dizziness

Weakness

Nausea

Heavy Sweating

Confusion/Collapse

Hot Dry Skin/No Sweating

CALL 911

mhkprd.com