

Gravolite

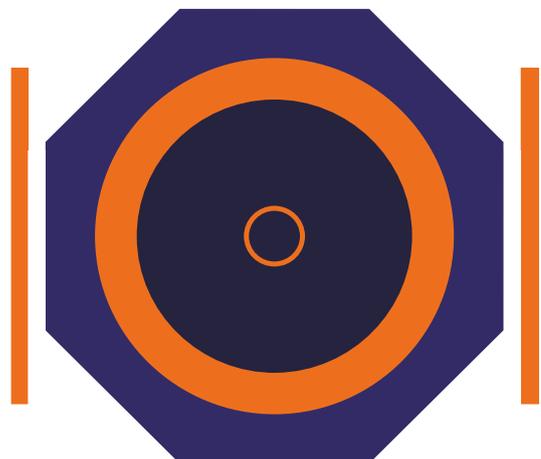
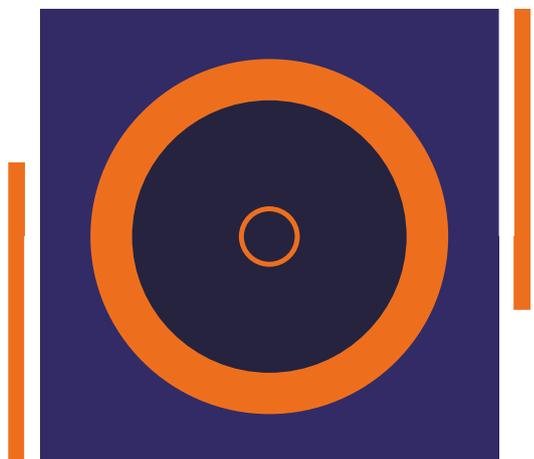
THINK IT // FLOOR IT // WIN IT



WRESTLING MATS INSTALLATION AND CARE GUIDE

About Company

Since 1980, Gravolite has been a trusted leader in high-quality sports equipment, specializing in mats and accessories. Our products are relied upon at prestigious National and International events. With full customization options in colors, designs, and thickness, we deliver tailored solutions that meet the highest standards of quality and performance.



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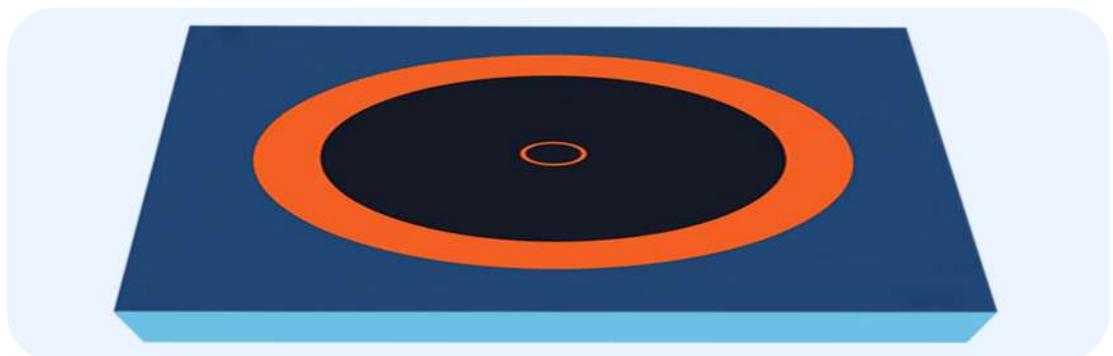
01 Introduction

Wrestling mats are essential for providing a safe and cushioned surface for athletes during practice and competition. These mats are available in different shapes and configurations, including Square, Octagonal, and Roll-Out Mats. Typically constructed with Lightweight foam covered in Vinyl, these mats are designed for durability and ease of installation. Proper installation and maintenance are crucial to ensure the mats remain in top condition.

02 Types of Wrestling Mats

Wrestling mats come in a variety of configurations and are made from lightweight foam with durable vinyl covers. Here are the most common types:

- **Square Mats:** Standard wrestling mats, usually 1m x 2m, ideal for traditional mat setups.
- **Octagonal Mats:** Perfect for specific training environments or competitions where an octagon shape is required.
- **Roll-out Mats:** Large mats that can be unrolled for quick coverage, with easy storage options
- **Mat Features:**
 - **Vinyl Covering:** Durable, non-slip vinyl covering ensures safety and protection while providing easy cleaning and maintenance.
 - **Weight:** Lightweight foam construction, designed for easy handling and portability.
 - **Proper Labeling:** Mats come with specific labelling for identification, including the manufacturer's mark and care instructions for ease of reference.
 - **Taping or Hook-and-Loop Options:** Depending on the mat type, mats can be secured with taping or hook-and-loop fasteners to ensure they stay in place during use.



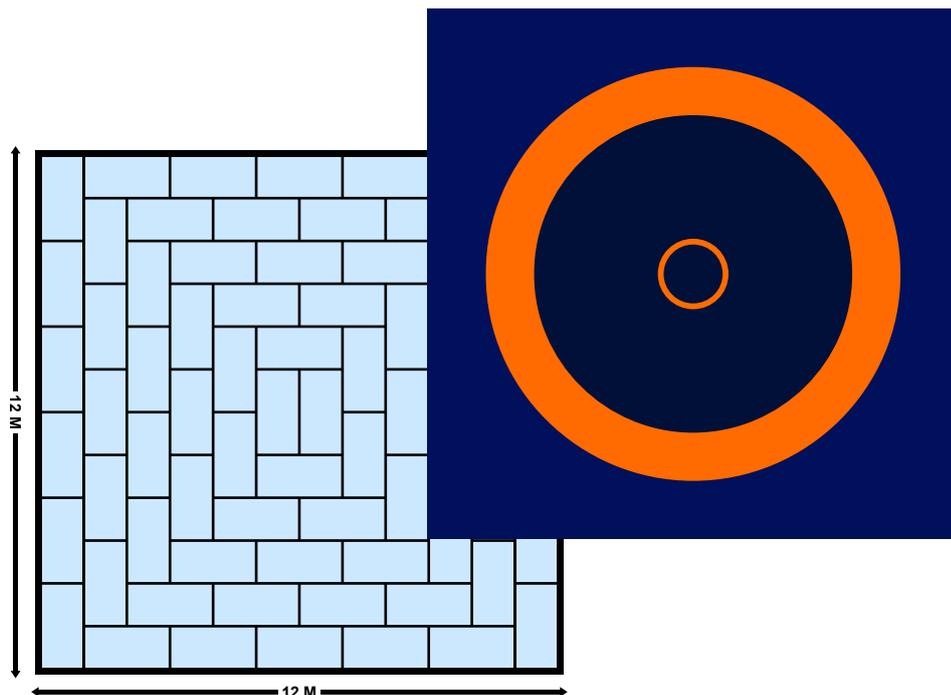
03 Tools and Materials Needed

- Wrestling Mats (square, octagon, or roll-out)
- Measuring Tape
- Utility Knife or Mat Cutter (for trimming)
- Rubber Mallet (if interlocking)
- Chalk Line or Straight Edge (for alignment)
- Double-Sided Tape or Hook-and-Loop Fasteners (depending on mat style)
- Floor Leveling Compound (if required)
- Cleaning Supplies (mild soap, water, and soft cloth)

04 Preparing the Installation Site

Before starting the installation, prepare the space to ensure the mats can be laid down smoothly and securely:

- **Clear the Area:** Ensure the room is free of furniture, debris, or any obstacles that could hinder installation.
- **Inspect the Subfloor:** The subfloor must be clean, dry, and level. Any bumps or unevenness should be corrected using a floor leveling compound.
- **Measure the Area:** Measure the area where the mats will be laid to ensure the correct number and size of mats are prepared for installation.



05 Wrestling Mat Installation

Step 1: Preparing the Subfloor

- Sweep or vacuum the subfloor to remove any dust or debris that could affect the mat's performance.
- If the subfloor is uneven, use a floor leveling compound to create a smooth, stable surface for the mats.

Step 2: Unrolling or Placing the Mats

- For Square and Octagonal Mats: Start placing the mats from one corner of the room, ensuring they are aligned properly. Square mats are easier to install in a grid pattern, while octagonal mats should be placed according to the layout required.
- For Roll-out Mats: Unroll the mat and place it in the desired position. Ensure there are no wrinkles or bubbles. These mats are typically easier to install as they require less effort to lay flat.

Step 3: Aligning and Securing the Mats

- For Taping: Use double-sided tape along the edges and seams of the mats to secure them in place. Ensure that the tape adheres firmly, especially around the perimeter, to prevent any shifting during use.
- For Hook-and-Loop: Attach the hook-and-loop fasteners to the edges of the mats. If your mats have pre-installed loop sections, align the hook-and-loop sections on adjacent mats and press them together for a secure fit. Make sure the mats are tightly connected and do not have any gaps.

Step 4: Cutting and Trimming Mats

- If necessary, use a utility knife or mat cutter to trim the mats at the edges of the room or around obstacles. Cut the mats as neatly as possible to ensure they fit snugly against the walls and other mats.
- Leave a small gap (approximately 1/8 inch) between the mats and the walls to allow for expansion or contraction due to temperature changes.

06 Post-Installation Care

- **Trim Excess Material:** After installation, trim any excess material around the edges of the room for a clean, neat look.
- **Secure the Mats:** Double-check that all mats are tightly secured, especially at the seams where they meet. Use tape or hook-and-loop fasteners as needed.
- **Initial Cleaning:** Sweep or vacuum the mats to remove any dust or debris left over from installation. Wipe them down with a damp cloth to ensure they are ready for use.

07 Routine Maintenance

Maintaining your wrestling mats properly will ensure they last longer and provide a safe training surface:

- **Regular Cleaning:** Sweep or vacuum the mats regularly to keep them free of dirt, dust, and debris.
- **Deep Cleaning:** Every few months, clean the mats with a mild soap and water solution. Use a soft cloth or mop to gently wipe down the surface.
- **Odor Control:** For odors, mix equal parts of vinegar and water, spray lightly on the mats, and wipe down. Make sure to allow them to dry fully after cleaning.
- **Inspect Mats:** Regularly check the mats for any signs of wear or damage, especially in high-impact areas. Promptly address any issues to prevent further damage.

09 Troubleshooting

- **Problem:** Mats are shifting or sliding during use.
o **Solution:** Ensure mats are securely taped or fastened with hook-and-loop fasteners. If using tape, check that it is adhering properly, and if needed, apply more.
- **Problem:** Mats have visible gaps.
o **Solution:** Re-align the mats and make sure they are tightly secured. If necessary, trim the mats to fit or use extra hook-and-loop fasteners to close gaps.
- **Problem:** Mats have developed tears or punctures.
o **Solution:** If there are minor tears, consider using a mat repair kit. For larger tears or damage, replacing the affected mat may be necessary.

09 Troubleshooting

By following the Wrestling Mats Installation and Care Guide, you can ensure that your wrestling mats provide a safe, comfortable, and durable surface for training and competition. Proper installation and regular maintenance will help extend the life of the mats and keep them in top condition for years to come.