

HOME-USE LITEWEIGHT MATS



INSTRUCTIONS FOR

CARE, HANDLING & SAFE USE

OF YOUR RESILITE HOME-USE LITEWEIGHT MAT

 **RESILITE**
The Mat Company



STOP!

READ BEFORE UNROLLING MAT

IMPORTANT: DO NOT unroll the mat until it has been kept at room temperature of 60°F or higher for a period of no less than 12 hours.

IMPORTANT: Read and keep this owner's guide, it provides specific safety information and care & handling instructions for your Resilite mat.

Thank you for purchasing a Resilite home use mat. Your Resilite mat was manufactured in a way that will give you years of dependable service and, with proper care and maintenance, you can extend the life of your mat.

This owner's Guide provides specific safety information and Care and Handling Instructions for your mat. The risk of serious injury or death to athletes increases, as does the likelihood of damage to your Resilite mat, if the Care and Handling Instructions are not carefully followed.

ALERT SYMBOL KEY



This is the **Safety Alert symbol**. It is used to alert you to potential personal injury hazards. Obey all safety messages that follow this symbol to avoid possible injury or death.



This is the **Caution symbol**. It is used to alert you to situations that can potentially cause permanent damage to your mat, facility or may result in personal injury to the mat user and/or athlete. Obey all safety messages that follow this symbol to avoid injury or possible damage to your mat.

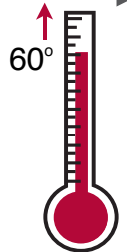
IMMEDIATELY AFTER RECEIVING YOUR MAT, CHECK FOR THESE CONDITIONS



TEMPERATURE

BEFORE UNROLLING:

If you receive your mat in cold weather, **DO NOT** unroll the mat until it has been kept at room temperature of 60° F or higher for a period of no less than 12 hours. Forcing a mat to unroll while it is cold may permanently damage the foam and vinyl coating.



INSPECT THE MAT FOR DAMAGE

At the time of delivery, carefully inspect your mat for any damage that may have occurred during shipping. Depending upon the temperature, it is important to inspect the mat within 24 hours of receipt. If the mat is not damaged, sign the Bill of Lading. **If damage is evident when you take possession, the Bill of Lading MUST be marked "DAMAGED - Subject to Inspection."** Within 24 hours of receipt, report in writing to Resilite or to the freight company that delivered the mat if any damage is found.

RECEIVING THE MAT

The mat is rolled and strapped for easy handling. Begin by carefully removing the packaging.

Place the mat section on its side and remove the strap from around the mat.



UNROLL THE MAT:

(The mats have been rolled with the vinyl surface inward - Always roll and unroll the mats in this way. Forcing the mat to roll in the opposite direction will damage the mat foam and vinyl surface.)

Cleaning the Mat: Using a Swiffer® dry mop, soft bristled broom, or dry string mop gently remove any surface dirt that may have gathered on the mat.

Once as much of the dry loose dirt is removed, you may use a damp mop or soft cloth to wet the mat area with a mixture of warm water and dishwashing liquid soap or an athletic mat disinfectant cleaner such as KenClean Plus. Do not allow water to seep underneath the mat or puddle on the mat.



CAUTION: Mat may be slippery when wet. Do not use the mat until fully dry.



ODOR

The mat may have a distinctive odor.

The new vinyl coating may give off a characteristic odor during the first 24 to 48 hours.

It is recommended that the mat be unrolled in a well-ventilated area. Air flow and warm temperatures will help reduce the odor. Anyone who is especially sensitive to the odor should avoid being in the area of the mat during the first 48 hours.

MAT IMPACT PROTECTION

Each LiteWeight Resilite mat is designed and manufactured to meet or exceed the ASTM F1081 wrestling mat standard in accordance with ASTM F355 "Test Method for Shock Absorbing Properties of Playing Surface Systems and Materials".



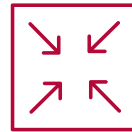
WARNING:

MAT PROTECTION MAY VARY ACCORDING TO ROOM TEMPERATURE

Mat shock-absorbency performs best when room temperature is between 68° F and 72° F.

If the room temperature exceeds 78° F, additional padding may be necessary to meet minimum ASTM shock-absorbency standards.

MAT SIZE AND SHRINKAGE



All foam mats are subject to expansion and contraction due to environmental and physical conditions. Because of the physical properties of the foam used, LiteWeight Mats will not shrink, however, they are subject to minimal size variances of less than 1%. Resilite guarantees that our LiteWeight Mats will be manufactured within a +/- 1% tolerance of the overall mat size ordered.

ZIP MAT SET-UP

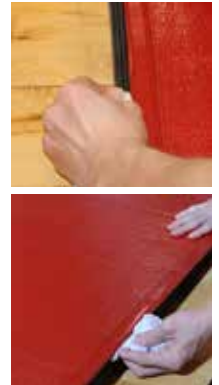
STEP 1:

Unroll the mat sections. Using the supplied 303 AeroSpace Protectant, begin to lubricate the Resi-Lock Connection track. Carefully wipe both the “male” and “female” areas of the track. Try not to get the lubricant on the top surface of the mat.

NOTE: The 303 lubricant will not damage the mat surface, but it may make the top mat surface slippery. If the lubricant gets on the mat surface, wipe the area with warm water and a mild dish detergent.



IT IS VERY IMPORTANT TO LUBRICATE THE CONNECTING TRACKS BEFORE SECURING THE CONNECTION.

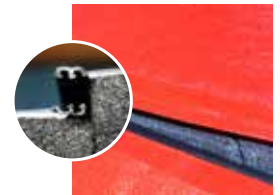


Lubricate both male and female track systems.

STEP 2:

Align the sections so that the “male” connecting track **OVERLAPS** the “female” track.

NOTE: On each end of the mat there is a small 1/2” area where the “female” track has been removed. This “relief” allows for easier release of the Resi-Lock Connection when it is time to roll up the mat.



STEP 3:

Use your fingers and/or thumb to lock the Resi-Lock Connection securely together.



WARNING

If a section of the Resi-Lock Connection did not completely “snap” or “lock” into place, lubricate that area of the track and firmly press into place with your thumb or roller.

BREAKING-DOWN YOUR HOME-USE ZIP MAT

STEP 1:

Carefully, release the Resi-Lock Connection on the **OVERLAPPING** “male” section by carefully separating the top “male” from the bottom “female” at the engineered relief on the end of the mat.

STEP 2:

Once the **OVERLAPPING** “male” track is released, begin to roll-up the mat section.

STEP 3:

Store each mat section on **END** with the track side facing **UP**.



Store mat sections on end.

TAPED MAT SET-UP Align The Mat Sections

If your home use mat has more than one section, each section must be lined up together so that the markings of the mat sections align. The sections can be pulled or pushed together so that the lines match up. Never kick the mat into place. This could damage the mat edges or foam.



Using the supplied roll of mat tape, securely tape the mat sections together. Mat tape should be applied to the surface you will be using. Do not tape the underside of the mat.



WARNING:
NEVER USE A MAT THAT IS NOT PROPERLY TAPED TOGETHER AS SERIOUS INJURY OR DEATH MAY RESULT.

It is important to remove and replace mat tape at least once a month to prevent the tape from bonding permanently to the mat surface. Tape adhesive can be removed with Goo Gone®, mineral spirits, or Simple Green® cleaner.

Mat sections may move during the use of the mat. Check the mat periodically during use to ensure that the sections remain securely fastened.



CAUTION: Always use appropriate footwear such as wrestling shoes or athletic sneakers.



WARNING:
MAT PROTECTION MAY VARY ACCORDING TO ROOM TEMPERATURE

Mat shock-absorbency performs best when room temperature is between 68° F and 72° F.

If the room temperature exceeds 78° F, additional padding may be necessary to meet minimum ASTM shock-absorbency standards.

STORING YOUR LITEWEIGHT MAT

Always inspect, clean and dry the mat before storing. Remove any mat tape before rolling. Begin by rolling each section of mat. Always roll the mat keeping the vinyl side inward. Begin by folding one segment over to form a triangle. Then continue to roll the mat, making sure to keep the mat tight as it is rolled. Avoid “coning” the roll by moving slowly as the mat is rolled.



Use the supplied mat straps to fasten each roll. DO NOT use chains, ropes, wires, or ratchet straps to secure the mat section roll. Other fasteners can and will leave impressions and/or cuts in the mat surface.

The mats should be stored away from any areas that could puncture or damage the exposed foam. Never store the mat against, on top of, or beneath other objects because impressions or damage to the mat foam can occur.

The mats should be stored upright, standing on end, on a smooth, flat surface.



⚠ WARNING ⚠

Any activity involving motion, height, or physical contact creates the possibility of serious bodily injury, including permanent paralysis, or death, from falling or landing on the neck, head or other parts of the body.

- This mat cannot, and does not, totally eliminate this hazard.
 - You still assume a risk of serious injury when using this mat.
 - This risk can be reduced by following the guidance below, and the Instructions for Care, Handling, and Safe Use booklet provided with this mat.
1. This mat is designed for minimal physical contact, instructional technique, passive maneuvers and demonstration purposes only. Not to be used for live wrestling, full speed drills, or competition.
 2. Use this mat **ONLY** under the supervision of or in accordance with the guidance of a trained and qualified instructor.
 3. Athletes: Know your own limitations and follow progressive training practices.
 4. Before performing maneuvers using this mat, always make sure that there is enough space to properly and safely perform the chosen maneuver, so as to avoid contact with instructors, bystanders or other users, and to avoid going outside the perimeter of this mat.
 5. Mat protection may vary according to room temperature. Mat shock-absorbency performs best when room temperature is between 68-degrees F - 72-degrees F.
 6. Body slams or similar severe impacts which are illegal under the rules of wrestling, are dangerous and may result in serious injury or death.
 7. Tape or secure mats properly prior to every use to minimize movement during use.

When using this mat you still assume a risk of serious injury. The risk can be reduced by using the mat only under the supervision of trained instructors and by reading and following the Instructions for Care, Handling, and Safe Use accompanying the mat.

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Additional copies of the Instructions for Care, Handling, and Safe Use are available online or by contacting Resilite Sports Products at 1-800-843-6287.

California Customers:

⚠ WARNING: Cancer and Reproductive Harm - www.P65Warnings.ca.gov

SUPPLIES AND ACCESSORIES

ZIP MAT LUBRICANT WIPES

Lubricate and condition your Zip Mat connection track for quick and easy set-up.

Order at www.resilite.com or by calling 1-800-843-6287.


MAT TAPE (FOR TAPED MATS ONLY)

Secure your mat sections.

Order at www.resilite.com or by calling 1-800-843-6287.


FOAM PLYO BOXES

Build stamina, explosiveness, and lower body strength.

Sizes sold individually or as a set on www.resilite.com or by calling 1-800-843-6287.


MAT REPAIR KITS

Repair kits may be ordered at www.resilite.com or by calling 1-800-843-6287.

WARRANTY INFORMATION
3-Year Warranty

New, First Quality and Remnant Vinyl-Coated Classic Resilite Mats and Resilite LiteWeight Mats

1-Year Warranty

Classic Resilite Factory-Reconditioned Mats

Resilite warrants its products to be free from defects in materials or workmanship during normal use and installation. The guarantee stated above is valid only if the mats have been handled in full observance of the Care and Handling Instructions furnished with each mat; have been subjected to normal use for the purpose for which the mats were designed; have not been subject to vandalism, misuse, neglect, or accident; have not been subjected to addition or subtraction of pieces; and have not been modified or altered by persons other than Resilite or its designees in any respect which, in the judgment of Resilite, affects the condition or operation of the mats.

This warranty does not cover cosmetic items (scratches, scuff marks, denting or compression from incorrect storage, marring, fading, discoloring, weathering), normal wear and tear or damage due to neglect.

Resilite will continue to improve the design of mats available for your athletic needs; therefore, we reserve the right to make substitutions or change specifications without notice when, in the opinion of the company, these changes will benefit the customer. Any change in Resilite's published specifications will not have any effect on Resilite's Guarantee.

For complete warranty information please call 1-800-843-6287 or visit www.resilite.com

Submit Claim:

To make claim under the terms of the warranty, the buyer's written statement of claim, along with a copy of the original invoice, and supporting photographs must be sent to: **Resilite Sports Products, Inc., Attn: Warranty Claim, 200 Point Township Drive, Northumberland, PA 17857.** No mat shall be returned without written permission from Resilite.