



INSTRUCTIONS FOR
CARE & HANDLING
OF YOUR RESILITE ZIP MAT



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: Please read and keep this booklet to ensure the longevity and safety of your mat.

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.

THANK YOU FOR PURCHASING A RESILITE MAT! PLEASE DO NOT UNROLL YOUR MAT UNTIL READING THESE INSTRUCTIONS

READ AND SAVE THE INSTRUCTIONS

This owner's guide provides specific information for safe use, care, and handling instructions for your mat. These instructions do not and are not meant to cover every possible condition and situation that may occur with your Resilite mat. Common sense and caution must be practiced when using, storing and maintaining your mat.

The risk of serious injuries or death to mat users and/or athletes increases, as does the likelihood of permanent damage to your Resilite mat, if the Care & Handling instructions provided are not carefully followed. Failure to follow the Care & Handling instructions will void any warranty.

At Resilite, we take pride in handcrafting each and every one of our mats. Unlike mass-produced mats created by machines, our skilled team puts their heart and soul into meticulously making each mat with the utmost care and attention to detail. We believe that this personal touch results in a product that is truly one-of-a-kind, carrying a sense of authenticity and craftsmanship. While our handcrafted mats may display minor flaws inherent in the manufacturing process, rest assured that these slight imperfections do not compromise the integrity or functionality of the mat. Our commitment to delivering a premium product remains steadfast, and we firmly believe that our handcrafted approach sets us apart, offering a level of quality and uniqueness that cannot be replicated.



WARNING

THIS MAT SHOULD ONLY BE USED UNDER THE SUPERVISION OF TRAINED AND QUALIFIED INSTRUCTORS/COACHES. THE INSTRUCTOR/COACH IS RESPONSIBLE TO WARN THE ATHLETE OF THE DANGERS ASSOCIATED WITH EACH PHYSICAL ACTIVITY BEING PERFORMED WHILE USING THE MAT.

ALL USERS SHOULD READ AND FOLLOW THE INSTRUCTIONS FOR SAFE USE AND THE WARNINGS IN THIS DOCUMENT AND ON THE MAT.

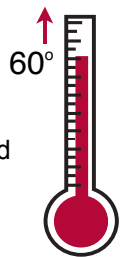
IMMEDIATELY AFTER RECEIVING YOUR MAT, CHECK FOR THESE CONDITIONS



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 will 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 48 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 48 hours of receipt, damage must be reported in writing to Resilite or delivering freight company.

MAT SHIPPING/STORAGE BAGS

MAT SHIPPING/STORAGE BAGS SHOULD BE KEPT AWAY FROM CHILDREN. NEVER PLACE A SHIPPING/STORAGE BAG ON, OVER, OR AROUND ANOTHER PERSON. NEVER CRAWL INSIDE A STORAGE BAG. SERIOUS INJURY, SUFFOCATION, OR DEATH MAY OCCUR.

MAT STRAPS AND SHIPPING BAGS

The supplies that were delivered with your mat (mat straps and shipping bags) should NOT be thrown away. The mat straps should always be used when rolling and storing the mat sections. The shipping bags can be used to help keep your mat clean and minimize vandalism. The bags are designed with vent holes to allow mat sections to “breathe” during storage.

ABOUT YOUR NEW RESILITE ZIP MAT

Your Resilite Zip Mat Surface:

Each Resilite Zip Mat is custom manufactured with a vinyl-coated top surface. This surface is the same, durable vinyl-coating surface that we have used on our Classic Resilite Mats for over 60 years.



ROLLING YOUR MATS

NOTE: Always roll and unroll the mats with the vinyl surface inward. Resilite Zip Mats are coated on one side (the wrestling surface side) and have closed cell foam on the sides and bottom of the mat. Take notice to how the mat has been rolled and shipped, with the vinyl surface inward. Forcing the mat to roll in the opposite direction, foam inward, will damage the foam and vinyl surface.

WARNING

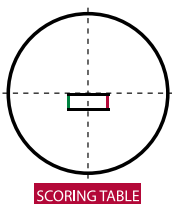
MAT PROTECTION MAY VARY ACCORDING TO ROOM TEMPERATURE.

IMPORTANT: 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 the minimum shock-absorbency standards of ASTM F355. For more information on ASTM Standards, please visit www.astm.org

MAT SIZE:

All foam mats are subject to expansion and contraction due to environmental and physical conditions.

Because of the physical properties of the foam used, *Zip Mats will not shrink*, however, **they are subject to minimal size variances of less than 1%**. Resilite guarantees that our Zip Mats will be manufactured within a +/-1% tolerance of the overall mat size ordered.



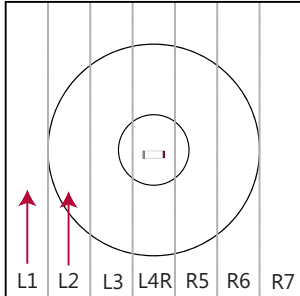
Wrestling referee and starting lines:

Referee/starting lines are positioned with one line aligned along the center of the mat and the other line extending (dropping) 10” away in the direction of the scoring table (see diagram). Resilite places the red marking on the right and the green marking on the left, as if you are standing with your back to the scoring table and it is positioned at the bottom (south end) of the mat.

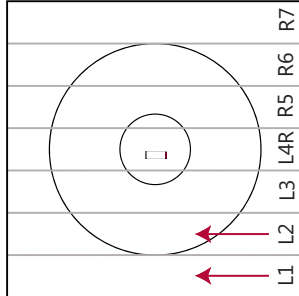


MAT SET UP

Each Resilite mat is custom manufactured. Resilite Zip Mats are constructed in multiple sections that **require the sections to be properly interlocked prior to use.**



SCORE TABLE



SCORE TABLE



STEP 1: Begin by placing each mat section into position on the floor. Unroll Section #1 (L1), L2 and so forth, until all mat sections have been unrolled.

NOTE: Once each mat section has been placed on its side, remove strap(s) from around the mat.

STEP 2: Once the mat sections have been unrolled, you can begin to align each section by sliding them into place. This works best when one person is positioned at each end of the mat section. Each section must be lined up together so that the markings and lines properly align.

TEMPERATURE



NOTE: Please see page two (2) for an important safety warning regarding temperature before beginning to unroll your mat.

ALIGNING YOUR MAT

In order to align and match-up the lines of your mat, start by straightening each mat section. Make sure each section is pushed close or “butted” up to the section next to it so there is no gap between sections.

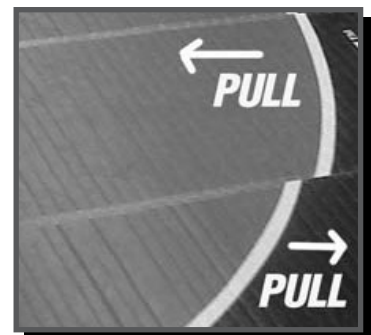
Align the mat so that the **bottom** of the large circle lines match. **It may be necessary to shift the far end of the mat either to the right or to the left.** Then push or pull section(s) until the circle lines match.

NOTE: Once you have the mat sections aligned, use the lubricating wipes and roller to securely interlock each section together. See page 5 more detailed instructions.

MAT ALIGNMENT:



It may be necessary to shift each mat section to properly align the mat.



MAT SECTIONS SHOULD ALWAYS BE PROPERLY INTERLOCKED TOGETHER PRIOR TO USE.



WARNING

SERIOUS INJURY, OR IN SOME INSTANCES, DEATH, MAY OCCUR IF MAT SECTIONS ARE NOT PROPERLY INTERLOCKED.

INTERLOCKING MAT SECTIONS



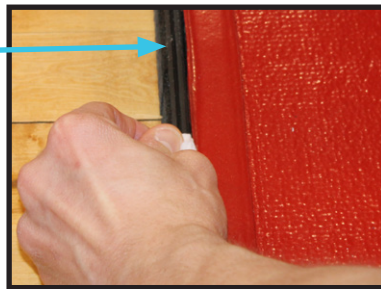
Your mat was manufactured in sections. It is important that you **always** interlock the sections together. **Never use a mat without sections interlocked together.**

STEP 2: Using the supplied 303 AeroSpace Protectant, begin to lubricate the Resi-Lock Connection track. Carefully wipe both the “female” and “male” areas of the track. Try not to get the lubricant on the top surface of the mat.



IT IS VERY IMPORTANT TO LUBRICATE BOTH THE MALE AND FEMALE TRACKS BEFORE SECURING THE CONNECTION.

FEMALE TRACK

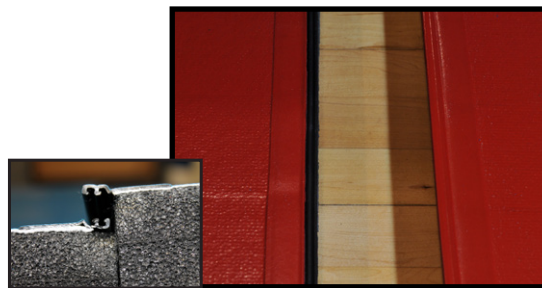


MALE TRACK



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.

STEP 3: Align Section 2 so that the “male” connecting track **OVERLAPS** the “female” track of section 1. You may have to “float” air underneath Section #2 so that the Resi-Lock Connection overlaps as shown.



ALIGN MAT SECTIONS AND OVERLAP THE MALE AND FEMALE TRACKS

NOTE: On the end of each section 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 mats.

STEP 4: Use your fingers and/or thumb to lock the first 2-ft of the Resi-Lock Connection securely together.



FIRMLY PRESS ON THE CONNECTION TRACK TO LOCK SECTIONS TOGETHER

NOTE: Mat sections may move during use. Check the mat periodically during use to ensure that it remains properly and securely interlocked together.

STEP 5: Using a Pressure Roller or your thumb, continue to connect the Resi-Lock Connection the entire length of the mat. Apply firm, even pressure to secure the mat seam.



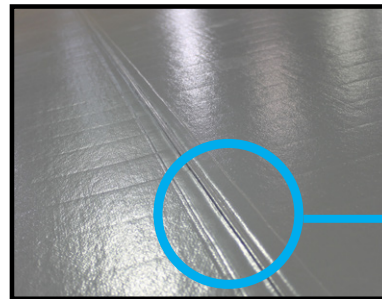
ALWAYS LUBRICATE THE CONNECTING TRACKS BEFORE ROLLING TO ENSURE A SECURE CONNECTION CAN BE MADE.



WARNING: If a section of the Zip Mat did not completely “snap” or “lock” into place, lubricate that area of the track system again and firmly press into place with your thumb or roller.



**UNSECURE
MAT SEAM
CONNECTION**



**PROPERLY
CONNECTED
MAT SEAM**

PRIOR TO USE

The mat should be inspected before and after each use. By properly maintaining your mat, you can help avoid injuries, more expensive repairs, or permanent damage to the mat. It is also important to inspect the mat foam for damage that would compromise the safety of those who use the mat.

Note: The risk of serious injuries to users and/or athletes that is inherent in activity involving motion, height, or physical contact cannot be eliminated but may be reduced by heeding these warnings and instructions. The likelihood of damage to your Resilite mat increases if the care and handling portions of these instructions are not carefully followed. Several important procedures explained in these instructions must be completed **prior** to utilizing your Resilite mat. Failure to comply with the care, handling and safe use instructions can cause injury and will void your warranty.



INSPECTING THE MAT

It is important that you properly connect all mat sections together tightly. Serious injury or death may occur if using a mat this is not properly interlocked together. **Never use a mat that has not been inspected for proper connection.**

Inspect the foam for compression qualities and deep impressions, which would decrease the shock absorption properties of the mat. The mat must measure at least 1 ½” in thickness. **If the mat measures less than 1½” in thickness, the mat should not be used.** Prior to each use, check for any tears, missing material, damaged foam, or missing vinyl paint on the mat surface.

WHAT TO DO IF YOU FIND DAMAGES

If you should find damage during the inspection process, it is important that the damaged areas be repaired immediately. Delaying repairs may cause further damage to the mat and may lessen the protective qualities of the mat. **A Mat Repair Kit can be ordered online at www.resilite.com or by calling 1-800-THE-MATS.**

BREAKING DOWN YOUR ZIP MAT

Your Zip Mat can be taken down as quickly and easily as it went together.

STEP 1: Start with the LAST section, it should be the section farthest to the RIGHT of the Scoring Table.

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 track system.

STEP 2: Once the OVERLAPPING “male” track is released, begin to roll-up the mat section.



STEP 3: Once each of the mat sections are rolled, use the supplied straps to secure each roll. **Store each mat section on END with the “male” track of Resi-Lock Connection System facing UP.**

WARNING: Store mat sections on end, with the Resi-Lock track system facing UP. Do not stand mat sections on end with the track system on the bottom. Doing so may result in damage to the Resi-Lock track system that can result in the inability to securely connect your mat sections.



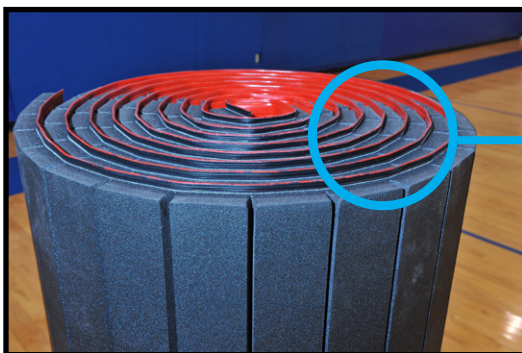
CAREFULLY RELEASE THE RESI-LOCK CONNECTION



BEGIN TO ROLL-UP THE MAT SECTION



ROLL-UP EACH SECTION AND SECURE EACH ROLL WITH SUPPLIED STRAPS



STORE EACH MAT SECTION WITH THE TRACK SYSTEM FACING UP

CLEANING YOUR MAT FOR THE FIRST TIME

STEP 1: Use a Swiffer® or dry mop to gently remove as much loose dirt as possible.

STEP 2: Clean the mat with a mild soap detergent. Once any loose dirt has been removed, you may use a mop or soft cloth to wet the mat surface with a mixture of warm water and a mild soap detergent. For most detergents, use a ratio of 1 oz. (2 tbsp.) of detergent to one (1) gallon of water. Do not allow water to seep underneath the mat or puddle on the mat. **Puddles of water laying on the mat can discolor the vinyl coating.**

STEP 3: Use a clean mop or soft cloths to remove excess cleaning solution from the mat surface.

STEP 4: After removing all of the cleaning solution from the mat surface, use clean water and a clean mop, sponge, or soft cloth to remove any leftover residue from the mat surface. It is important to change the water often.

DISINFECTING YOUR MAT BEFORE FIRST USE

STEP 5: After cleaning your mat, the next step is to use a clean, laundered mop with the proper ratio of disinfectant product to water. Resilite recommends **KenClean Plus** (available from Resilite). Most disinfectants require that a surface remain wet with the solution for 10 minutes in order to give the disinfectant time to kill effectively.



NOTE: Always read the label of your disinfectant and follow the manufacturers' directions. Use of too little disinfectant will not disinfect the mat properly. **Use of too much disinfectant is wasteful, and your mats may become slippery and actually retain more dirt.**

STEP 6: Use a clean, dry mop or soft cloths to remove excess cleaning solution from the mat surface.

STEP 7: Allow the mat to fully dry. Use of a fan will decrease the drying time. Allowing the mat to fully dry helps minimize formation of mildew. Puddles of water lying on the mat can discolor the vinyl coating.




NOTE: Never roll the mat up when it is still wet or damp.

KEEPING YOUR MAT CLEAN

To help reduce the risk of athletes getting and spreading infections, **prior** to each use, it is recommended that the mat be properly disinfected with KenClean Plus or similar disinfectant.

HELPFUL HINTS

- 1:** Clean and disinfect mats **before** each use. 
- 2:** Clean and disinfect all hard, non-porous gear, and surfaces such as wall mats and floor surfaces.
- 3:** Read and follow the instructions on your disinfectant.
- 4:** Your disinfectant should kill MRSA, trichophyton mentogrophites (causative agent of ringworm), staph, strep, herpes simplex, hepatitis B & C, and the Aids virus. These germs must be listed on the label, or the product may not kill them.
- 5:** Be aware that products claiming to provide 24/7 protection from microbes may just provide protection from mold, mildew, odor, and stain-causing organisms, not those that cause disease.

STAINS & MILDEW

Materials such as grease, tar, gum, or tape adhesive can be removed with Goo Gone®, or Simple Green®, available at most hardware stores. Tar can be removed, but it will leave a permanent stain on the mat. When removing stains or items from the mat surface, scrubbing can be done using a soft cloth.

Mildew can be removed with a mildew stain remover that can be purchased at most local building supply or hardware centers. Allow the mat to fully dry after cleaning. This helps decrease the formation of mildew.

ATHLETES & OTHER USES OF THE MAT

In addition to keeping mats clean, all users should be encouraged to:

- Shower after each workout.
- Wash workout clothes after each use.
- Dry skin adequately.
- Avoid wearing street shoes on mats or wrestling shoes off the mats.
- Wipe headgear down with alcohol pads or disinfectant after each use.
- Conduct daily total body skin inspections.

IMPORTANT NOTE: Athletes/users with open wounds, broken skin, or diseases of the skin should be discouraged from participating in mat workouts until the skin is healed or the athlete has been cleared to participate by a licensed physician. If allowed to participate, the athlete/user should have the affected skin covered to prevent cross-contamination.



STORING YOUR MAT

The best way to extend the life of a mat is to **store the mat in a warm, dry area with the rolls strapped and standing on end.** Never store a mat on a mat mover, cart, or transporter. If storing a mat on the floor, the floor should be clean and dry. If moisture is a concern, place a barrier of smooth plastic underneath the mat to prevent water or moisture from contacting the mat and/or foam.

WARNING



IMPROPER STORAGE WILL CAUSE PERMANENT DAMAGE TO MATS.

NOTE: Compressed foam or deep impressions in the foam render a mat surface unsafe and it cannot be repaired. If you do not follow the storage instructions the warranty on your mat will be void.

- Never store mats on mat movers or on mat transporters. Never store mats against, on top of, or beneath other objects because impressions or sharp objects can damage the foam.
- Do not use tape, chains, ropes, wires, or ratchet straps to secure the mat; as it may damage the exposed foam.

DESIGNATE A STORAGE AREA

It is important that the mat be stored on a smooth surface, free of objects or obstructions. Rolling a mat with an object on the mat surface can put an impression into the surface of the mat. No objects should be stored on top of or beneath the mat. Also, do not push the mat tight against other objects or obstructions that can cause impressions or punctures in the foam.



TEMPERATURE

NOTE: Extremely cold temperatures will cause the foam to increase in density. This increase in density will change the characteristics of the mat. When fitting the mat into a custom area, it is recommended that the mat be kept at room temperature (60° or higher) for a period of 12 hours. The mats then can be rolled out. **Never expose a mat to temperatures above 140° F.**

HANDLING AND TRANSPORTING MATS

Resilite Zip Mats weigh approximately 120 lbs per 6' x 42' roll. When lifting or carrying a rolled mat section to place onto a mat cart, always use two (2) or more people.

Resilite sells a variety of mat transporters and carts to assist when moving a rolled mat section. You may also find it helpful to use a standard hand truck to move a mat section.



USING A HAND TRUCK



USING A RESI-WHEELER



RESI-WHEELER




WARNING



REMOVE THE MAT FROM THE TRANSPORTER BEFORE STORING. NEVER STORE MATS ON MAT TRANSPORTERS OR CARTS. PERMANENT DAMAGE TO THE MAT WILL OCCUR.

SIMPLE TIPS FOR MAINTAINING YOUR MATS

-  **Use only under supervision of trained and qualified instructors**
It is important that the instructor/coach warn the athlete of the dangers associated with each physical activity being performed while using this mat. Wrestling coaches and instructors should visit the National Wrestling Coaches Association (NWCA) Coaching Development web page www.nwcaonline.com.
-  **Never use a mat that is not properly interlocked together**
Securely connect each mat section together. If a section of the Resi-Lock Connection did not completely “snap” or “lock” into place, lubricate that area of the track and firmly lock into place with your thumb or roller.
-  **All users, coaches and instructors should read and follow the Warning Label**
The mat Warning Label is located on each end of the mat. It is important to read and follow the instructions and warnings on the mat and those located in this care, handling, and safe use booklet.
-  **Inspect the mat BEFORE and AFTER each use**
Prior to each use, use a clean, freshly laundered mop with the proper ratio of mat disinfectant and water. Resilite recommends KenClean Plus. Always read the label of your disinfectant and follow the manufacturers’ directions.
-  **Do not allow water to sit and puddle on the mat surface**
Puddles of water laying on the mat surface for a period of time can cause the vinyl mat surface to become discolored. Never roll up a mat that is not fully dry.
-  **Use 303 Lubricating Wipes sold or supplied by the mat manufacturer**
Use 303 Lubricating Wipes recommended by Resilite. Other lubricants may lead to drying-out of the track system which could cause the material to deteriorate prematurely.
-  **Always roll the mat with the vinyl surface inward**
The mats have been rolled and shipped, with the vinyl surface inward. Forcing the mat to roll in the opposite direction, foam inward, will damage the mat foam and vinyl surface.
-  **Only use the supplied mat straps when storing your mat**
Do not use chains, ropes, wires, tape, or ratchet straps to secure the mat sections when rolled. Other fasteners can and will leave impressions and/or cuts in the mat surface or foam.
-  **Store rolled mat sections upright, standing on end**
The mat sections should be stored away from areas that could puncture or damage the exposed foam. Never store the mat against, on top of, or beneath other objects.
-  **Mat protection may vary according to temperature**
Mat shock-absorbency performs best when the mat and the room temperature is kept between 68° F and 72° F.
-  **Contact Resilite or you local Resilite Representative with questions you may have about your mat**
Toll Free: 1.800.843.6287 Email: resilite@resilite.com

RECORD YOUR MAT ORDER NUMBER, COLORS AND DATE RECEIVED

Record the Mat(s) Order Number, Paint Colors and Delivery Date in the space provided below. This will help you in the future should a warranty issue arise or if you need paint for repairs.

Each mat section is numbered on the bottom (foam side) of the mat with the order number, section number and total number of sections. You must have this info handy for future orders.

NOTE: The rack number is used for Resilite internal purposes only.



Order Number:		
Mat Color(s):		
Marking Color(s):		
Date Received:		
NAME	DATE	MAINTENANCE DESCRIPTION/ACTION

3-Year Limited Warranty for New Mats

WARRANTY AND WARNING INFORMATION

We stand by the strength, design, and build quality of all our Products and offer the following warranty subject to the terms and conditions herein. Resilite warrants its Products to be free from defects in materials or workmanship during conventional use and installation for the periods identified herein when the Products are used under normal uses and conditions as described in more detail below.

During the warranty period Resilite will, at no additional charge to you, repair or replace (at Resilite's discretion) any part of a Product if it becomes defective, malfunctions, or otherwise fails to conform to this Warranty. All labor relating to installation or removal of a Product in connection with this warranty shall be the responsibility of the owner.

Original proof of purchase is required to invoke this warranty. The warranty applies only to the original purchaser of the Product for so long as the original purchaser owns the Product. This warranty is not transferable to subsequent owners after the original purchaser. This warranty may be voided for any Product that has been damaged due to negligent or faulty use, alteration, maintenance, storage, or handling by the original purchaser. Any alterations or conditions resulting from work performed by any person not affiliated with Resilite are excluded from this warranty, including any impacts that result from alteration of the Product, floor mats, or wall mat installations by other companies or individuals not affiliated with Resilite.

Any specific issues relating to a Resilite Product concerning the application or scope of this Warranty will be reviewed on a case-by-case basis and subject to the discretion of Resilite.

3-YEAR GUARANTEE ON LITEWEIGHT MATS, ZIP MATS, AND DIGIPRINT MATS

Allowing tape to adhere to a mat for an extended period may damage the ink and top-coated mat surface. Coverage for ink and topcoat on all DigiPrinted mats is for one (1) year only. Using tape on the zip system will void the warranty.

MAT SIZE

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 LiteWeight Mats will be manufactured to be within a +/- 1% tolerance of the overall mat size ordered.

WARRANTY CLAIM PROCESSING

Warranty claims must be accompanied by proof of purchase. Claims must be in writing and include photographic documentation of the claimed defect. To submit a claim, under the terms of the warranty, the buyer must: provide a written statement of the claim, a copy of the original invoice, and supporting photographic evidence to assist Resilite with evaluating the claim. Send all three items noted above to: warranty@resilite.com. Under no circumstance should a mat be returned without written permission from Resilite.

Resilite will examine each claim on a case-by-case basis and in its discretion address such alleged non-conformity, either by repairing the defective Products or a replacement.v

LOSS OR DAMAGE IN TRANSIT WITH PUBLIC CARRIER

If the customer arranges their own freight on the original invoice, customer will be responsible for the freight costs to and from the factory for any repairs or replacement Product under this warranty. In any event, under no circumstances shall Resilite cover freight charges outside the continental United States. The customer assumes risk of loss or damage during shipment if the customer arranges its own freight. Resilite's responsibility ends when the customer signs the bill of lading, which is our receipt that the shipment was complete and in good condition. It is the customer's responsibility to check the number of pieces received against the number shown on the freight bill and our bill of lading. Note the freight bill with shortages or damage before it is signed.

SCAN QR CODE FOR FULL WARRANTY



IMPORTANT: Please read and keep this booklet to ensure the longevity and safety of your mat.

TABLE OF CONTENTS

Safety & handling instructions2
 Preparing your mat for use3-4
 Setting up your mat5-6
 Breaking down your mat7
 Cleaning & storing your mat8-9
 Care & maintenance tips10-11
 Warranty12
 Supplies and Accesories.....13
 Notes14
 Warning Label.....16

IMPORTANT: Please read and keep this booklet to ensure the longevity and safety of your mat.



**303 AEROSPACE
PROTECTANT WIPES**



**ZIP MAT STARTER
KIT**



**48" LONG
PRESSURE ROLLER**



**LITEWEIGHT
MAT STORAGE COVER**



**D-RING WRESTLING
MAT STRAPS**

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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. Use this mat ONLY under the supervision of trained and qualified instructors.**
 - Any use without trained supervision is HAZARDOUS and risks serious injury.
 - Coaches/instructors should never permit unsupervised use by athletes.
 - 2. Athletes: Know your own limitations and follow progressive training practices.**
 - Always consult your coach/instructor for proper technique when using this mat.
 - 3. Before performing maneuvers on this mat, instructors and users should always assess the user's ability to safely accomplish the maneuvers.**
 - Consider the speed and type of the drill; skill level, size and age of the users; number of participants, and available space.
 - 4. Instructors and users of this mat should always make sure that they have allowed enough space to properly and safely perform the chosen maneuver.**
 - Allow an adequate buffer zone from other users and from the end of the mat.
 - Note that each maneuver or drill may require different buffer zones.
 - Do not perform a maneuver on this mat if you are uncertain of the amount of space needed.
 - 5. Perform all maneuvers so as to avoid contact with instructors, bystanders or other users, and to avoid going outside the perimeter of this mat.**
 - It may be necessary to add additional mats to the outside perimeter of this mat/mats to create a proper safety mat area.
 - 6. Mat protection may vary according to room temperature. Mat shock-absorbency performs best when room temperature is between 68-degrees F - 72-degrees F.**
 - If temperature exceeds 78-degrees F, additional padding may be necessary to meet minimum shock-absorbency standards as tested in accordance to ASTM F355, Test Method For Shock Absorbing Properties of Playing Surface Systems and Materials.
 - 7. Body slams or similar severe impacts which are illegal under the rules of wrestling, are dangerous and may result in serious injury or death.**
 - For wrestling purposes, always follow current National Federation of State High School Association (NFHS), National Collegiate Athletic Association (NCAA), or International Federation of Associated Wrestling Style (FILA) standards, rules and guidelines.
 - 8. Tape or secure mats properly prior to every use to minimize movement during use.**
 - Mats are often constructed in sections. Each section should be properly taped or secured prior to each use to avoid injury from movement during use of the mat.

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 complying with the Instructions for Care, Handling, and Safe Use accompanying the mat.

... DO NOT STORE MAT ON MAT TRANSPORTERS! ...

Read and follow Instructions for Care, Handling, and Safe Use to reduce risk of serious bodily injury or death, and risk of permanent mat damage.

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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



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