

Basic maintenance competition equipment

Uneven bars

- Check if the stainless steel rail holders are provided with a nylon disc.
- Grease the rail holders (by using Vaseline).
- It is **absolutely forbidden** to use sandpaper when cleaning the rails. Remove magnesia only when the rails are dry, to prevent that the soft parts of the veneer will be removed as well. **Only use scouring pads. Velcro (hook) is a good alternative.**
- Check if width adjusters work well.
- Check if the bolts that link the width adjusters to the uprights are well-tightened.
- Check if the bolts of the inner tubes are well-tightened.
- Inspect the tension cables, chains and D-(chain)shackles for damages and remove the magnesia.
- Check if the slide locks and the pulleys are functioning well and if necessary lubricate them with Teflon spray. With the slide locks, the tension on the apparatus can be changed. Almost every gymnast prefers another tension.
- Clean the metal parts of the frame with a non-corrosive cleaning product.

Balance beam

- Check if the beam is well-fixed to the legs.
- Inspect the cover of the beam for damages.
- Check if the end caps are well-fastened.
- Provide the beam with a protection cover before transportation.
- Clean the metal parts of the apparatus with a non-corrosive cleaning product.
- Only clean the cover with a cloth or a soft brush. Don't use any liquid because it stains.

Vaulting runway

- Check the vaulting runway for damages.
- Check if the Velcro strap still sticks well onto the wooden board.
- Roll up the runway with the felt carpet on the outside and cover.
- Do not put the runway against parts that stick out in order to avoid dents.

Pegases

- Inspect the top area for damages.
- Check if the height adjustment is functioning well.
- If possible use the chain tension system.
- Only clean the cover with a cloth or a soft brush. Don't use any liquid because it stains.
- Provide the cover with a protection cover before transportation.

Springboards

- Inspect the springboards for damages.
- Check for the right number of springs and check if they are well-fixed.

Floor

- Vacuum the felt carpet of the floor mats before loading them.
- The floor mats should be rolled up with the felt carpet on the outside and should be covered.
- Do not put the floor mats against parts that stick out in order to avoid dents.
- Inspect the floor sections for breakages, loose or missing foam blocks, nuts and bolts and unstuck glue in the tongue/groove connections.
- Check if the Velcro straps still stick well. Remove fluff and dirt.

Landing mats

- Inspect the mat for damages.
- Vacuum the top of the mat before loading them.
- Clean the sides with a non-corrosive cleaning product.
- Check if the felt/Velcro straps still stick well. Remove fluff and dirt.

Soft mats

- Inspect the mat for damages.
- Clean with a non-corrosive cleaning product.

Rings

- Inspect the rings, straps and steel cables for damages.
- Check if the rings can smoothly turn around at the point of suspension and if the locknut is well-tightened.
- Grease the turning point (by using Vaseline).
- After installing the ring frame check if the rings are at the correct height (280 cm from the floor) and if they are level. After changing the height make sure that the locking nut and socket screw are well-tightened (use the wrenches that were supplied with the rings).
- Check if the bolts with bayonet catch are placed correctly in the adjustable feet.
- Inspect the tension cables, chains and D-(chain)shackles for damages and remove the magnesia.
- Check if the slide locks and the pulleys are functioning well and if necessary lubricate them with Teflon spray.

NB. *Contrary to the horizontal bar and the uneven bars, the slide locks at the ring frame are only used to block the cables after mounting the ring frame and not to modify the tension on the apparatus. The use of slide locks reduces the vibrations and offers a high degree of stability. The slide locks should be blocked once the ring frame is duly installed.*

- Clean the metal parts of the frame with a non-corrosive cleaning product.

Parallel bars

- Check if the clamp heads are functioning well and adjust if necessary.
- Check if the handles of the clamp heads are well-tightened, if necessary tighten them.
- Check if the sliding tubes (height adjustment) are functioning well. If necessary clean them and lubricate them with Teflon spray. **Don't spray Teflon on the rails. They will become extremely slippery than.**
- Inspect the rails for damages. Only remove magnesia when the rails are dry to avoid that the soft parts of the veneer would be removed. **Only use scouring pads. Velcro (hook) is a good alternative.**
- Check if the rails are well-fixed to the steel rail supports.

Horizontal bar

- Check if the stainless steel rail holders are provided with a nylon disc.
- Grease the rail holders (by using Vaseline).
- It is **absolutely forbidden** to use sandpaper when cleaning the rail. Investigations have shown that scratches caused by sandpaper weaken the rail and can cause rupture. **Only use scouring pads. Velcro (hook) is a good alternative.**
- Check if the sockets screws at the bottom of the round pivoting floor plates and the bolts in the adjustable feet are well-tightened.
- Inspect the tension cables, chains and D-(chain)shackles for damages and remove magnesia.
- Check if the slide locks and the pulleys are functioning well and if necessary lubricate them with Teflon spray. With the slide locks, the tension on the apparatus can be changed. Almost every gymnast prefers another tension.
- Clean the metal parts of the frame with a non-corrosive cleaning product.

Pommel horse

- Inspect the pommels for damages.
- Check if the safety catches of the height adjustment are placed in the correct holes.
- Check if the tightening knobs of the height adjustment are sufficiently tightened.
- If possible use the chain tension system.
- Clean the metal parts of the apparatus with a non-corrosive cleaning product.
- Only clean the leather trunk when the leather is dry with a cloth or a soft brush. Don't use any liquid because it stains.

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