

PRODUCT INFORMATION GUIDE.

MATS AND PORTABLE FLOORING.

GENERAL GUIDANCE.

This guide aims to provide users with the information necessary to care for and maintain Escape Fitness' range of mats and portable flooring products.

This will ensure that your equipment performs as designed, and looks its best to enhance your facility. First, here are some general points about using your product and the warranty for it:

- Each Escape Fitness product is designed for a specific purpose and should only be used for that purpose, in areas designed or suitable for that product's use.
- All Escape Fitness products are warranted to be free from defects in materials and workmanship and comply with all applicable statutory and regulatory requirements. This warranty extends to the original end-user and commences on the date of delivery. Full details of the warranty conditions and the duration of the warranty for each product can be found on our website at www.escapefitness.com/warranties-uk (non-USA) and www.escapefitness.com/warranties-us. (USA only)
- Products have variable lifespans, which will depend on the materials used in their manufacture and the level of usage. Products do wear out. This is normal and not a fault. An example of fair wear and tear would be scuffing or discoloration.
- Please be aware that rubber products may have a slight odour or surface blooming residue caused by the properties in the rubber. This is not a defect and the odour will disappear over time.
- A product is only considered to be faulty if, during normal usage, a significant change occurs in the product that means that it cannot be used as originally intended. An example of a failure would be a crack or break in a product.
- Products that are not stored, cared for, used as directed or in normal conditions may fail. This failure is considered abuse and will be excluded from a warranty claim - even where the failure occurs during the stated warranty period.

ADVICE FOR SAFE USE OF YOUR EQUIPMENT.

BEFORE USE.

- **Do not** place the speed track on soft or uneven surfaces such as artificial turf, grass, gravel or soil surfaces as this can cause instability and can cause ripping/tearing of the material. Please ensure the track is placed on level, hard resilient surfaces such as carpet tiles, vinyl, rubber, timber, concrete, laminate etc.
- **Do** ensure that users have been properly inducted at the facility, including equipment use, product training and health & safety.
- **Do** give your flooring product an initial clean before using it for the first time (see 'Initial clean' below).
- **Do** visually check products for signs of damage and to ensure that it is fit for purpose.
- **Do not** use the product if it shows any signs of damage. Either remove it from the area or cordon off the area and consult the facility supervisor.
- **Do** check the surface onto which any portable flooring product will be placed and ensure there are no objects or debris that will stop the flooring making full and clean contact with the surface below.
- **Do** position the Portable Speed Track in the chosen location allowing a minimum clearance of 25cm (10 inches) from any walls or pillars so that the material can stretch freely under heavy loads (e.g. with sleds). This will prevent any rucking or lifting of the material.*

DURING USE.

- **Do not** allow equipment/trolleys with thin/grooved wheels or tyres to run over the surface of the flooring product as this may cause irreparable damage.
- **Do not** use equipment that features rough surfaces or sharp edges on the flooring.
- **Do** ensure footwear is appropriate and clean. Metal studs/spikes should not be used on Escape's portable flooring products.
- **Do not** wear clothing with sharp edges that could damage the flooring (e.g. buckles, belts and clasps).
- **Do not** allow users to consume food or drink (apart from water) including chewing gum on the flooring.

CARE AND MAINTENANCE.

Cleaning:

- **Do** prepare flooring products before their first use. Wipe with a damp cloth to remove a light coating of oil and a slight chemical odour that may be in place from the manufacturing process; then allow to dry fully before use.
- **Do** remove loose dirt, grit or other contaminants by gently brushing the product.
- **Do** clean mats by wiping with a damp cloth; either dampened with clean water or a specialist yoga mat cleaning product.
- **Do** clean the Floorguard and Liftzone by applying Escape's Sprint Everyday Floor Cleaner (mixed with water in accordance with instructions on the label) with a clean mop or cloth. Allow the solution to work for 3-4 minutes before further working the solution over the floor. Then rinse the surface thoroughly with clean hot water.*
- **Do** maintain the Portable Speed Track by regular cleaning with a vacuum cleaner with synthetic fibre bristles (bristles should not contain metal or wire). Remove stains with water or a mild soap and water solution.*

STORAGE.

- **Do** ensure products are dry before storing them, and store only in a dry and clean environment away from heat sources or direct sunlight.
- **Do not** store portable flooring products in damp or humid environments such as swimming pools or spas.
- **Do** store mats on storage racks, specifically designed for the purpose, after every use to help prolong their life and reduce tripping hazards in the exercise area.
- **Do** roll up the Portable Speed Track with the rubber backing facing outwards. Turn the track over so that the pile surface is facing out.*

*Where applicable.

WORKING OUT WITH YOUR EQUIPMENT.

Escape has created a number of resources that can help clubs, trainers and members to use Escape Fitness products safely, care for the products, and train more effectively.

The 'Escape Your Limits' App. Download our app for free and access an exercise library and workouts using some of Escape's best-selling products.



Workshops and courses for trainers. Escape offers a comprehensive suite of education solutions to help trainers become even more proficient in coaching around our products. Visit our website for more details on our product training workshops and instructor training courses.

Workout of the Week (WoW) videos. Visit the Escape blog and you'll find lots of WoW videos showing you how to perform all kinds of exercises and workouts.

The Escape Your Limits podcast. Join Matthew Januszek, co-founder of Escape Fitness, as he delves into the mindset of leadership and success. Visit www.escapefitness.com/podcast or search iTunes or your chosen podcast app for "Escape Your Limits".

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FOR FURTHER INFORMATION PLEASE VISIT.

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