Instructions for Care, Handling, and Safe Use of your Resilite Mat

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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 24 hours.

IMPORTANT: DO NOT leave a new mat or newly reconditioned mat rolled for an extended period of time. The curing process must be started within 21 days of the date you receive the mat.
READ AND SAVE THESE 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 and Safe Use Instructions provided are not carefully followed. Failure to follow the Care and Handling Instructions will void any warranty.

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.

The Order Number and Date of Manufacture can be found on the inside edges of each mat section. (i.e. 123456 6/10 A)

Order Number: ________________________________
Mat Color(s): ________________________________
Markings Color(s): ___________________________
Date Received: ______________________________

Immediately After Receiving Your Mat, Check For These Conditions.

CAUTION

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 24 hours. Forcing a mat to unroll while it is cold may permanently damage the foam and vinyl coating.

CAUTION

FLOORING SURFACE
Before Unrolling
Some floors contain chemicals that may react to the new mat or newly reconditioned mat and can cause damage to the floor or mat. NEVER unroll a new (uncured) mat directly onto newly laid tile or freshly painted, varnished, synthetic rubberized flooring, new uncured concrete or new uncured waxed gymnasium floors.

Prevent Damage - Protect The Floor
To prevent possible damage to the mat or flooring surface, unroll the mat on polyethylene (plastic) sheeting. Plastic sheeting can be purchased at most hardware, building supply or home-improvement centers.

Inspect 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 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.

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.
About Your Resilite Mat

Why is the mat covered with white powder?
Each mat is dusted with a fine cornstarch powder to prevent the newly painted vinyl surfaces from sticking together when the mat is first rolled.

Removing the White Powder (cornstarch)
BEFORE WET MOPPING: Using a soft bristled broom, dry mop or Shop-Vac®, gently remove as much of the loose cornstarch and/or dirt as possible. NOTE: When using a Shop-Vac, attach the wide floor attachment and place masking tape over any rough or sharp edges on the attachment to prevent any damage to the new vinyl mat surface. See Mat Cleaning Procedures on page 4 of this booklet for more details.

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 in vinyl-coated mats, they are subject to shrinkage. Resilite manufactures its mats oversized to compensate and allow for this shrinkage. The shrinkage process will take approximately one (1) year to totally complete. However, a majority of the mat shrinkage will occur within the first six (6) to nine (9) months. Resilite guarantees that our mats will be manufactured to be within a +/- 4% 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 at left) As a standard, Resilite places the RED marking on the right and the GREEN 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 Tubes, Straps & Repair Kit.
The supplies that were delivered with your mat (mat tubes, repair kit and mat straps) should NOT be thrown away. The mat tubes and straps should always be used when storing the mat - described later in this booklet.

The Mat Repair Kit(s) should be stored in a safe location at room temperature away from heat, sparks or flames.

WARNING

THIS MAT SHOULD ONLY BE USED UNDER THE SUPERVISION OF TRAINED AND QUALIFIED INSTRUCTORS / COACHES.

IMPORTANT:
It is important that the instructor/coach warn the athlete of the dangers associated with each physical activity being performed while using this mat. It is recommended that wrestling instructors and coaches complete The National Wrestling Coaches Association (NWCA) course Reducing Risk and Liability in Wrestling. The online course can be found at http://nwca.teknowtraining.com

All users should read and follow the instructions for safe use and the warnings in this document and on the mat.

Sample Warning Label Located on Mat
(Refer To Back Cover For Warning Label Information)

The Curing Process
The Curing Process must be started within 21 days from the time you receive the mat.

Unroll the Mat
Each mat is dusted with a fine cornstarch powder to prevent the newly painted vinyl surfaces from sticking together when the mat is first rolled. The mat may be cured before removing cornstarch powder, or you may choose to remove the white powder and clean the mat. See Mat Cleaning Procedures on page 4 in this booklet for more details.

NOTE: It is possible to cure the mat during non-school or business hours, such as evenings or weekends, provided the total curing time for each side is equal to one (1) week on the top AND one (1) week on the bottom. Total curing time must equal 14 full days before the mat can be used.
The Curing Process (continued)

The mat has a distinctive odor.
The mat will give off a characteristic odor during the initial curing process. As the curing process progresses, the odor will minimize. Anyone who is especially sensitive to the odor should avoid being in the area of the mat during the curing process.

Leave the Top Side Exposed for One Week
After unrolling the mat, the top side (the side that is up after unrolling) exposed to air at room temperature for no less than one full week (7 days).

After One Full Week
After the mat has been allowed to lay unrolled for one full week, flip the mat and expose the bottom side to air for one week (7 days).

Rolling the Mat for Storage
If you must roll and store the mat between curing times, it is important to follow the Storing Procedures detailed later in the booklet.
**Mat Set Up**

Each Resilite mat is custom manufactured. Some mats may be constructed as one-piece mats (manufactured as a single mat) or constructed in multiple sections that require the sections to be secured (taped) together prior to use.

**Begin by Unrolling Each Mat or Mat Section**

Once each mat is fully unrolled, pump air underneath the mat by shaking it up and down. This will allow the mat to slide easily across the floor surface.

If your mat is in more than one section, each section must be lined up together so that the markings of the mat sections properly align. There are sets of numbers written on the edges of the mat sections. At one end, you will find that the order number, the date and a letter are written on the mat edge. (i.e. 119999 6/02 B) To align the sections of the mat in the correct location, always be sure to match the letters located on each mat edge. (“A” to “A” and “B” to “B” - See Diagram Above).

**Align the Mat**

Start by setting up the center section of the mat. If the mat is a Horizontal Cut mat, position the center section Parallel to the scoring table. Pump air underneath the mat and straighten the center section. Next, unroll the other section(s). Be sure that you match the letters correctly (i.e. “A” to “A” and “B” to “B”).

**Matching up the Lines**

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. This can be done by lifting the edge of the mat and pumping air underneath to “float” the mat on air. Then push or pull the mat section(s) until the circle lines match. Using mat tape, securely tape the mat sections together.

**CAUTION**

**TEMPERATURE**

Before Unrolling 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 24 hours. Forcing a mat to unroll while it is cold may permanently damage the foam and vinyl coating.

**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 the minimum shock-absorbency standards of ASTM F355.

For information on ASTM Standards visit: www.astm.org

**Taping Mat Sections Together**

If your mat was manufactured in sections, it is important that you always use mat tape to fasten the sections together tightly. **NEVER use a mat with sections not properly taped together** because 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 it remains properly and securely taped together.

**WARNING**

Never use a mat that is not properly taped together because serious injury or death may result.
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.

**WARNING**

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

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**

If your mat is manufactured in sections, it is important that you use mat tape to fasten the sections together tightly. NEVER use a mat that is not properly taped together because serious injury or death may result.

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 one (1) inch in thickness. If the mat measures less than one (1) inch in thickness, the mat MUST NOT BE USED.

Prior to each use, check for any tears, missing material, exposed foam, or missing vinyl paint on the mat surface or edges.

If you 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. See Page 8 for details on Repairing Mat Damage.

Mat Storage

The best way to extend the life of a mat is to store the mat in a warm, dry area, unrolled flat at room temperature. Never store the mat rolled, standing on end.

If the mat cannot be stored flat, they may be rolled and stored, laying on the floor. Preferably, store the mat on a mat storage rack, wall storage system, or overhead mat hoist system. 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.

**WARNING**

**IMPROPER STORAGE WILL PERMANENTLY DAMAGE MATS.**

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 mat transporters
- Never store mats against, on top of, or beneath other objects because impressions in the mat surface can occur.
- Do not use chains, ropes, wires, or ratchet straps to secure the mat.
- When storing mat sections on top of one another, make sure the strap buckle is not between the mats.

**Designate a Storage Area Clear of Objects**

It is important that the mat be stored on a smooth surface, free of objects or obstructions. An object as small as a crumpled piece of paper can put a deep 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 in the foam.

**Cold Temperature**

If the mat is stored in cold temperatures, it should never be dropped, rolled or unrolled until it has been kept at 60° F or higher for at least 24 hours. Never expose the mat to temperatures above 140° F.
Mat Storage (continued)

Prepare the Mat for Storage
Always inspect, clean and dry the mat before storing.

Remove any mat tape. It is important to remove mat tape. Should mat tape remain on the surface for an extended period of time, it may permanently bond to the mat surface and cause surface damage and/or peeling.

Rolling / Mat Tubes
Always roll the mat onto a mat storage tube. Because of the nature and properties of the foam, wrinkles do and will occur.

To help reduce wrinkles, roll the mat from the opposite end and alternate rolling the mat from the top one time and from the bottom the next time.

Securing the Mat
Secure the rolled mat by using the mat straps that were provided with your mat. Pull the straps snug. Do not over-tighten the straps.

Position the “D” ring buckle across the end of the mat roll (as shown). When storing mat sections on top of one another, make sure the strap buckle is not between the mats.

Evenly space the mat straps on each section. There should be approximately four (4) to five (5) feet between each strap.

Do Not use chains, ropes, wires, or ratchet straps to secure the mat. They can leave impressions and cuts in the mat surface.

Handling and Transporting Mats
When lifting a rolled mat section to place onto a mat cart, always use several people.

Resilite sells a mat EZ-Lifter Bar to assist when lifting a rolled mat section. The Ez-Lifter Bar allows two (2) people to safely lift one end of a standard mat section, allowing a mat cart to be placed under the mat.

To order Mat EZ-Lifter Bar or Resi-Wheeler
Call: 1-800-843-6287 or online at: www.resilite.com

WARNING
Remove the mat from the transporter before storing. NEVER STORE MATS ON MAT TRANSPORTERS OR CARTS. Permanent damage to the mat will occur.
Keeping The 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. See “Cleaning The Mat” on page 4 of this booklet.

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, floor surface.
(3) Read and follow the instructions on your disinfectant.
(4) Your disinfectant should kill MRSA, trichophyton mentogrophites (causative agent of ringworm), staph, strep, herpes simples, 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.

For Stubborn Stains and Mildew
Materials such as grease, tar, gum or tape adhesive can be removed with Goo Gone®, mineral spirits, 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, but only after the mat has been fully cured.

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.

Mat Repairs

The best way to extend the life of a mat is to keep the mat in good condition and repair damage as soon as it occurs. Delaying the repair may cause further damage or make it necessary for the mat to be repaired by the manufacturer or factory reconditioned.

CAUTION

THE REPAIR KIT
A Mat Repair Kit was included with your mat purchase. The Repair Kit includes paint and mat glue for making minor repairs.

- DO NOT throw away the Repair Kit.
- The Repair Kit should be stored at room temperature away from heat, sparks or flames.
- Keep the cans stored UPSIDE DOWN to help prevent the paint from drying out.
- If the paint has hardened, call your Resilite Dealer or Resilite factory at: 1-800-843-6287 to order a new Repair Kit or additional repair items.

To Repair Cuts and Tears: Items you will need:
- Clean white cloths
- Cardboard, drop cloth or newspapers
- Masking tape
- Rubber gloves
- Two (2) Paint brushes (1” - 2” wide)
- Paint stirring stick
- Flat head screw driver or paint can opener.
- Hammer or mallot
- Plastic putty knife (for mat caulking)
- Paint thinner, mineral spirits or acetone (to clean brushes or tools)
- Mat Glue (from the Repair Kit)
- MPK Solvent (Methyl Propyl Ketone) (from the Repair Kit)
- Mat Caulking (purchased from Resilite)

Getting Started
Follow all instructions and warning labels on paint, glue and solvent cans.

Clean out any debris located in the torn foam area of the mat. Using a mild detergent and warm water, clean all areas surrounding the area needing repair. Allow the area to dry completely before continuing the repair.

Making the Repair
Make the mat repair in a well-ventilated room with good air circulation. Place your supplies, paint, mat glue on a piece of cardboard or drop cloth to protect the floor and mat from potential spills.
Apply masking tape along the outer edge of the mat surface around the cut or tear. This will help to protect the mat surface from glue.

Lift or hold the section of torn foam. Use the paint brush and Mat Glue to apply the adhesive to all of the exposed foam area. Allow the glue to dry for approximately 10 minutes.

When the glue becomes “tacky”, carefully push the torn foam together.

Carefully, remove any masking tape that was used to protect the mat surface from excess glue.

Place masking tape across the repaired area to keep the tear in place or closed until the glue fully dries. Allow the Mat Glue to dry for 24 hours before painting the repaired area.

AFTER 24 HOURS THE GLUED AREA MAY BE PAINTED.

Painting Your Repair

Remove any masking tape that was placed across the repair. Open the vinyl paint can and mix thoroughly.

Using rubber gloves and a clean white cloth, apply a small amount of the MPK solvent to a cloth. Carefully wipe the mat surface area of repair with the solvent-dampened cloth. This will “activate” the existing vinyl paint surface and allow the new paint to better adhere to the existing paint. NOTE: The area you wipe will feel “tacky” to the touch.

Thoroughly mix the paint. Using the vinyl paint provided in your repair kit, apply an even coat of paint with a brush or roller. Mat vinyl paint has a limited working time. Work quickly before the paint dries. Apply one or two coats. Allow 15-30 minutes for paint to dry before applying additional coats.

Securely replace lids on any open cans of paint or solvent. Paint brushes can be cleaned using solvent MPK, MEK, paint thinner, mineral spirits or acetone.

Wait 4-6 Hours Before Rolling the Mat and Storing. Vinyl paint must be completely dry before storing the mat.

Using Mat Caulking To Repair Minor Holes

Getting Started
Follow all instructions and warning labels on paint, caulking and solvent cans.

Using a plastic putty knife or piece of cardboard, carefully fill the hole with Mat Caulking Compound. The hole should be no larger than 1” in diameter (i.e. Size of a quarter).

Level off the caulking compound flush with the mat surface. (NOTE: The caulking WILL have a slightly “rough” sand-like texture.) Allow the area to dry at least 1/2 hour. If the filler shrinks excessively, repeat the process.

Paint over the caulking with two (2) or three (3) coats of Resilite Vinyl Paint Coating.

Wait 24 Hours Before Rolling the Mat.

CAUTION

Only use the vinyl paint provided from the mat manufacturer.
Never use latex or oil-based paints which will damage the mat surface.

MAT REPAIR KITS
Repair kits and supplies may be ordered online at www.resilite.com or by calling: 1-800-THE-MATS.

RESILITE™
Sports Products, Inc.
PO Box 764
Sunbury, PA 17801-0764

Toll Free: 1-800-THE-MATS (1-800-843-6287)
Fax: 570-473-8988 • Email: resilite@resilite.com
WEB: www.resilite.com
Extend the Life of Your Mat.

Resilite’s Reconditioning Process will add many more years to the life of your mat. When the mat surface and edges begin to show excessive wear, it may be time to have the mat factory reconditioned.

IMPORTANT: Some wrinkles are an inherent characteristic of all vinyl-coated foam mats. However, it is VERY IMPORTANT to always roll your mat using a mat storage tube to minimize wrinkles. Reconditioning CANNOT and DOES NOT eliminate wrinkles and will still show indentations after reconditioning.

IF THE ENTIRE MAT HAS DEEP WRINKLES, IT CANNOT BE RECONDITIONED.

Mat Reconditioning Includes:
- Pick-up and Delivery of your mat.
- Mat Cleaning and Repair.
- Trimming and Resquaring of the mat.
- New Vinyl Coating - resurfaced on both sides and all edges.
- Free Layout and Design Assistance.
- 1-Year Limited Warranty.
- Mat Repair Kit.

Can Your Mat be Reconditioned?

BEFORE sending your mat back to the factory for reconditioning, it is important that you inspect your mat to determine if it can be factory reconditioned. Some mats cannot be reconditioned due to the age and severity of the damage. IMPORTANT: If you return your mat to the factory and it cannot be reconditioned, you will be responsible for a possible “disposal fee” and/or the freight charges to have the mat returned.

Determine if Your Mat can be Reconditioned: It will be important to roll out your mat and look at both sides to fully determine if it can be reconditioned.

- PHOTOGRAPH the mat and any areas of the mat in need of repair, as well as logos and lettering.
- MAT THICKNESS: If the mat measures less than 1” in thickness, the mat should not be used and cannot be reconditioned.
- FEEL OF THE MAT: Check to see if the foam feels resilient and shock absorbent. Walk along on the mat to various locations.
- DEEP WRINKLES: If the mat has deep wrinkles over the entire mat, it cannot be reconditioned. If there are deep wrinkles located in one area, it may be possible that they can be trimmed off during reconditioning.
- FREEZE CRACKS: If the mat has areas where the vinyl surface shows cracks, it still may be possible to recondition the mat. However, those areas may still show imperfections after being reconditioned.
- IMPRESSIONS: Make certain that there are no deep impressions. If the mat has impressions throughout, it cannot be reconditioned.
- DETERIORATED SURFACE AND FOAM: If there are large areas where the surface is completely worn and the foam is deteriorated and dry, the mat cannot be reconditioned.

CAUTION

CURING AND SHRINKAGE OF RECONDITIONED MATS

Due to resquaring and a new vinyl coating, ALL reconditioned mats WILL experience additional shrinkage (Approximately 2-4% of the mat size prior to being reconditioned).

When the reconditioned mat is returned to your facility, IT WILL REQUIRE EXTRA CURING TIME (See Page 4)

CAUTION

SOME MATS CANNOT BE RECONDITIONED

Some mats cannot be reconditioned due to the poor surface or overall condition of the mat. If you are uncertain about the condition of your mat for reconditioning, you may contact Resilite at: 1-800-843-6287 or your local Resilite Representative.
WARRANTY

NEW MATS:
3-Year Limited Warranty
on New Vinyl-Coated Mats

RECONDITIONED MATS:
1-Year Limited Warranty
on Factory-Reconditioned Vinyl-Coated Mats

Resilite warrants its products to be free from defects in materials or workmanship during normal use and installation. The warranty stated above is valid only if the mats have been handled in full observance of the Care, Handling, and Safe Use 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 or sections; 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 mat(s).

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

The above warranty commences on the date of Resilite’s shipment. Should any failure to conform to any of the expressed guarantees occur within the applicable guarantee period, Resilite shall, upon notification in writing of the defect, correct such nonconformity, either by repairing the defective mat(s) or by making available a replacement at the discretion of Resilite.

Resilite shall deliver the repaired or replacement mat(s) to the site free of charge, including all freight charges.

This warranty is exclusive and is in lieu of all other warranties, whether express or implied, including, but not limited to, any warranty of merchantability or fitness for particular purpose.

Further, no representation, oral or written, of any Resilite representative may be substituted for the aforesaid exclusive limited warranty. To the extent permitted by law, Resilite shall not be liable for any direct, indirect, special, incidental, or consequential damages which are expressly excluded from this sale.

Resilite will continue to improve the design of mats available for your athletic and user 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 warranty.

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, PO Box 764, Sunbury, PA 17801. No mat shall be returned without written permission from Resilite.

Loss or Damage in Transit with Public Carrier
Resilite is not responsible for loss or damage in transit. Our responsibility ends when the carrier signs the bill of lading, which is our receipt that the shipment was made complete and in good condition. It is the customer’s responsibility to check the number of pieces received against the number of pieces shown on the freight bill and our bill of lading. Any shortages or damage should be noted on the freight bill before it is signed.

Shrinkage
All foam wrestling mats are subject to expansion and contraction due to environmental and physical conditions. Vinyl-coated mats are subject to shrinkage. Therefore, mats are oversized to compensate for this shrinkage. Resilite guarantees the mats to be within a +/- 4% tolerance.

Resilite
Sports Products, Inc.
PO Box 764
Sunbury, PA 17801-0764

Toll Free: 1-800-THE-MATS (1-800-843-6287)
Fax: 570-473-8988 • Email: resilite@resilite.com
WEB: www.resilite.com
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.