

Exerflex Aerobic Flooring is an easy floor to care for. This maintenance guide describes some easy instructions to keep your floor looking great for years. Take some time to familiarize yourself and your maintenance people with these guidelines and feel free to call us if you have any questions or concerns not addressed here.

Daily Maintenance

Dirt is the worst enemy of your floor's finish. In order to keep dirt from accumulating, it is best to dust mop with an untreated dust mop or vacuum daily.

Weekly Maintenance

To thoroughly clean the floor, it should be damp mopped with clean water once a week. Wring as much water from the mop as is possible to keep excess water from seeping between the boards. For hard to clean spots, dilute a mild, non-abrasive cleanser with water. Make sure the cleanser is recommended for use with hardwood floors finished with polyurethane, and always follow label instructions. Do not use an oil-based soap as this will cause the floor to become slippery.

General Guidelines

- Prevent stains by immediately wiping up spills. When removing a spill, start along the outside edge to keep it from spreading. Then, if necessary, damp mop the area.
- Never use wax. This will make the floor too slippery for use for aerobic activities.
- Heating, ventilation, and air conditioning should be functioning properly. Try to maintain a constant temperature range between 60-80 degrees. Relative humidity should also be maintained at a constant level

between 40-70%. Consistency is the key here. Hardwood floors are very susceptible to changes in climatic conditions, so it is important to keep the humidity and temperature as constant as possible, 24 hours a day.

If you notice slight gapping between flooring boards

Exerflex is a completely natural hardwood product. As such, it will continue to absorb and release moisture throughout its lifetime. In dry winter months, small gaps may appear between the boards. Don't worry, gaps occur in every solid wood flooring, and they usually close once the season changes. Maintaining a constant relative humidity throughout the year will reduce this considerably. However, if the gaps become over 1/2" wide, please contact us for advice on how to reduce them.

If you experience a water leak

Should a water leak occur, it is vital to the survival of your floor to remove as much of the water as quickly as possible. After you have removed the surface water, it is important that you get a high powered dehumidifier into the room immediately. Let the dehumidifier run for two to three days and then inspect the floor for the damage that remains. Depending on the amount of water involved and your ability to get to the problem quickly, the flooring may not incur any significant damage. However, if there has been a good quantity of water and it has been allowed to be absorbed by the floor, replacement of the damaged portions will have to be made.

MAINTENANCE GUIDE



AEROBIC FLOORING

Some Common Maintenance

Concerns:

We have listed some of the more common maintenance questions that we receive. All of these are relatively easy to fix, and nearly all can be done by anyone at the facility.

Symptom: Black marks on the floor from the soles of shoes or the use of steps, slides, or other equipment.

Solution: These can be easily removed with the use of mineral spirits. Just apply a small amount to a rag and scrub the scuff directly. After the stain has been removed, it is best to clean the area with a damp mop using a solution of one part vinegar to four parts water, to ensure there is no residue from the mineral spirits.

Symptom: Certain spots on the floor become slick with sweat during and immediately after classes.

Solution: Again, it is best to treat these spots with mineral spirits, but this time, just wipe the floor with it instead of scrubbing. After that, damp mop the floor with the water and vinegar solution.

Symptom: Some of the equipment used on the floor, such as steps, slides, and exercise balls slide too easily on the floor.

Solution: This is a problem that usually occurs from a floor that needs to be damp mopped more regularly. A fine coat of dust or dirt can form a fine layer between the floor and the equipment. This can cause all of these pieces of equipment to slip more easily. Slides are of

particular concern because of the constant back and forth motion of the user, so it is important to clean the under sides of these regularly. If you have attempted to clean more regularly and the problem persists, you may wish to contact the manufacturer of the slide products, as some of them can provide rubber pads which can be applied to the bottom of the slides to create a tighter hold to the floor.

Symptom: Steps and slides are creating scratches in the finish of the floor.

Solution: These pieces of equipment have been designed to be used on hardwood flooring but make sure that the floor is cleaned regularly. The presence of dirt or small pebbles underneath these pieces of equipment can cause scratching as the equipment is used. It is also important to inspect and clean those areas on the equipment that come in contact with the floor. On steps, these are the rubber grommets on the risers, and on slides, it is typically the entire underneath sides. Especially look for small stones that may have become imbedded in the rubber surfaces that touch the floor.

Symptom: The floor has been in use for a number of years and the finish appears badly scratched, extremely dull or worn through.

Solution: After a number of years, depending on use or abuse, the finish will eventually be worn through. At this point, it is best to locate a local floor refinishing company to have the floor sanded

and refinished. If these symptoms are not recognized soon enough and the problem is not dealt with, it leaves the flooring open to structural damage which leads to a total replacement of the floor. Catching the problem early and refinishing the floor is much less expensive than losing your entire flooring investment.

Symptom: Floor is "buckling" or humping up.

Solution: This is often caused by the floor absorbing too much humidity or from being in contact with water. The problem may be rectified by dehumidifying the area. However, if the humidity level is low, or if dehumidifying is unsuccessful, it is best to contact us. We can suggest ways for a local carpenter to repair the floor for you with a minimum amount of effort.

If you have comments or questions about maintenance of your Exerflex Floor, please don't hesitate to call, write, or fax us:

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