

Mat Tips





Dear Customer,

We hope you enjoy your Sport-Thieme mats.

With this booklet, we aim to provide you with information on **important decision-making factors** for you to consider when deciding on the right mat for your needs. In addition, this booklet also includes valuable tips about the **storage** and **transport** of gymnastics mats which help you to extend their lifespan.

Best wishes

Maximilian Hohe
Managing Director, Sport-Thieme

Decision-making factors for mat types



The decision as to which type of mat to use should be based on the following criteria:

- Age group / body weight (primary or secondary education)

- The pupils' performance level
- Exercises they will undertake
- The jumping/falling height
- Type of landing

The mat should have optimal shock-absorbing qualities but also be sufficiently firm.

Density

This is an indication of the foam's quality, given in kg/m^3 . The density tells you the foam's weight per m^3 . The higher the density, the better and longer lasting the mat.

Sinking Depth

The sinking depth is the ability of the mat to change shape on impact, and to maintain the gymnast's stability. It is divided into the following 3 levels:

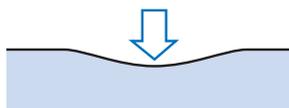
Low sinking depth:

- Artistic gymnastics mats, types 1-3
- Floor gymnastics mats, types 1-3



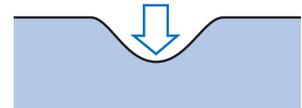
Moderate sinking depth with a flatter footprint:

- Mats, types 4-6, e.g. landing mats



High sinking depth:

- Soft floor mats, types 7-10



For Your Safety:

Always use gymnastics mats for their intended purpose and, above all, ensure that you have enough shock absorption in line with the European standard.



Mats are essential for the **safety and the comfort** of any athlete. Regardless of whether it is for use in artistic gymnastics or floor exercises, in high jump or in playful exercises in children's gymnastics – we offer you a suitable mat for any area of use.

The entire range of products online at: **sport-thieme.com**
Mats



Gymnastics mats for different requirements

Gymnastics mats

Gymnastics mats are versatile. In **artistic gymnastics**, they provide important fall protection and absorb the impact after dismounting or vaulting. They

provide a padded surface for **floor exercises**. In **toddler groups**, gymnastics mats form a soft, insulating surface that small children can feel comfor-

table on. Due to their low shock absorption properties, gymnastics mats are only suitable for use with jumps from a **maximum height of 60 cm**.

Landing, soft floor and high jump mats

Regardless of whether they are for use in **artistic gymnastics**, **high jump** or **playful exercises in children's gymnastics**, soft floor and landing mats are a must-ha-

ve in any sports hall. Soft floor mats are the **ideal fall protection** for use in artistic gymnastics and optimally absorb the impact when landing after

uncontrolled dismounts and vaults. For **controlled dismounts**, we recommend firmer landing mats. They allow for a **safe landing in a standing position**.

Floor exercise mats

Floor exercise mats, or floor exercise runners, are special gymnastics mats that are perfect for **floor exercises** or for

positioning on top of soft floor mats in artistic gymnastics. They can be easily combined to form a large surface and are

predominantly used in **rhythmic gymnastics, acrobatics and for floor exercises**.

Gymnastics mat accessories

Velcro fastener corners



For connecting several mats together to create a larger surface.

Recommended: An ideal accessory for gymnastics mats with a low net weight.

Carrying handles



Made from webbing (100% polypropylene), sit tightly against the mat.

Recommended: Make carrying mats with a higher net weight easier.

Leather corner



For protecting mat corners

Safety in sports halls

In order to be able to guarantee safety during the everyday use of gymnastics mats, the **series of European standards EN 12503** was developed through years of collaboration between the European

standardisation and testing institutes as well as numerous experts. Basically, in EN 12503-1 mats are divided into **10 types** depending on their intended use. The corresponding classifications can be seen in

the table below. The corresponding type of mat listed should be used for each **area of use described**. The mats are subject to strict testing criteria.

Types that comply with EN 12503-1 standards
Classification by types and areas of use

Safety requirements on absorption properties

Type	Typical use	Max. braking acceleration g (1 g = 9.81 m/s)	Sinking depth (mm)	Restore coefficient % (rebound height)	Exercise use	Area of use	Recommended mats
1	Mat for floor exercises without vaulting (beginners)	≤ 80	Not required	Not required	Floor exercises	Nurseries, pre- and primary schools	Sport-Thieme children's mat, Reivo gymnastics mat
2	Mat for floor exercises with vaults (floor exercises mat, 4 cm)	≤ 65	≤ 35	20 – 60	Floor exercises, rhythmic gymnastics	Schools and clubs	Sport-Thieme floor exercise mat (35/40 mm)
3	Mat for floor exercises with a vault for landings (gymnastics mat, 6 cm)	≤ 40	≤ 50	≤ 55	Floor exercises, landings from max. 60-cm drop height	Nurseries, schools and clubs	Sport-Thieme gymnastics mats with min. thickness of 6 cm
4	Mat for simple dismounts from apparatus with controlled landing (landing mat, 12 cm)	≤ 40	≤ 110	≤ 50	Landing from more than 60 cm drop height	Schools and clubs	Sport-Thieme artistic gymnastics mat (8 cm), Reivo® Kombi reversible mat, Sport-Thieme landing mat (12 cm)
5	Landing mat (landing mat, 15 cm)	≤ 25	≤ 110	≤ 30	Landing from more than 60 cm drop height	Schools and clubs	Sport-Thieme landing mat (15 cm)
6	Mat for difficult dismounts (competition landing mat, 20 cm)	≤ 14	≤ 105	≤ 15	Landing from more than 60 cm drop height	Schools and clubs	Sport-Thieme competition landing mat (20 cm)
7	Soft floor mat for simple exercises (30 or 40 cm)	≤ 35	≤ 185	≤ 25	High jump, max. drop height 2 m	Schools and clubs	Sport-Thieme soft floor mat (30 or 40 cm)
8	Soft floor mat (30 cm), density 22 kg	≤ 20	≤ 250	≤ 25	High jump, max. drop height 2 m	Schools and clubs	Sport-Thieme soft floor mat (30 cm)
9	Mats for high jump	≤ 10	≤ 70	≤ 20	High jump, max. drop height 2 m	Schools and clubs	Sport-Thieme standard high jump mat
10	Mats for high jump (competition)	≤ 10	≤ 60	≤ 20	High jump, max. drop height 2 m	Schools and clubs	Sport-Thieme super high jump mat

Sport-Thieme gymnastics mats

Proven Quality

Sport-Thieme mats continually undergo in-house quality control checks. This is the only way to guarantee that the quality the customer demands is delivered.



Sustainability

Upon request, we will take back your old gymnastics and soft floor mats when you buy new mats from us. **The foam core will be recycled and used again in the manufacturing process.** Please enquire about collection costs in advance.



Gymnastics mat cores

Composite foam



- Foam from foam flakes that have undergone a special pressing and gluing process
- Particularly resistant yet also flexible
- Density: 80, 100 or 120 kg/m³
- Use: gymnastics mat

Light foam



- Expanded polypropylene foam, mainly sealed foam particles
- Good resilience to static and dynamic loads
- Density: low
- Use: gymnastics mat

PE foam



- Several layers of polyethylene foam glued on top of one another (sandwich design)
- Highly stable yet lightweight
- Density: 30 kg/m³ (for gymnastics mats)
- Use: floor exercise mat

PU foam



- Polyurethane foam
- High shape stability
- Density: minimum 20 kg/m³
- Use: soft floor mat

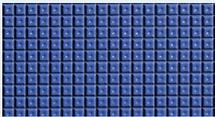
Gymnastics mat surfaces

Polygrip mat material



- Grained structure
- Non-slip
- 100% polyester
- Tensile strength: 2,500 N
- 600 g/m²

Textured mat material



- Non-slip
- Pimpled structure
- Protects against skin grazes
- 100% polyester
- Tensile strength: min. 2,500 N

Canvas



- Smooth surface
- 100% polyester
- Tensile strength: 2,500 N
- 650 g/m²

Needle felt



- No wrinkling due to a strong bond between the core and cover
- No burns
- Skin friendly
- Stable underfoot

Gymnastics mat undersides

Polygrip mat material



- Non-slip

Textured mat material



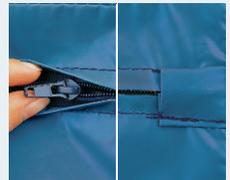
- Particularly non-slip thanks to special pimpled surface

'Waffle' design



- Extremely non-slip

Safety



- **Particularly safe:** concealed zip improves safety!

Transport and storage

- Storing and transporting mats appropriately, as well as using them as intended, **extends a mat's service life and functional use**.
- Mats should **not be subjected to buckling or bending loads**, as this can damage the internal structure of the mat.

We therefore recommend that mats are stored flat – preferably on a **mat trolley**.

- Whilst being stored, mats should not be subjected to **extreme changes in temperature or high levels of humidity** and should also be protected from exposure to **direct sunlight**.

Gymnastics mats

Storage: On a mat trolley (observe the manufacturer's information on max. load) that is suitable for the size of the mats (no overhangs); up to a maximum of 12 gymnastics mats per trolley.

Transport: Using mat trolleys; loading and unloading on the narrow side. In primary school usage, a minimum of four students is required to carry mats whilst in secondary schools a minimum of two students is required. Only carry mats vertically.



Landing, soft floor mats and high jump mats

Storage: Optimally stored flat, alternatively they can be stored vertically against a wall and secured with 2 straps. The mats should not sag.

Transport: Carried vertically or transported on a special trolley.

Floor exercises mats (runners)

Storage: Rolled up around a core with the felt covering on the outside and secured with a belt or Velcro strap. Can be stored standing or can be hung up.

Transport: Carried vertically or transported on a special trolley.

Maintenance



Maintaining mats yourself

In order to check whether the mat material is still fit for landings, the mats have to be **inspected regularly**.

The checks detailed in the **checklist** on page 7 are easy to perform and give a quick indication of whether the mat is fit for use.

Checklist for checking the condition of your mat

Visual check recommended every 3 months



- **Mat cover (rips due to wear and tear):**
Does the cover of the mat have any visible damage or soiling?
- **Leather corners (completely stitched):**
Are all of the leather corners still fully stitched?
CAUTION: Accident risk!
- **Mat surface:**
Does the mat have any obvious deformation or holes in the landing area? CAUTION: Accident risk!
- **Carrying handles/loops (completely stitched):** Are all of the carrying handles/straps still securely stitched? Handles cause damage to the mat if torn off!
Note: Carrying handles/straps must not be used to hang mats!

Checking the filling recommended once a year



- **Tears in the foam:**
Has the foam developed tears?
- **The foam is no longer uniform or has split into pieces:**
Is the foam still a solid block, or has it split into individual pieces?

Checking the zip recommended after every use



- **Correct:**
Zips must be completely closed.
- **CAUTION:**
If the zip bulges outwards and some of the teeth no longer interlock, you can solve the issue by doing the following: carefully pull the zip pull back to the start of the zip and then close the zip once more.
- **Note:**
The zip pull can often be found under a flap. If it is not possible to pull the zip pull with your fingers, a small pair of pliers or a paper clip should help.

Maintenance and care



- **Cleaning:**
We recommend cleaning dirty mats with water and soap-based detergents.
- **Care:**
When looking after your mat, you should use care products suitable for use on plastic.

• If the mat shows any signs of wear or damage to the internal core, the mat should be put to one side and no longer used.

• Upon request we can send you a suitable replacement mat cover or core. We are happy to advise you!

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Your Service Benefits

1. Telephone support

We are here to answer all of your concerns, big or small, on **+49 5357 181 503**
Mon-Fri 7:30-20:00

2. Minimum 3-year guarantee

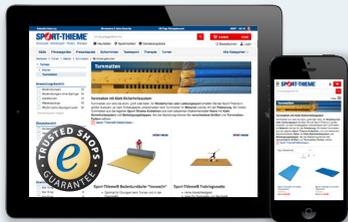
At Sport-Thieme you are buying quality. Guaranteed!

We go beyond the legal provisions and provide a minimum 3-year guarantee – often even longer, up to 25 years! You can find more information about this in the product descriptions in the particular article and in our terms and conditions at sport-thieme.com/terms-and-conditions

3. 100-day returns policy

Buy from Sport-Thieme with peace of mind:

You can return purchased products within 100 days of receipt without giving any reason. You can find more information about this in our terms and conditions at sport-thieme.com/terms-and-conditions



Find more at the
Sport-Thieme online shop:

sport-thieme.com/mats

Discover our wide range of mats, practical accessories and tips on how to use them!

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