

# Stamina Installation Manual

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## I. Introduction

**SportFloor® Stamina** is revulcanized with 100% recycled rubber from waste tires.

- Durable, non-porous, tough, long lasting, black mat.
- Smooth, flat top surface with textured bottom surface for enhanced mat adhesion.
- Available in a standard square edge format or optional interlocking format.
- Designed to be used in gyms, arenas, schools, ski resorts, military bases, free weight areas, fitness centers, and community centers.

**Stamina** is manufactured of high quality materials and carefully inspected before shipment; however, a quality installation is the responsibility of the installer. The installer needs to verify the accuracy of the order, and materials need to be inspected for damage and defects prior to installation.

***An authorized SportFloor distributor shall be notified of any nonconformance before installation and final adhesive application.***

**Note:** Slight variations in surface color/texture may be evident on the Stamina mat. These marks are a common occurrence in the manufacture of this type of recycled rubber product. They do not indicate a change in the physical properties or quality of the mat and the marks will become less obvious over time. They should not be considered a product defect and are not covered under the product warranty.

***Stamina is not recommended for environments where the product will be exposed to oils or petroleum based materials.***

## II. Quality Assurance

### Floor Contractor / Installer Qualifications

- Flooring contractor shall be experienced in the flooring field and approved by the manufacturer.
- Flooring contractor shall be proficient in installing this type of rubber flooring and have completed at least three projects of similar magnitude and complexity

## III. Handling & Storage of Materials

Receive mats in a careful manner to avoid any damage. Adhesives or surface preparation product containers shall be unbroken and labels intact until time of use. Prevent damage or contamination to materials by water, moisture, freezing, excessive heat, foreign matter or other causes.

**Stamina** should be stored on site with adhesives, etc., for at least 48 hours prior to installation (extreme cold or hot conditions may require additional time). Mats should be removed from pallets and any loading/shipping constraint pressures be removed in order to acclimatize to room conditions.

Work from all other trades must be complete, especially overhead trades, before installation can begin.

Caution is required on site, as under no circumstances should the mats be bent, folded, stepped on or crushed, as this may destroy the material.

***Rubber mats are susceptible to dimensional changes due to temperature and climate conditions. It is vital that site conditions remain constant within the acceptable working range.***

## IV. Installation Materials

- a. **SportFloor® Stamina**
- b. Adhesive – recommended **SportFloor® 1 or 2-part Urethane Adhesive**
- c. Tools.
  - Sharp utility knife & spare blades
  - Carpenter square & straight edge
  - Measuring tape
  - Chalk line (for layout)
  - Markers (to indicate cut lines)
  - Rubber gloves
  - Safety glasses
  - 1.5mm x 1.5mm x 1.5mm (1/16" x 1/16" x 1/16") square-notch trowel
  - 45 kg (100 lbs) minimum sectional roller
  - 50mm (2") masking tape (to secure seams)
  - Concrete blocks (for weighting irregular areas)
  - Kraft paper (to protect flooring from blocks)

## V. Sub-Floor Preparation

The installation of any resilient rubber flooring is only as good as the sub-floor it is laid upon. This is especially true when the flooring is glued down. Rough and uneven sub-floors can diminish the appearance, cause uneven top surfaces and shorten the life span of such flooring. We therefore recommend proper preparation of such sub-floors as follows:

### Wood Floors

- New wood sub-floors should be CDX exterior plywood installed smooth side up.
- All nails, staples or screw fasteners must be caulked and surface sealed with epoxy sealant.
- Plywood should be acclimatized for a 48-hour period prior to installation of flooring tile.
- All wood sub-floors must be clean and dry of all dust, dirt, and previous floor finishes.
- Patch cracks, holes, and rough or uneven areas with an appropriate cement based leveling compound (such as Mapei Planipatch, etc) to manufacturers' standards.

### Concrete Floors

- Ensure sub-floor is smooth and level to a tolerance of 3.2mm (1/8 in) in 3.05m (10 ft).
- Ensure concrete floors have cured for minimum 6 weeks.

**It is vital that a moisture test be completed prior to floor installation. Moisture is the single most significant factor that causes bonding failure to the sub-floor. Moisture tests must be taken on all concrete floors regardless of age and grade level.**


- Test shall be in accordance with **ASTM F-1869** Standard Test Method for Measuring Moisture Vapor Emission Rate of Concrete Sub-floor Using Anhydrous Calcium Chloride.
- One test should be conducted for every 1000 sqft of flooring and the results not exceed 5 lbs per 1000 sqft in 24 hours.
- Use ASTM F2170, the Relative-Humidity Test, as an alternate in these cases. Slab not to exceed 75% humidity.
- If test results exceed limitations, the installation must not proceed until the problem has been corrected.
- All test results must be kept on file and be accessible upon request.
- If lightweight concrete has been used in construction **DO NOT** use the F1869 test.

- If poured-gypsum underlayment has been used, check with the underlayment manufacturer on how to test for dryness. **Never** use calcium chloride testing with gypsum underlayment.
- Ensure existing concrete floors are clean, dry and smooth.
- Remove any wax, paint, varnish, adhesive or any other material that would prevent proper bonding of adhesive.
- Repair any low spots with a cementitious based latex patch mix.
- Fill and smooth any rough or porous concrete sub-base prior to installing flooring.
- **Note: If concrete sealers, curing compounds or floor hardeners have been applied, the surface must be treated prior to adhesive application to ensure proper bond.**

### Concrete Floors with Radiant Heating System

- Ensure concrete slab has cured appropriately
- Prior to flooring installation, the radiant heating system must be operating at between 20°C (70°F) and 30°C (85°F) for minimum 7 days to dissipate any moisture in the concrete and ensure proper bonding conditions.
- Turn radiant heating system off 48 hrs. prior to flooring installation and until min. 48 hrs. after the flooring is installed.
- After installation, turn radiant heating system on again, controlling the temperature up gradually over a 48 hour period to ensure a proper bond
- Maximum set temperature of radiant heating system must not exceed 30°C (85°F)

## VI. Cutting Stamina

**Use caution.** Stamina can be cut with a sharp utility  knife using a straight edge or square as a guide. Round holes can be cut using a hole saw or fine tooth jigsaw.

## VII. Installation (with Adhesive, Interlocking or Loose-Laid)

Before work commences, examine the areas to be covered and report any flaws or adverse conditions to the general contractor and/or architect. Do not proceed with installation of **Stamina** until substrates and conditions comply with the requirements

indicated in manufacturer's instructions.

**Room temperatures for installation must be maintained at a minimum 15°C (60°F) to a maximum 24°C (75°F) and a relative humidity 65% or less for at least 48 hours before installation. These conditions must be maintained 24 hours per day for the duration of the installation and for a minimum of 72 hours after installation is complete.**



If installing Stamina in a high wear area, (i.e., player's bench or penalty box) we recommend that Stamina not be glued down, but loose laid so that mats can be re-oriented or replaced as necessary.

Dry lay the entire floor (textured side down) including all cut pieces prior to applying any adhesives, then view the floor under normal, occupied lighting conditions.

**It is the installer's responsibility to inspect the dry laid installation and notify the appropriate authority of any imperfections or irregularities prior to final adhesive installation.**

## VII.I Installations with Adhesive

- Apply adhesive uniformly using recommended trowel and application rate.
- Ensure a minimum 85% transfer from the floor to backing of flooring.
- Do not spread more adhesive than can be covered by flooring before initial set takes place (check adhesive for set times).
- Adjoin factory edge to factory edge of tiles. Install cut edge of tiles along walls or vertical surfaces.
- Ensure joints are tight. All joints should be secured to prevent gaps, by applying **masking tape** across joints onto adjoining mats until adhesive has cured. (300 mm (12 in) long at typical 400 mm (16 in) centers.)

**Note: Never use duct tape or high grab masking tape. Duct tape adhesive chemically reacts with the flooring surface and leaves a permanent residue.**

- Lay mats into fresh adhesive in small sections and roll with a 45 kg. sectional roller a minimum of 3 times in multiple directions within 15 minutes of lying to ensure proper adhesive transfer.
- Cut mats neatly around fixed objects, and to fit irregular and fill-in spaces using a sharp utility knife. Make repeated passes when cutting to ensure straight cuts.

- Flooring installed around any irregular or sloped surface (i.e., around drains), should be weighted with bricks to ensure proper bonding of flooring to adhesive.
- Continue flooring through areas to receive movable type partitions without interrupting floor pattern.
- Terminate flooring at centerline of door openings where adjacent floor finish is dissimilar.
- Install edge strips at unprotected or exposed edges where flooring terminates.
- Promptly clean adhesive from top surface of tiles using a soft cloth soaked in denatured alcohol.
- Use caution to not damage floor.



- Prevent foot traffic on flooring for minimum 24 hours after installation. Prevent heavy vehicle (forklift) traffic from accessing floor for at least 72 hours. If heavy equipment must be moved across the finished floor, use extra care to avoid damage to the flooring. Plywood or Masonite should be used as a protective layer over the flooring to avoid damaging the surface.

## VII.II Interlocking or Loose-Laid Installation

- The intent of using an interlocking or loose-laid format is so that the product can be easily removed at a later date.
- Interlocking tiles have a tab detail on the outer edges which must be fitted together securely such that the finished flooring becomes a unitary monolithic floor, independent of the sub-floor over which it is placed
- Ensure that tiles are installed tightly to adjoining tiles to prevent gaps in the seams and use masking tape to secure joints until flooring is entirely installed. (If seams peak, place double sided tape onto the floor to hold the edge of the tile down.)

## VIII. Cleaning and Maintenance

**Stamina must not be cleaned with any petroleum based cleaners. If any petroleum fuels are spilled on the matting, it should be removed immediately to avoid damage to the matting and voiding of warranty.**

**See SportFloor® Maintenance Manual for complete details.**

### Initial Cleaning after installation

- For glued down mats, wait 72 hours (min) after installation before proceeding with floor maintenance.
- For interlocking mats, initial cleaning can be performed immediately after installation.

### Floor Finishing

- **Stamina** does not require an applied finish.
- Complete only if project requires it. A finish may alter the surface characteristic of the mat.
- Apply floor finish for rubber flooring according to instructions and application rate recommended by manufacturer.

### Regular Maintenance

- **Stamina** may be cleaned at any time using a damp mop with a PH neutral cleaner diluted with water.
- Ensure that any moisture is immediately extracted after cleaning.

### Precautions

- **Stamina** must not be cleaned with any petroleum based cleaners. If any petroleum product is spilled on the matting, it should be removed immediately to avoid damage to the matting and voiding of warranty.

### Protection

- Protect and cover new floors from damage until final inspection.
- Provide ventilation to installation area during installation and for minimum 72 hours after completion of work.

## IX. Disclaimer

- This manual has been prepared to assist owners of **Stamina** Recreational Flooring in the recommended installation procedure. It is a guideline which may be used to produce an effective finished installation and should be reviewed in the context of the installation site(s).
- **North West Rubber Ltd., (NWR)** does not warrant any installation work not directly performed by **NWR** and specifically disclaims liability for any direct or indirect personal injury, property damage or other costs or losses resulting from installations or applications by third parties. Please see the **North West Rubber Ltd., Limited Warranty** for the particulars of warranty coverage relating to **NWR** products.
- **Stamina** is not to be used for any purpose other than resilient recreational flooring.
- In heavy vehicle (forklift) traffic areas **Stamina** mats may release from the adhesive over time. This is not a product defect. The mat can easily be re-adhered following the same method described in this document.
- **Stamina** must only be used in accordance with the manufacturer's published specifications.