

Care & Cleaning For Your Wrestling Mat

To help reduce the risk of athletes getting and spreading infections, we recommend cleaning the mat after each use. In addition, athletes should be encouraged to:

- Shower after each workout.
- Wash workout clothes daily.
- Dry skin adequately.
- Avoid wearing street shoes on mats or wrestling shoes off the mats.
- Wipe headgear down with alcohol pads after each use.
- Conduct daily total body skin inspections.

Important Note: Athletes with open wounds, broken skin or diseases of the skin should be discouraged from participating in mat workouts until the skin is healed or the athlete has been cleared to participate by a licensed physician. If allowed to participate, the athlete should have the affected skin covered to prevent cross-contamination.

Getting Started:

- Soft Bristled Broom or Shop-Vac®
- Bucket with Warm Water
- Mild Detergent
- Disinfectant Cleaner
- Mop or Soft Cloths
- Fan (if needed)

Before Unrolling

Do **NOT** unroll the mat until it has been kept at a **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.



Removing Dirt

Use a soft, bristled broom or a Shop-Vac® to remove as much of the loose dirt as possible. Never use a Vacuum Cleaner or any other machine that has a “beater bar”.

If 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 mat.

Cleaning

Use a disinfectant cleaner such as KenClean Plus, which is a disinfectant used in hospitals. It will not harm your mat's finish and it cleans and disinfects in one easy step. This disinfectant kills viruses, bacteria, fungi and much more.

- Use a mop or soft cloth to wet the area with warm, cleaning solution. Apply as much cleaning solution to the mat surface as possible without harming the floor surface. Do **NOT** allow water to seep underneath mat.
- Do **NOT** allow puddles of cleaning solution or water to remain on the mat's surface for an extended period of time. Standing water can cause permanent discoloration of the mat surface. **CAUTION: Standing water on an uncured, red wrestling mat will cause discoloration.**
- Use a Shop-Vac® or soft cloths to remove excess cleaning solution. It is important to change the cleaning solution often.
- After removing all the cleaning solution from the mat's surface, use clean water and a clean mop, sponge or cloth to remove any soap residue from the mat surface.
- Allow mat to **fully dry**. This helps decrease the formation of mildew. Using a fan will accelerate drying time.
- Repeat the entire cleaning process on the opposite side of the mat.

For Stubborn Stains and Mildew

- Scrubbing should be done only after the mat has been fully cured.
- Materials such as grease, tar, gum or tape adhesive can be removed with Goo Gone, mineral spirits, naphtha or gasoline. Note: Tar can be removed, but it will leave a stain on the mat.
- Mildew can be removed with a mildew stain remover that you can purchase at your local building supply center.

