

SPORTFLEX SUPER X AND MONDOTRACK

Indoor Installations

Running Tracks

Operation and Maintenance Manual

The aim of this manual is to maintain optimum track performance and appearance, promote athletes' safety and prevent premature deterioration of the surface.

Indoor tracks require care and maintenance in order to avoid premature deterioration.

When establishing the proper maintenance procedure, local conditions, expected usage, athlete conduct, non-sport use and other factors specific to the track in question should be taken into consideration. To ensure optimal results, these guidelines should be personalized to meet individual facility needs.

Preventive Maintenance

1. As part of a good facility management practices, Spectrum recommends controlling the length and shape of spikes allowed on the track surface. Only low-penetration pyramid and compression spikes should be permitted. Needle spikes should be discouraged. Spike length should not exceed 6mm.

NOTE

- Slip-resistance and traction on Spectrum tracks are enhanced to the point where spikes on athletes' shoes are not required to penetrate the running surface to give excellent grip in wet and dry conditions. This boosts the athlete's performance by cutting the time and energy required for spike penetration and retraction. At the same time low-penetration spikes will cause the track surface to deflect and recover acting like a bowstring, providing the largest amount of energy return.
- Needle spikes have a tendency to sink deeply into the track surface, causing more damage, providing the lesser amount of energy return and requiring greater effort to penetrate and retract. Needle spikes, originally developed for cinder tracks, are still commonly used on poured-in-place polyurethane-based track surfaces to get past the loose EPDM rubber granules and down into the firm polyurethane surface underneath. If used on Spectrum tracks, that benefit from solid, embossed top surface, needle spikes will jeopardize athletic performance causing unnecessary spike damage to the track over time.

IMPORTANT

- The Spectrum surface must meet a minimum thickness of 10mm for use of track spikes.
2. Starting blocks should be fitted with 12mm heavy-duty steel slim-cone spikes and regularly checked to ensure no spikes are missing

WARNING

- Badly designed starting blocks and/or starting blocks with missing spikes will slip back and tear the surface. This will affect the athlete's performance and will require early replacement of the start area.

NOTE

- Some athletes assume a position at the starting blocks that places the front of the foot on the track surface instead of completely on the face of the block. Having only a few spikes on the track's surface and all of the forward thrust pressure exerted at the start will cause accelerated localized wear.

3. Ensure that all loose equipment allowed on the track such as hurdles, uprights, hurdle carts, throwing implement carts, etc. are in good order, rust-free and fitted with appropriate wheels, feet, glides and caps, etc.
4. Always lift and install lids and covers using the keys provided, taking care not to trap fingers. Never use levers to remove covers as this can cause the synthetic material to separate from the lid.
5. Always adjust the feet of the long and triple-jump boards and covers till these are perfectly flush with the surrounding synthetic surface.
6. Schedule practice so as to spread wear evenly over the entire track surface.

NOTE

- Using protective mats during training sessions help reduce wear on runways.

7. Prohibit the use of duct tape and the like on the track surface. If unavoidable, ensure the tape is removed before glue is permanently transferred.
8. Control access to the track in such a way as to avoid mud and dirt transferring to the track.
9. Prohibit food and beverage on the track.
10. Prohibit chewing gum and tobacco on the track.

IMPORTANT

- If neglected, residue from certain types of food and highly coloured drinks can stain the track surface. For best results, clean up spills immediately as they occur.

11. Ban smoking on the track.
12. Keep adjacent areas free of litter, debris, mud, dirt and oil spillage.
13. Install track and litter containers near the track in a sufficient number so as to avoid overflow.
14. Install water station off the track.
15. Provide drinks for athletes during practice breaks off the track.
16. Ban open flames, welding, etc. On the track.
17. Do not store materials on the track.
18. Prohibit point loading on the track surface. Point loads should be distributed with load spreaders, to be placed over the synthetic surface. Area, strength, thickness and rigidity of the load spreaders should be determined so as to guarantee a load distribution that does not exceed the distribution load-bearing capacity of the substrate.
19. If heavy objects, such as temporary bleachers, seats, stages, etc. need to be placed on the surface, protect the track surface from contact with sharp objects and to eliminate point loading. Place a layer of minimum 0.3mm polythene sheeting with taped joints over the track surface and cover this with at least two layers of minimum 19mm plywood with joints staggered over the polythene sheeting. Extend the protection at least 1m beyond the load application area. Additional planking and gangways may be required over this initial protection, depending upon the shape and size of the point load application area, the distributed load-bearing capacity of the substrate, and the ambient temperature.
20. Do not allow vehicles to park on the track surface.
21. Do not allow unnecessary vehicular traffic on the track surface.
22. Restrict vehicle movement on the unprotected track surface to light vehicles with turf tyres, mechanical sweepers and emergency vehicles.

23. Only allow vehicles to drive on the unprotected track surface avoid sharp turns, static turning and abrupt movements that can cause delamination and scuffing.

IMPORTANT

- Tyre marks, if neglected, can be difficult or impossible to remove. For best results, clean up immediately as they occur.
24. Be sure that all vehicles driving on the track surface are in good working order and completely leak-free to avoid any oil or gas spills, and are fitted with appropriate wheels, feet glides, caps, etc.
 25. Prohibit changing or adding fluids to vehicles and equipment while on the track surface so as to prevent lubricating oil, grease, transmission fluid and the like from dripping or spilling on the track surface.
 26. Where vehicles and machinery other than as specified above are used, protect the track surface to avoid contact with tires and to eliminate point loading. Place a layer of minimum 0.3mm polythene sheeting with taped joints over the track surface and cover this with at least two layers of minimum 19mm plywood with joints staggered over the polythene sheeting. Extend the protection at least 1m beyond the vehicle path. Additional planking and gangways may be required over this initial protection, depending upon the load transmitted by the tyres, the distributed load-bearing capacity of the substrate, and the ambient temperature.
 27. All in-ground sport equipment - including throwing circles, takeoff boards, blanking boards, sandpits, sand traps and pole-vault boxes - is designed for pedestrian traffic only. No vehicle should drive over these items. Protection is the same as for the track: minimum 2 layers of 19mm plywood. Loading and protection should be calculated for each application.
 28. Repair minor damage immediately.
 29. Report major damaged to Spectrum immediately.
 30. Develop and implement a regular schedule of inspection and maintenance.

Regular Maintenance

1. Vacuum up grit, stones and sand off the track surface on a routine basis to reduce track surface wear.
2. Maintain the sandpits by sweeping the sand back into the pits on a regular basis, especially after events or practice, to avoid sand accumulating on the track.

IMPORTANT

- Sand standing on the track will abrade and accelerate deterioration of the track. If necessary, vacuum and dispose of.
3. In the event that oily substances, petrol, solvents, paints, or the like are spilt on the surface, scrub and rinse immediately to eliminate all residues.
 4. In the event of chewing gum, cigarettes, food and drink residues, etc. Soiling the surface, scrub and rinse with water as soon as possible. If chewing gum is embedded in the surface, use freezing techniques to remove it.

Washing Operations

1. Wash the track once a year, or as often as needed depending on local conditions.

CAUTION

- Wait at least 6 months before performing initial wash
- Wash the track in cool temperature conditions, avoid direct contact with sunlight during cleaning.

2. Spectrum recommends professional cleaning services for washing the track surface. If relying on in-house services, use a ride-on scrubber, fitted with a non-abrasive cylindrical brush (soft nylon bristles).

NOTE

- Spectrum recommends the Tennant T20 cleaning machine with ec-H₂O Technology (Electrically Converted Water Technology), equipment with cylindrical brushes. This ensures excellent cleaning results without the use of chemical detergents.

3. Prior to washing the tracks, always ensure it has been thoroughly vacuumed and all debris has been removed.

IMPORTANT

- Avoid "burning" the surface of the track by scrubbing the surface while it is dry.

4. Use a cleaner with neutral pH (between 7 and 9).

IMPORTANT

- Any chemical used must be solvent-, phosphate- and phenol-free. As a general guideline, never use any chemical or solution with a pH level below 2 or above 9.
- NEVER use solvents, gasoline or turpentine to clean the rubber track as this can damage the material and void the warranty.
- Prior to adopting a new cleaning product always perform in-house tests on stock samples or small isolated sections of materials to ensure the track will not be damaged.

5. Always mix the appropriate ration of the selected cleaner.

NOTE

- To ensure excessive concentrations are not used, test the dilution rate on a small area of the surface and adjust as needed for the desired result.

6. Apply cleaning solution, followed by a dwell time of 5 to 10 minutes, as per manufacturer instructions.
7. Scrub surface in multiple directions and vacuum soiled water.
8. Rinse the track with sufficient quantities of clear water to avoid soap residue/buildup

9. Allow track to dry thoroughly before using.

IMPORTANT

- Insufficient rinsing after the wash can lead to the accumulation of soap residue. This can leave white streaks/marks on the surface of your track and negatively affect its appearance. Residues can also entrap dust and dirt.

CAUTION

- Always post warning sign, cordon off with caution tape or barricade areas before performing maintenance.
- Always refer to material safety data sheets (MSDS) for proper personal safety requirements before working with any cleaning product.

Stress Areas

1. Concentrated wear on stress areas - such as the take-offs for long-triple jumps, pole vault and high jump, and starting-block areas - is normal and can occur at any time, depending upon the degree of use and the length and shape of spikes allowed on the track.
2. The presence of spike marks does not reduce the athletic performance or the safety of the track surface.
3. Spectrum recommends replacing stress areas at least every five years

Lines and event markings

1. Concentrated wear of lane numbers and other lines that are subject to high volumes of pedestrian traffic - such as start lines, finish lines, exchange-zone marks, etc. - is normal and can occur at any time, depending on the degree of use.
2. Spectrum recommends touching up lane numbers and cross lines at least every two years.
3. Spectrum recommends refreshing all lines at least every five years.

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