

# **Workout Room Care**

## **Mat Care**

The mats should be mopped with an approved mat cleaner or dilute bleach (one part bleach in nine parts water) daily. Mop heads should be changed frequently. Areas in the wrestling room not covered by mats should be vacuumed or swept and then mopped at least once a week.

Inspect mats prior to any activity. Specifically identify any deterioration of the covering or foam material. Ensure the integrity of mats mounted to wall surfaces. Repair or replace as required. Mat sections may move during use. Check for proper fastening (taping) prior to use.

### **Temperature and Humidity**

While some programs tend to maintain work out rooms hot and humid during workouts, this may promote the growth of bacteria and fungus. Keep some access to outside air to help prevent too much humidity during workouts (this will also protect against heat illness). Also, less humid mats are less likely to contribute to “slip” type injuries. Never have a work out room with a heat index of 90 or greater – keep the room at a normal temperature and humidity. One rule of thumb is, if the temperature is less than 90° F, to measure the temperature and humidity, and then add them together. If that sum is greater than 130, consider cooling the room off a bit. Another sign that the room is too hot is when signs of heat illness appear (like fatigue, red skin, fast heart rates, moodiness, increased thirst, lack of concentration, etc.), or performance starts to decline.

## **Additional Rules**

- No food, drink, or gum is allowed on mats (except water bottles).
- Street shoes are not allowed on mats.
- Wrestling and martial art shoes should be worn only on the mats and during competition.
- Do not trim hair or cut nails in the workout room.