

## CALA

Canadian Aquafitness Leaders Alliance In  
Handout



# Aqua Mat Usage

**Aqua mats protect your most valuable asset - "you"!**

## Compression performance

The key performance feature of an aqua mat is a very low compression set, which is less than 5%. This feature is a great advantage enabling the aqua mat to maintain 'collapse resistance' after constant or repeated compression. Aqua mat will not collapse or bottom out.



## High energy absorption

Aqua mat cellular urethane material does an excellent job of cushioning and protecting against impact and vibration. Compared to other cellular materials, aqua mat urethanes are 183% as effective as latex and better than 150% as effective as natural rubber foam in absorbing energy.

## Very low hydrolysis

Aqua mat urethane properties will resist deterioration over time due to exposure to ambient humidity and temperature.

## No plasticizers to migrate

Aqua mat cellular urethane will not harden, crack or change properties over time since no plasticizers or processing oils are used.

## Chemical Resistance

Aqua mat urethanes are unaffected by mild inorganic acids and bases. Aqua mat shows modest swelling with oils, grease and other linear hydrocarbons.

## Care instructions for the Aqua mat

The aqua mat is durable but not indestructible. Due to the nature of the aqua mat's use and the environment it will be used in, the aqua mat will require some care.

-  Shiny side of aqua mat must be in contact with pool deck









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-  It is important to pick up the mat from the pool deck when not in use. After use, place the aqua mat in a shaded airy place to dry off. The aqua mat is resistant to the sun but storing it in a dark or shady place will increase the mat's life span.
-  The aqua mat is resistant to attack from normal concentrations of pool chemicals. You should refrain from using any cleaning fluids to clean aqua mat as they may cause damage to the mat. Simply wipe aqua mat with a mild solution of chlorine.
-  It is important to periodically allow the aqua mat to dry off completely.
-  When moving the aqua mat from pool deck always roll it, lift it and lay it over a dull surface for drying purposes. Refrain from dragging it as it may cause the mat to tear.
-  Never allow the aqua mat to be used for anything other than teaching aquafitness or aquatic rehab classes.
-  Refrain from doing twisting actions on the aqua mat as they may cause damage to the mat.
-  The mat will resist tearing under normal situations but should not be used for dragging equipment or people around the pool deck.
-  Keep chairs and pool furniture off the aqua mat as they may cause damage.