

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 of 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.

Purchase your Aqua Mat through CALA

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Care instructions for the Aqua mat


The aqua mat is durable but not indestructible. Due to the nature of the aqua mats 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 for maximum slip resistance. Use the mat in conjunction with aerobic or water shoes for maximum impact protection.
-  It is important to pick up the mat from the pool deck when not in use. When moving the aqua mat from the pool deck always roll it, lift it and lay it over a non-abrasive rounded surface for drying purposes.
-  When not in use, it is preferable to keep the mat flat, and allow it to dry, in a non-humid airy environment, out of the bright sunlight.
-  Do not fold the mat. Refrain from dragging the mat, as it will tear. Avoid hanging the mat over a narrow ledge or cage as this will cause the mat to tear or split. Do not hang over PVC (plastic) pipes rails or racks. There may be a tendency to stick.
-  Place the aqua mat in a shaded, airy place to dry off between uses. The aqua mat is resistant to the sun but storing it in a dark or shady place will increase the life span. Keep out of direct sunlight.
-  The aqua mat is resistant to attack from normal concentrations of pool chemicals. Refrain from using any cleaning fluids to clean aqua mat as the fluids may cause damage to the mat. Simply wipe aqua mat with a clean cloth from time to time. Keep away from concentrated chemicals. Pool chemicals in normal dilutions will not harm your mat.
-  It is important to periodically allow the aqua mat to dry completely.
-  Never allow the aqua mat to be used for anything other than teaching aquafitness, vertical water, water running or aquatic rehab classes.
-  Refrain from doing twisting or swivelling actions on the aqua mat as this 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 to avoid damage.
-  If your Aqua Mat should tear, it can be mended with wet suit cement. There is a product available called Wet Suit Cement from the Fitzwright Company Ltd in Langley BC. Their website is: www.bare-wetsuits.com



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 Ensure the Mat is not near sharp objects and has plenty of air to dry.

 Another idea that has been working well at some facilities:

- Roll the mat and place it in a large heavy duty, good quality plastic garbage can with legs if possible, with holes in the bottom of it for drainage. Place the garbage can on a slight grade or raised service to facilitate drainage away from the mat.
- The mat unrolls once placed in the garbage can and dries well. This seems to be an effective way to store the mat and prevent damage, keeping it clean, and mould free. Roll the mat from side to side so that the height is minimum. Rolling it the other way will make the mat too tall for the garbage can and may result in the mat folding and forcing the garbage can to fall over. Store close to a wall so that the mat is out the way of traffic.
- Refrain from hanging the mat because the weight will cause the mat to rip. The mat may also fall and possibly sit in a puddle of water for extended time periods.



In Summary:

- 1) Use Shiny side down for maximum slip reduction.
- 2) Use with aerobic or water shoes for maximum impact protection.
- 3) Keep out of direct sun while not in use, in a well-ventilated space.
- 4) Do not FOLD. Roll only for transport to storage area.
- 5) Complete drying between use is recommended.
- 6) Do not use AQUAMAT to drag heavy equipment or people around the pool deck or in the water.
- 7) Do not place furniture on AQUAMAT. Punctures will result.
- 8) Once torn, AQUAMAT will continue to tear easily.
- 9) Depending on amount of usage and care taken to protect the AQUAMAT, you can expect 12 months of lasting power. On that note, many facilities have reported their mats have lasted for up to 60 months. These are generally facilities where there is a minimum amount of water on the deck and usually 7 – 10 classes per week.
- 10) Twisting and shuffling movements should not be performed on a non-slip surface at any time as it overloads joints and tendons. The use of an AQUAMAT during classes with this type of movement is likely to damage you, as the instructor/leader and the mat.