



THE DOS AND DON'TS OF GYM FLOOR MAINTENANCE

A Guide to Making Sure Your
Floors Go the Distance

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Gym floors take a pounding, and it can feel impossible to keep them looking gameday ready. Don't throw in the towel! Making sure your wood or rubber gym floors go the distance is no sweat when you follow these smart strategies.

WOOD FLOORS

DOS FOR WOOD FLOORS

Have good walk-off matting at gym entrances to trap loose dirt, which is the biggest cause of wear-and-tear damage.

Dust mop with microfiber at least once daily (or four times a day in heavy-use gyms) to remove soil.

Immediately remove spills or other moisture with a dry cloth.

Clean the floors monthly using a dry cloth and a spray bottle filled with a manufacturer-approved cleaning chemical. Before using an autoscrubber, check whether it is allowed by the floor manufacturer; the machines can damage wood. Also, burnish monthly to remove scuffmarks and restore gloss using a 1,500-rpm or faster machine only if approved by the manufacturer.

Recoat the floor annually (lightly sand and clean the floor before applying the finish).

Every 10 years, hire a professional refinishing company to sand the floors to bare wood, repaint the lines, and reseal and recoat the gym floor.

Use a light-colored tempera paint for temporary markings on the floors (and wash it off with water).

DON'TS FOR WOOD FLOORS

Rely only on a dust mop; it can't remove sweat, spilled drinks, and other fluids.

Use household cleaning products on gym floors.

Use any method or machine that induce large amounts of water (water is the enemy of wood!).

Sand floors yourself; in the hands of an inexperienced janitor this can result in gouges that ruin the floor.

Sand too frequently. Wood floors can typically be sanded no more than 10 times before needing to be replaced.

Use tape on a wood floor.



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RUBBER FLOORS



DOS FOR RUBBER FLOORS

Treat newly installed rubber floors with a manufacturer-approved protective coating to prevent scuffs and imbedded dirt. Before applying the product, first scrub the floors with a neutral pH stripper to remove factory coating.

Remove mud or sticky substances with a plastic or wood scraper and gently rub out scuff marks with a damp nylon scrub pad.

Vacuum or dust mop floors once daily (or more often in high-traffic gyms) to remove dirt and debris.

Damp mop floors weekly or as needed with a micro fiber head. Or, use an autoscrubber with a cylindrical brush, which can grab dirt from uneven surfaces. Cylindrical brush scrubbers are particularly effective on floors with traction surfaces (orange peel like surfaces), which can be a real challenge for traditional rotary equipment.

Use pH neutral cleaners.

DON'TS FOR RUBBER FLOORS

Use alkaline cleaners, high-pH strippers, acidic cleaners (bleach, vinegar, household bathroom chemicals), or petro-chemicals (oil, grease, solvents, abrasives). These products can cause rubber to dry, erode, or lose color.

Use conventional floor finishes. Doing so may make the floors brittle or cause them to turn white or peel.

Burnish with a high-speed machine because it can burn or melt the floor.



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