

## Judo Mats Tatami 1x2 Meter Maintenance

### Overall recommendation:

- Ensure that all judoka come to practice with good personal hygiene.
- Avoid walking around off the mat surface with bare feet.
- Properly disinfecting the mat area and keeping it clean will not only extend its life, but it will also protect the judoka from skin diseases caused by bacterium, fungi, viruses, etc.

### Cleaning procedure:

- First, remove any excess dirt in the structure of the vinyl surface, such as dust, hair and other particles with a soft-bristled broom. Also staining due to substances such as ballpoint pen ink, lipstick, newsprint, hairdressings and foodstuff can be minimized by immediately cleaning.
- Mats can be cleaned regularly with a traditional mop or a soft cloth dipped in bucket with warm water and a mild soap. Then rinse with cold water and dry with a soft cloth.
- After disinfecting the mat, make sure the mat is dried completely. This is very important because as the mat dries, all the germs will be killed.
- It is unacceptable to use a mop head or cloth that has not been properly cleaned after the previous use.
- Ventilate your mats regularly and clean underneath the mats as well.
- Contact with an excessive amount of liquid may damage the tatami, may cause mildew to form and possibly affect the judoka's' health. Also, avoid wetness between the mats to the floor below, especially when using a wood floor.

### Precautions:

- Do not use aerosol spray polishes, wax polishes.
- Do not use strong detergents, solvent cleaners or patent chemical cleaners.
- The use of these substances can result in the hardening and tearing of the material surface.
- The use of sweepers is suitable for cleaning indoor sports floors such as linoleum, but not for the vinyl surface of a tatami.
- Do not use vapor steam cleaning systems. If the vinyl is warmed up to 150 – 160°F the glue becomes soft and the vinyl separates from the foam interior.