

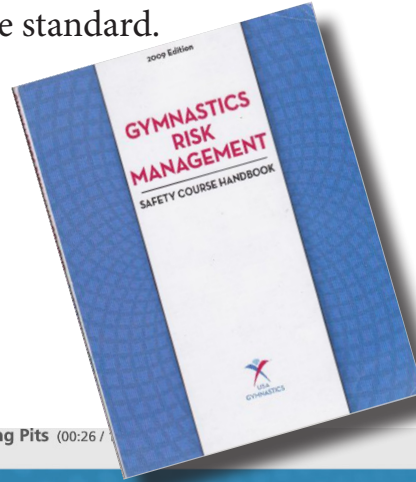


As a professional member of the USAG you were required to take the U100 Safety Certification course which included an entire chapter on foam pits. Proper construction, installation, maintenance, and participant extraction were covered in detail and you are now expected to follow their guidelines.

Authorized distributor of
The Patented Fast Fluff™
Pit Fluffing System.

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But is your pit constructed and maintained to the highest standard? When is the last time made a close inspection of the loose foam pit and all it's related components? Here is a slide from the USAG instruction Safety Certification course and how the staff at **GymCare** can help you meet the standard.



GymCare can provide competitively priced foam that exceeds industry recommendations.

The Patented Fast Fluff™ Pit Fluffing System from GymCare allows you to vacuum the pit as frequently as you like. Simply inflate and use your shop vac with an extension. 1 person, 1 hour and your done.

Chapter 12: Training Pits (00:26 /

LOOSE FOAM PITS

Filling the pit with foam

- Fill adequately to prevent gymnast from contacting the bottom floor of the pit

Pit side walls

- Padding or matting should cover all areas of the pit wall that might be struck during a fall

Bungee-type pits

- Pits built with a trampoline on the bottom
- Should use padding on trampoline frame or otherwise ensure gymnast cannot strike the frame

Fluffing foam pits

- Redistribute or "fluff" the foam so pieces are loosely configured rather than packed tightly
- Should occur frequently to maintain maximum softness of the landing

Cleaning foam pits

- Clean periodically, at least once per year
- Involves completely emptying the pit, discovering and discarding torn or flaking foam pieces, and cleaning of dirt and debris



Deteriorating foam

Foam colors

- Foam colors should contrast with surrounding matting, walls and ceiling

Non-flammable foam

- Non-flammable foam is recommended

Frequently fluffed foam from the Fast Fluff Pit Fluffer helps the foam maintain its "Cube" shape longer and keeps it "Fresh" by continually rotating and agitating the foam moving pieces from the bottom, to the top, to the sides then back again.

GymCare can provide and install all the padding you need to reduce impact injuries.

GymCare is the only licensed supplier and installer of the patented Fast Fluff™ Pit Fluffing System. Fluff your pit daily in minutes with just a touch of a button.



The Patented Fast Fluff system is the industries best solution to quickly and easily fluffing your loose foam pit and extending the life of your foam cubes. Licensed exclusively to GymCare.