



Safety requirements on absorption properties

Max. braking acceleration g (1 g = 9.81 m/s)	Sinking depth (mm)	Restore coefficient % (rebound height)
≤ 80	Not required	Not required
≤ 65	≤ 35	20–60
≤ 30	≤ 50	≤ 55
≤ 40	≤ 110	≤ 50
≤ 25	≤ 110	≤ 30
≤ 14	≤ 105	≤ 15
≤ 35	≤ 185	≤ 25
≤ 20	≤ 250	≤ 25
≤ 10	≤ 70	≤ 20
≤ 10	≤ 60	≤ 20



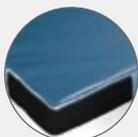
Free!

Mat Tips

With each mat ordered you receive a free copy of Mat Tips; here you will find comprehensive information on the subject of mat safety, care and quality.



Additional accessories



Hook-and-loop strips

For connecting several mats to form a matted area.

Recommended:

Ideal accessory for gymnastics mats with a low net weight.



Carrying handles

Webbing strap (100% polypropylene), close fitting.

Recommended:

Easier to carry mats with a higher net weight.



Leather corners

For protecting mat corners.

For your safety

Mats are a key aspect for safety in gymnastics halls. The **EN 12503 European standard** was developed to guarantee this safety in everyday use. EN 12503 classifies the different mats into 10 types according to their purpose. **Find out about the type classification in the table above.** You should always use the mat type that corresponds with the intended purpose outlined.

If a mat complies with EN 12503, it is suitable for use in gymnastics halls and helps to prevent injury.

Particularly safe:

Concealed zip reduces risk of injury!



Always use gymnastics mats for their intended purpose and be especially careful to ensure you have enough shock absorption in line with European regulations.

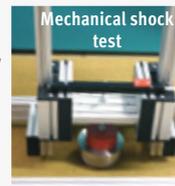
Difference between EN 1177 (HIC) and EN 12503

It is becoming ever more common for mats to be specified with a drop height of more than 2 m. However, these are not all suitable for use as gymnastics mats.

The drop height is taken from the EN 1177 (European standard for impact-absorbing playground surfaces) and specifies the critical drop height only. As the name suggests, it is a standard for playgrounds with reference to a critical drop height determined by the Head Injury Criterion (HIC). That means that this test procedure exclusively assesses surfaces with a view to preventing head injuries. Other injuries are not considered. For use in sports halls, we therefore recommend mats that comply with EN 12503.

Sport-Thieme mats

These mats continually undergo quality control checks. This is the only way to guarantee that the quality the customer demands is delivered.



Environmentally friendly

At your request we will take back your old gymnastics and soft landing mats when you buy new mats from us, at an additional charge. **The foam will be recycled and used again in the manufacturing process.** Please enquire for collection costs.

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