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INTRODUCTION

Maintenance of your synthetic PLAE athletic track surface is essential to ensure quality performance for athletes, minimize potential for injury, maintain appearance, and long-term durability.

It is important to understand an appropriate, disciplined maintenance regime must be established and performed to ensure the track is kept in top condition.

This manual is aimed at assisting you to get the maximum value from your PLAE surface. You will achieve the expected performance and longevity by following the simple rules below:

1. Keep it clean.
2. Don't allow any unsuitable activity to damage the surface (such as driving heavy vehicles across the surface unsupervised, leaving excessive loads on the track for extended periods, allowing athletes to undertake inappropriate activity or utilize unsuitable equipment).
3. Any damage should be assessed and repaired at the earliest possible opportunity.

We expect that many of the commonly asked questions will be answered in this manual. Should you require further information, please contact our office for assistance.

SPIKE RULES

PLAE only permits 'Pyramid' or 'Christmas Tree' spikes (also called compression tiered spikes) to be used on the track for athletic activity.

These spikes will provide ideal performance for athletes on the PLAE surface and certainly result in less damage due to flatter profile and therefore lower point load. They are designed to compress the surface rather than dig in, providing energy restitution to the athlete, especially for sprinting events.

Waffle type soles, cleats or hard soled shoes should not be used in competition on the track.

NOTE
'Needle' or 'Pin' spikes are strictly not allowed and usage of these spikes will affect your warranty.

- Running activity maximum of 3/16"
- Throw and Jump activity maximum of 3/8"

Supervision and attention of activity at start locations is strongly recommended to ensure minimization of damage from starting blocks.

Start locations for sprinting activity are subjected to high wear and as such will require some rectification work prior to full resurfacing of the track. Control of the activity in these locations and lateral thinking by moving regular 'sprint start training activity' to less used areas of the track (rear straight, behind marshaling area at 100m hurdle start, etc) will reduce the need for expensive part-resurfacing works during the mid-stages of the track life.

ADDITIONAL TRACK MARKS

Should you require additional markings on the surface, please consult PLAE prior to undertaking any painting. An incorrect application could result in unwanted permanent markings, while use of an improper paint could result in damage to the track surface.

MINIMIZE SURFACE DAMAGE

Through regular athletic competition the inside lanes are subjected to more wear than the remainder of the track. To help spread usage across the entire track surface and prevent premature wear of the inner lanes, training access to the 1st and 2nd lanes should be restricted. This can be done effectively with lockable barriers installed adjacent to the inside of the track. If these cannot be installed, then temporary measures such as traffic cones or movable barriers should be used to regulate track usage during training activity.

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Many athletic tracks are installed with additional sprint facilities incorporated on the rear straight. To reduce stress on the main sprint event starting positions, sprint training should be conducted on the rear straight, where possible.

TRAFFIC MOVEMENT & LOADING

Vehicles should not be allowed to be driven on the track surface.

Your track surface and warranty will be affected by:

• Oil or fuel spills or drips onto the surface.
• Sudden starting or twisting of wheels under load.
• Excess traffic loading
• Use of wheeled vehicles (bicycles, two wheelers, three wheelers, four wheelers, wheelchairs, strollers, roller blades, etc.) could damage the track surface and are not recommended on the track surface.

Provide protection, such as plywood in any area subject to equipment traffic and in area of high pedestrian traffic. Indoor-outdoor carpet serves this purpose in area of light pedestrian traffic, football players, cheerleaders, etc. This is not a permanent solution and if left in place for long periods of time, it may leave stains on the track surface.

• Do not permit sharp, hard objects such as bicycle stands, bench legs, stands, etc. to be placed on the track without proper protection.

MAINTENANCE

There are a number of factors that cause deterioration of the track and create a need for maintenance work. These would include such items as the following:

1. Normal wear and tear due to track use.
2. Oxidation.
3. Heavy use of Lanes One and Two.
4. Vehicles crossing surface for maintenance or other operations.
5. Vandalism.
6. Clogged drainage systems.
7. High stress on selected areas (i.e., the high jump take off area), Pedestrian traffic (athletes, cheerleaders, other activities).
8. Fuel and oil spills.

It is important that reasonable protective measures be undertaken to minimize or prevent the effect these factors have on the track. Since some wear and deterioration is normal as the facility ages, it is also necessary to provide certain maintenance procedures to keep the facility in good condition.

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Check your track and maintain regularly to avoid any impact on the track performance. Things to consider when working out how regularly surface maintenance is required are:

• The condition of other nearby natural turf surfaces (grassed areas, internal field, etc)
• Shaded, tree covered track areas where algae or moss might form around fallen leaves.
• Attention to cleaning and clearing beneath the internal aluminum running rail.

Always sweep/vacuum any litter, dirt/mud, grass cuttings, leaves or sand off the track surface at the first opportunity. This can be done in the first instance by hand or with leaf blowers, although specialized equipment is also available to undertake this activity on a more thorough basis. Track surface should be swept/vacuumed on a regular basis (monthly).

Routine sweeping to remove grass clippings & vegetation is critical to prevent accumulation of organic material on the track surface. If left unattended, organic material can cause staining and hardening of the track surface.

Remove vegetation that grows through the surface. Do not let running grasses grow over the surface of the track and field event areas. We recommend that the edges of the track and field event areas be treated a minimum of twice annually with a soil sterilant to eliminate vegetation which may encroach into the track or track surface. Do not use a weed eater on the track to eliminate vegetation, as it will destroy the surface.

Eradicate insect/ant infestation in the track base or surface.

CLEANING

PLAE strongly recommends a full track pressure cleaning be undertaken every two years and after any event that may cause water inundation or widespread dirt build-up on the track surface. This should be done with a combination of a rotary pressure cleaning head and medium pressure hand wand.

The aluminum rail should be cleaned occasionally with liquid detergent on a damp cloth and the rail fixing equipment (pins, mounting brackets and covers) checked.

INDOOR MAINTENANCE INSTRUCTIONS

GENERAL CLEANING GUIDELINES
Using a leaf blower and a broom, blow off/sweep all dust off of track surface.
For any remaining dust, a light mop may be utilized.
A shop vacuum should be used to remove loose debris.

INSTRUCTIONS FOR SPOT CLEANING
Following proper dilution rates, use a neutral-PH cleaner to address any spots.