



# Recoil Fitness Flooring

## INSTALLATION

This document is intended for professional use to provide minimum requirements for substrate preparation, adhesive application, and special installation requirements for a successful installation of these products, each unique application may require additional or further steps to ensure complete satisfaction. We rely on the expertise and professionals that are installing the products to adjust based on site conditions. Refer to the product website to confirm that you have the most current revision of this document as the requirements contained within are essential to maintaining the full system warranty for the product installed. Documentation available at time of installation will be referenced regarding warranty.

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### RECOMMENDED ADHESIVES

The adhesives below are the recommended adhesives for installing this product. The first one listed is the primary installation method recommended for applications when the conditions are met as listed. Select the appropriate application method based on the conditions of the substrate. Refer to the adhesive technical data sheet for additional information and when to utilize a different adhesive.

Adhesive	Substrate	Installation Method	Recommended Trowel	RH %	MVER
PS-525	Absorptive	Wet-Set	1/16" x 1/16" x 1/16" Square Notch	NS, 99.9%	12 lbs.
PS-525	Non-Absorptive	Tacky-Wet	1/16" x 1/16" x 1/16" V Notch	ES, 90%	6 lbs.
U-705	Absorptive	Wet-Set	3/32" x 3.32" x 3/32" V Notch	NS, 99.9%	25 lbs.
U-705	Non-Absorptive	Wet-Set	1/16" x 1/16" x 1/16" V Notch	ES, 90%	6 lbs.
EW-710	Absorptive	Wet-Set	3/32" x 3.32" x 3/32" V Notch	90%	6 lbs.
EW-710	Non-Absorptive	Wet-Set	1/16" x 1/16" x 1/16" V Notch		
Interlocking Tiles Loose Lay Moisture Information				90%	6 lbs.

*NS = New Slab, ES = Existing Slab previously covered*

We do provide an adhesive bond warranty with our products with these listed adhesives. We do not cover or provide warranty for bond for any adhesives other than the listed recommended adhesives. If another adhesive is utilized, the stated warranty for the product remains in effect but the bond warranty for the adhesive and the stated length of the bond warranty for the adhesive will come from the adhesive manufacturer or distributing agent. However, the use of the recommended adhesives within the installation instructions of the individual products are essential to the specific product performance. We cannot guarantee the same level of performance from an adhesive that is not specifically listed within the technical documents for the specific products, regardless of what the adhesive manufacturer claims.

### INSTALLATION CONSIDERATIONS

**Due to the recycled nature of this product, color variation can be present from piece to piece in tiles and roll to roll in sheet products. Material may also contain skive lines from the manufacturing process on the surface of the material, ASTM**

*standards allow these to be considered acceptable, unless they are excessive. We recommend that material be observed closely prior to installation to ensure installation is acceptable. Material that is installed is considered as accepted by the installation contractor and not covered by the product warranty.*

*Material installed in areas where free weights and/or dumbbells over 50 lbs. will be utilized, we highly recommend a 3/8" thickness at a minimum and all interlocking material be fully adhered.*

*Interlocking material in applications that will be maintained with ride on auto scrubbing equipment, exposed to heavy rolling loads such as expandable bleachers, etc. must be fully adhered to prevent movement under the weight and force of the loads.*

*With outdoor installations, common sense should prevail on what information listed below is necessary for the installation. Moisture testing is not required for outdoor installation, but some of the substrate preparation steps will help ensure a successful installation. Please use your professionalism to determine what is necessary for the installation.*

*All materials installed outdoors must be fully adhered, regardless of thickness including all interlocking thicknesses.*

*All 5/32" & 1/4" interlocking materials installed indoors must be fully adhered.*

### **LOT CONTROL AND LAYOUT INFORMATION**

*Material is not lot controlled and due to the recycled nature of this product; color variation can be present from piece to piece in tiles and roll to roll in sheet products.*

*Interlocking & Square Edge Tile* material is intended to be installed in a traditional point to point method with the directional stickers (orange triangle with this side up) in the lower right corner on the top or face of the tile facing the same direction. Ashlar or brick method is acceptable as well for the square edge tile.

*Rolled* material is intended to be installed by rolling out the rolls in the same direction without reversing rolls. Rolls will unroll naturally for installation with the bottom side down. Reversing the rolls at the seams will cause shading due to the reflection of light on the surface of the product.

While we do our best to provide quality products and workmanship in our manufacturing facilities, quality installation is the responsibility of the installer. Inspect all material for proper type, color, and matching lot numbers if appropriate. We ask that we are notified of any inaccuracies or defects prior to installation as **we do not pay labor for or material costs on installed materials with visual defects.**

*Installers are advised to confirm suitability of these products by their own tests and ensure that all adhesives intended for installation meet the requirements of the end user.*

### **STORAGE, HANDLING, INSTALLATION, SERVICE, & ACCLIMATION ENVIRONMENT**

All products must be stored in an indoor, climate-controlled (60° - 85° F) space and protected from the elements.

All products must be stored on a dry, flat, level surface. Carefully stacked, aligned neatly and not on edge. Do not stack pallets and protect products from damage.

**Service Environment** is defined as the environment in which the materials will be utilized.

**Service temperature** is defined as the normal setting of the HVAC in the environment in which the material is installed, i.e., typically 70° - 72° F in most commercial applications.

**Acclimation of the material** is achieved when the following conditions are met within the installation area.

- The facility or **service environment** must be fully enclosed, sealed and weather tight.
- Building HVAC must be up and running in permanent operation prior to installation (if temporary systems or systems other than the permanent HVAC systems are utilized it must be capable of maintaining the same conditions as the permanent HVAC and/or service conditions).
- Maintain all products and adhesives in the installation area at the **desired service temperatures** for a period of 48 hours prior to installation, during the installation and for the service life of the installation.
- **Temperature** must be maintained between 60° F (15° C) - 85° (26° C), preferably at the **desired service temperature**.
- **Relative Humidity** must be maintained between 35% - 65%. Understand that Relative Humidity does not affect the installation of the material, but it can affect the functionality of the adhesives. Outside of the ranges, the stated information regarding open times, flash times, & dry times will vary.

It is recommended to utilize a cloud-based or similar **data logging system** during installation to provide temperature & humidity data in the event of a warranty issue.

While we do our best to provide quality products and workmanship in our manufacturing facilities, quality installation is the responsibility of the installer. Inspect all material for proper type, color, and matching lot numbers if appropriate. We ask that we are notified of any inaccuracies or defects prior to installation as **we do not pay labor for or material costs on installed materials with visual defects.**

**Users are advised to confirm suitability of these products by their own tests and ensure that all adhesives intended for installation meet the requirements of the end user.**

If there are concerns regarding this information or the service temperature, substrate temperature or installation environment will not meet these requirements, please contact Technical Services for recommendations prior to installation at [solutions@rhctechical.com](mailto:solutions@rhctechical.com), we will be happy to discuss and provide direction or confirmation of the project at that time.

### **SUBSTRATE PREPARATION**

All substrates must be prepared according to the following information (**ASTM F710 & ASTM F1482** have been used as a baseline, keep in mind our requirements are more detailed than these documents), and applicable ACI and RFCI guidelines. Substrates must be clean, smooth, permanently dry, flat, and structurally sound.

At the time of installation substrates must be free of visible water or moisture, dust, paint, sweeping compounds, post placement curing compound residues, residual adhesives, chemical adhesive removers, concrete hardeners or densifiers residues, solvents, wax, oil, grease, asphalt, visible alkaline salts or excessive efflorescence, mold, mildew and any other extraneous coating, film, material, or foreign matter. If not, consideration should be taken regarding the effects of these conditions and how they can affect the installation.

It is recommended that all substrates have a **flatness tolerance** of 1/8" in 6' or 3/16" in 10'. Substrates that do not meet this requirement shall have a cementitious patch or self-leveling underlayment installed to flatten the installation area.

All substrates must have all existing adhesives, materials, contaminants, or bond-breakers mechanically removed via scraping, sanding, grinding, or buffing with a 25 grit DiamaBrush Prep Plus tool prior to adhesive installation. In extreme situations, shot blasting may be required. Mechanical preparation must expose at least 90% of the original substrate. Following cleaning and removal, all substrates must be vacuumed with a HEPA approved vacuum and flat vacuum attachment to remove all surface dust. Sweeping without vacuuming will not be acceptable.

**Do not use solvent/citrus based or other chemical adhesive removers or oil-based cleaning compounds before installation.**

Regarding substrate preparation when mechanical sanding, grinding, shot blasting, and vacuuming always follow the Resilient Floor Covering Institute's (RFCI) "Recommended Work Practice for Removal of Existing Floor Covering and Adhesives," and all applicable local, state, federal and OSHA requirements regarding Asbestos and Silica containment regulations.

### **NON-APPROVED SUBSTRATES**

**Concrete substrates that have been abated or prepared with chemical adhesive removers, solvents, or chemical cleaners.**

**OSB (Oriented Strand Board), particle board, chipboard, lauan, or composite underlayments must not be used directly under resilient flooring.** These should not be used in Commercial applications and in Residential applications they are not typically smooth enough to allow for the installation of resilient flooring products.

### **CONCRETE SUBSTRATES**

All concrete substrates, whether on-grade and/or below grade, should have an intact and effective moisture vapor barrier which meets the current requirements of **ASTM E1745**.

On-grade and/or below grade slabs not containing an intact and effective moisture vapor barrier meeting the current requirements of **ASTM E1745** should have a 100% solids moisture control system applied prior to application of patches, underlayments, adhesive and the installation of flooring products for the product warranty to remain in effect.

All concrete substrates that have an ICRI Concrete Surface Profile (CSP) over 4 shall be smoothed with a self-leveling underlayment or a patch to prevent imperfections from telegraphing through flooring materials.

Do not install over **expansion joints, isolation joints, or other moving joints** in the substrate. These joints must be honored and not filled with products that are not intended for that purpose.

**Construction joints, saw cut joints, voids, and/or cracks** that are not moving may be covered. These should be prepared appropriately to ensure they do not telegraph through the flooring. Should the slab move and cause the preparation to move, the flooring will telegraph the preparation product. Any resulting visual changes or damage to the flooring resulting from this movement is not covered by the product warranty.

- All concrete substrates must be evaluated per **ASTM F2170** RH testing.

- All concrete substrates previously covered with resilient flooring must be evaluated per **ASTM F1869** MVER testing along with **ASTM F2170** RH testing. Results from MVER testing take precedence over RH testing.

For results exceeding the limitations of the adhesives, the application of a high-quality moisture mitigation system should be employed.

**We do not provide warranty for any product or procedure for remediation of high moisture content.** There are several companies that manufacture products suitable for moisture remediation.

We suggest you refer to **ASTM F710** Standard Practice for Preparing Concrete Floors to Receive Resilient Flooring and **ASTM F3010** "Standard Practice for Two-Component Resin Based Membrane-Forming Moisture Mitigation Systems for Use Under Resilient Floor Coverings". Although this testing information and these recommendations are widely accepted within the resilient floor covering industry, there is currently no known exact amount of moisture vapor emission rate or exact % of RH to know exactly when a floor covering, adhesive, or coating system will fail.

- All concrete substrates must be evaluated per **ASTM F3191** to confirm **porosity (absorption rate)**. This is utilized to determine the method of adhesive application or how the adhesive will act upon the concrete and determine the application method of the adhesive.
- All concrete substrates must be evaluated for **dew point** before installation. The substrate temperature shall be at least 5° F above the dew point.
- All concrete substrates should be evaluated per **ASTM F3441** to determine **pH** range of the concrete at time of installation.

Concrete substrates containing **radiant heating systems** are suitable for this product. Reduce the setting of the system to 65° F for the acclimation period. 48 hours after installation the temperature can be gradually increased to a maximum setting of 85° F.

We suggest performing an **ASTM F3311 Mat Bond Evaluation of Performance and Compatibility for Resilient Flooring System Components Prior to Installation** to alleviate any concerns regarding the condition of the substrate and if it is ready to receive resilient flooring.

### WOOD SUBSTRATES

Wood substrates must meet local and national building codes and be prepared in accordance with **ASTM F1482** Standard Practice for Installation and Preparation of Panel Type Underlayments to receive Resilient Flooring. Prior to installation, moisture retardant sheeting with a maximum rating of 1.0 perm must be in place beneath the wood subfloor. It shall be overlapped at a minimum of 8" and the crawl space shall be well-ventilated.

Wood substrates shall be rigid and free of any movement. It shall be structurally sound and designed as a resilient flooring underlayment, smooth enough to prevent telegraphing through the flooring product.

At a minimum, existing stripwood plank or any board types that are unacceptable, must be covered with appropriate underlayment grade plywood.

- For stripwood subfloors with a face width of 3" or less and is tongue-and-groove and with a smooth surface, use minimum 1/4" thick approved panel to cover and reduce the potential of board telegraphing.
- For stripwood subfloors with a face width of greater than 3" or not tongue-and-groove, or with a rough surface, use a minimum 1/2" thick approved panel to cover and reduce the potential of board telegraphing.

Countersink nail heads and fill depressions, joints, cracks, gouges, and chipped edges with a good quality Portland cement-based patching compound designed for this purpose.

**Fire & Pressure Treated Plywood** may serve as part of the installation substrate. Many variations of this product are not designed or finished to ensure smoothness necessary underneath resilient flooring and therefore should either be patched, self-leveled, or covered with appropriate underlayment grade plywood prior to the installation of resilient flooring. Consult appropriate manufacturers regarding the types of products and their application over these substrates. If bonding to it directly, our recommendation is to treat the substrate as non-porous or non-absorptive.

### EXISTING FLOORING SUBSTRATES

With **Terrazzo or Ceramic existing flooring**, ensure existing flooring is a single layer of material and that all materials are clean, dry, sound, solid, well adhered, and free of factory and/or site-applied finishes, waxes and/or contaminants. Remove and repair all loose tiles and utilize a suitable primer and cementitious patch to fill grout lines and other depressions.

**Metal substrates** must be mechanically sanded/ground/abraded and cleaned of any residue, oil, rust and/or oxidation. The substrate must be smooth, flat and sound before installation. When installing in areas that may be subject to topical water or moisture and/or high humidity, an anti-corrosive coating must be applied to protect metal substrate. Be sure to follow installation procedures and trowel sizes for non-porous/non-absorptive substrates.

We highly recommend the removal of **all other flooring types** to the original substrate prior to the application of new resilient flooring products. However, we know there are certain times this cannot be or should not be avoided. Please refer to additional documentation regarding existing flooring substrates and how to address them for installation of new flooring.

### **INSTALLATION**

Ensure substrate is clean, dry, flat, and sound prior to installation. Ensure the layout is squared appropriately within the area. Determine lay out for the area if not provided by dry laying the material with the area. Cut borders and other specialty pieces to fit snugly against or around walls, thresholds, transition strips, fixtures and other protrusions or accessories.

**Wet-Set Application Method** is utilized on Porous or Absorptive Substrates only. Adhesive is ready for installation of flooring, usually within 5-10 minutes of application. Follow the working time listed and adjust for conditions. Placing flooring into adhesive past the working time will cause a weak bond.

**Tacky-Wet Application Method** is utilized on Non-Porous or Non-Absorptive Substrates only. Adhesive is ready for installation of flooring, usually within 15-20 minutes of application. Can be tested by observing the valleys of the trial ridges and they will be dry. The ridges will be tacky to the touch but collapse with wet adhesive underneath with moderate pressure from the finger.

### **TILE INSTALLATION**

- Apply adhesive according to the label directions. Observe the proper trowel and Flash and Working times on the label. These times will vary based on the conditions of the installation environment. The installer is responsible to adjust based on the observations and conditions.
- When installing into adhesive using a wet-set method, avoid walking or working on material until adhesive has cured for light foot traffic.
- Avoid sliding flooring into place as this will force adhesive into the seam.
- Working on material that is installed into wet adhesive could cause adhesive to displace. When working off material is impossible, use a kneeling board or equivalent to disperse weight evenly and prevent adhesive displacement.
- Pay close attention to working time to avoid adhesion issues. This may require installing material in smaller sections. Replace trowels at recommended intervals to maintain proper trowel ridge and spread rate.
- Periodically lift material to ensure proper adhesive transfer and ensure adhesive has not surpassed the open time, there should be transfer of adhesive to the tile
- Roll material with a 3 section, 100 lb. roller within 30 minutes of installation, crossing in a perpendicular direction after initial roll. Use a hand roller in areas that cannot be reached with a larger roller.
- Visually inspect installation to ensure that material has not shifted, and that adhesive has not been squeezed out of joints or compressed onto the surface.
- Clean excessive adhesive or adhesive residue from the surface of the material per adhesive recommendations.

### **ROLL INSTALLATION**

To prepare rolls for installation, we do recommend the rolls be unrolled, cut long, and allowed to sit overnight to relax any curl in the material from the rolling process. Failure to do this could cause head seams needed to be weighted as the adhesive cures.

- Factory side seams are typically acceptable for installation.
- Position the first roll and check the factory edges of the rolls for the seam.
- If acceptable, overlap the second roll over the seam side of the first roll no more than 1/16".
- Once adhesive is applied beneath the seam, the overlapped material will be worked back to eliminate the overlap to ensure tightly fitted seams, eliminating unsightly gaps.
- If factory side seams are unacceptable, the material will need to be double cut to ensure a tight seam.
  - Overlap roll edges a minimum of 3/4"
  - Set a straight edge along top sheet, making sure it is sitting flat and flush, not at an angle
  - Cut through both sheets of material, ensuring that knife blade is straight and vertical
  - Prevent stretching or moving material, as multiple cuts may be required to cut through both sheets
  - Once cut, remove scrap, and check seam as it should be tight, but not over-compressed.
- Once all seams have been cut, carefully fold back half of the material, and apply adhesive according to instructions for specific products in use.
- When necessary, use weights to hold material back while adhesive flashes.
- Once adhesive has been applied and flashed, carefully roll material back into adhesive to avoid trapping air between the adhesive bed and the material.



- Material that has been cut towards the inside end of the roll may be prone to edge-lifting and curling on end seams and butted seams – if this is evident after installation, use weight to weigh down edges.

### ICE RINK INSTALLATION

Products may be installed around ice rinks. Precautions must be followed to ensure successful installation.

- Excelsior U-705 Urethane Wet Set Adhesive is the recommended adhesive.
- Substrate temperature must be above 40° F (4° C) to ensure adhesive cures properly.
- Do not fill voids between the concrete slab and ice slab. It is necessary for expansion and contraction.
- Due to the shape of the ice rink walls or boards, there may be small cut tiles around the perimeter, ensuring all small cut tiles are well adhered.

### POST INSTALLATION FLOORING PROTECTION

We recommend that the installation of new flooring material be performed after all other trades have completed their work. If this is not possible, properly protecting the new flooring material is essential to prevent damage. So, the following should be considered immediately following the installation process.

Sweep or vacuum flooring to remove loose dirt, debris, and grit so that it does not become trapped under flooring protection.

Protect newly installed flooring with construction grade undyed kraft paper or protective boards, such as Ram Board, ThermoPLY, 1/8" Masonite panels, or other materials to prevent damage by other trades.

Restrict traffic for a minimum of 24 hours unless utilizing a dry-set application method that allows immediate foot traffic.

Restrict heavy traffic, rolling loads, pallet jacks, furniture, and appliance placement for a minimum of 72 hours.

After 72 hours heavy rolling loads, pallet jacks, furniture and appliance placement can take place with proper protection with 1/4" Masonite panels or similar protective measures. Do not slide or drag pallets or heavy equipment across the installed flooring.

Initial cleaning can take place after a minimum of 72 hours after the installation is completed.

### SUPPORT & ADDITIONAL RESOURCES

<b>Product Support Phone &amp; Email</b>	(800) 537 – 9527 / <a href="mailto:sales@roppe.com">sales@roppe.com</a>
<b>Technical Support Phone &amp; Email</b>	(844) 393 – 4044 / <a href="mailto:solutions@rhctechical.com">solutions@rhctechical.com</a>
<b>Product Technical Documentation</b>	<a href="http://www.roppe.com">www.roppe.com</a>
<b>Associated or Related Documentation</b>	<a href="#">Excelsior PS-525 Modified Pressure Sensitive Adhesive</a> <a href="#">Excelsior U-705 Urethane Adhesive</a> <a href="#">Excelsior EW-710 Urethane Enhanced Two-Part Epoxy Adhesive</a> <a href="#">Recoil Fitness Flooring Care &amp; Maintenance</a> <a href="#">Roppe Product Warranty</a>

The contents contained within this Installation Sheet may be utilized or copied into another projected related document. While this original document will remain in effect at the time of product installation, this TDS shall not be supplemented or replaced by the resulting project documentation. Any alterations to the wording or requirements contained in or derived from this document shall void all related warranties. Before accepting this document, refer to the product website to confirm that you have the most current revision. These products are intended for installation by professionals. Prior to use the user must determine the suitability of our products for the intended use. The user alone assumes all risks and liability.

Happy Star Wars Day!