

TATAMIS CLEANING AND WASHING

Daily cleaning – vacuum cleaner or broom

In order to avoid the accumulation of dust, which can eventually stick to the surface of the vinyl, or result in respiratory issues or allergies, we recommend to sweep the tatami-mats every day.



In several dojos, this task is delegated to the students, so they learn discipline. This also strengthens their attachment to the group and the club. Traditionally, cleaning is done after the last class of each day, so as to leave the dojo respectfully and clean for the next people to come train.

Weekly washing – washing and disinfection

It is recommended to wash the tatami-mats twice a week in order to remove any organic debris and disinfect the surface. More frequent washing might be necessary depending on use.

Firstly, it is recommended to wash the tatami-mats with a mop and soft soap (which does not damage the vinyl) in order to remove any organic debris (e.g. hair, skin, etc.). To avoid accelerating the deterioration of the vinyl, it is crucial to use soft soap that does not leave a film on the surface and that has neutral Ph.



If the soap is not disinfectant, it is recommended to disinfect the surface using a solution having a javel water to water ratio of 1:10. This should kill any bacteria or fungus. Javel water must be used with care, because it can damage the vinyl if used in higher concentrations.

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Warning

Even though tatamis mats are covered with vinyl, they are not waterproof. Hence, they should never be damp, and one should never leave any water puddle on them. Any excess water will penetrate into the tatami-mat, thereby damaging the interior. The vinyl may unglue itself from the foam, which weakens the mats greatly. Stagnating water is susceptible of damaging the vinyl. Furthermore, humidity contributes to the development of fungus.



If the mop is too humid, excess water can run between the tatamis mats. This should be avoided; otherwise fungus can grow resulting in odors or even health risks. If excess water reaches the under-mats, it might rotten slowly over time, as the humidity cannot escape easily because of the tatami-mats being on top.

Any soap that is not soft or neutral may contribute to the deterioration and early aging of the vinyl.

It is important to never use:

- Polishing products, wax, detergents or solvents, as they can harden, damage or rip the vinyl.
- An electric floor cleaning machine. They can be used on most linoleum, but never on vinyl mats.



Yearly cleaning – washing and disinfection

It is recommended to remove all the tatamis mats twice a year in order to clean the floor or under-mats. Generally, there is an accumulation of dust, so it is usually better to vacuum before washing and disinfecting. It is also a good time to clean the sides of each tatami-mat, which are difficult to clean on a regular basis.

In many gyms, it is a great opportunity to make members participate to a group activity. In order to make re-assembly easier, we recommend to draw a plan of the tatami layout and number the mats (on the anti-skid side).

TATAMIS HANDLING

Important

When a tatami mat is not handled properly, the vinyl or anti-skid might detach from foam, resulting in wrinkles. For this reason, mats should never be carried horizontally.

To ensure that your mats bend or twist as less as possible, we recommend handling them with a partner. First, the mat is lifted and put vertically on its side. The tatami is naturally sturdier in this position. It is then easy to move it in teams of two people.



Le poids d'un tatami est d'environ 40 livres (18.5 kg). Il est important de le manipuler avec soins pour éviter les blessures au niveau du dos. Si vous devez les déplacer, il faut prévoir un moyen de transport adéquat afin d'éviter les mauvaises surprises.

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