



# Standard Guide for Manufacturers for Labeling and Care Instructions for Wrestling Mats<sup>1</sup>

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## 1. Scope

1.1 This guide sets forth labeling and instruction guidelines for manufacturers of wrestling mats.

1.2 This guide applies only to wrestling mats whose standard specifications are under auspices of ASTM Committee F08.

1.3 *This standard does not purport to address all of the safety concerns, if any, associated with its use. It is the responsibility of the user of this standard to establish appropriate safety and health practices and determine the applicability of regulatory limitations prior to use.*

## 2. Referenced Documents

2.1 *ASTM Standards*:<sup>2</sup>

**F1081 Specification for Competition Wrestling Mats**

## 3. Terminology

3.1 *Definitions*:

3.1.1 *accompanying literature, n*—printed material that accompanies the product when it is sold or distributed.

3.1.2 *caution, n*—signal word used to indicate a potentially hazardous situation that, if not avoided, may result in injury or death.

3.1.3 *contact information, n*—information that allows the user to contact the manufacturer of the product, such as name, telephone number, website address.

3.1.4 *danger, n*—signal word used to alert the user to an imminently hazardous situation that, if not avoided, will result in serious injury or death and this signal word is to be limited to the most extreme situations.

3.1.5 *label, n*—printed material that is physically attached to the wrestling mat in a durable fashion.

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<sup>2</sup> For referenced ASTM standards, visit the ASTM website, [www.astm.org](http://www.astm.org), or contact ASTM Customer Service at [service@astm.org](mailto:service@astm.org). For *Annual Book of ASTM Standards* volume information, refer to the standard's Document Summary page on the ASTM website.

3.1.6 *label material, n*—substrate paper, fabric, ink, paint or other material from which the label is made.

3.1.7 *manufacturer, n*—entity responsible for marketing the product.

3.1.8 *mat, n*—shock absorbing material that meets Specification **F1081**.

3.1.8.1 *Discussion*—May or may not be coated or incorporate a cover (example: fabric).

3.1.9 *mounting location, n*—position on the mat in which information may be affixed.

3.1.10 *pictogram, n*—graphic representation that depicts or illustrates an act or condition without the use of accompanying writing.

3.1.11 *signal word, n*—word that conveys a level of danger commensurate with the risk of injury.

3.1.12 *warning, n*—signal word used to indicate a potentially hazardous situation that, if not avoided, could result in death or serious injury.

3.2 *Definitions of Terms Specific to This Standard*:

3.2.1 *date of manufacture, n*—uncoded four-digit year during which the wrestling mat was manufactured.

3.2.2 *durable, adj*—label should be designed to be legible as long as the manufacturer's logo remains legible.

## 4. Significance and Use

4.1 This guide gives guidelines for labels and instructions to manufacturers that manufacture wrestling mats.

4.2 The purpose of the labels and instructions is to help alert and remind users of important issues related to wrestling mats and their use.

4.3 *Limitation*—This guide applies only to wrestling mats whose standard specifications are under auspices of ASTM Committee F08.

## 5. Wrestling Mat Labeling Requirements

5.1 Required information shall be on one or more labels that are affixed to the wrestling mat in a durable fashion. The labels shall have:

5.1.1 *Manufacturer Identification*—Full name.

5.1.2 *Manufacturer Contact Information*—At least one of the following shall be provided: (1) toll-free phone number, (2) mailing address, (3) website, or (4) e-mail address for customer service.

5.1.3 Instruct user that the mat is only to be used under the supervision of trained and qualified instructors.

5.1.4 Warn users that they should follow progressive wrestling training practices.

5.1.5 Warn users and instructors of this mat to make sure that they have allowed enough space to properly and safely perform the chosen maneuvers on the mat.

5.1.6 Perform all maneuvers so as to avoid contact with instructors, bystanders or other users, and to avoid going outside the perimeter of this mat.

5.1.7 Mat protection may vary according to room temperature and age.

5.1.8 Tape or secure mats properly prior to every use to minimize movement during use.

5.1.9 Instruction to read owner's manual/manufacturer's instructions.

## 6. Accompanying Literature Requirements

6.1 Accompanying literature can be on product packaging, in instructions included with the product, and so forth. The accompanying literature shall have:

6.1.1 Care instructions such as:

6.1.1.1 Cleaning instructions.

6.1.1.2 When to replace or recondition.

6.1.1.3 What materials can damage the mat.

6.1.1.4 Pre-use inspection.

6.1.1.5 Proper storage and handling of the mat.

6.1.2 Warranty or where warranty can be accessed (website or equivalent).

6.1.3 *Manufacturer Identification*—Full name of manufacturer including any other information needed to identify the responsible entity.

6.1.4 *Manufacturer Contact Information*—Website address, mailing address, and e-mail address for customer service.

6.1.5 Statement to read and always comply with manufacturer's instructions.

6.1.6 Statement to always comply with rules of applicable sports or activities.

## 7. Keywords

7.1 wrestling mats

## Bibliography

- (1) ASTM F381, Standard Safety Specification for Components, Assembly, Use, and Labeling of Consumer Trampolines
- (2) ASTM F1749, Standard Specification for Fitness Equipment and Fitness Facility Safety Signage and Labels
- (3) ASTM F2041, Standard Specification for Paintball Marker Warnings
- (4) ANSI Z535.6, American National Standard for Product Safety
- (5) CPSC: 16 CFR Part 1203, Safety Standard for Bicycle Helmets
- (6) NOCSAE: ND-001, Standard Drop Test Method and Equipment Used in Evaluating the Performance Characteristics of Protective Headgear
- (7) FMVSS 218: Federal Motor Vehicle Safety Standard No. 218 (Motorcycle Helmets)
- (8) ISO 3864-2, Graphical symbols -- Safety colours and safety signs -- Part 2: Design principles for product safety labels

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