



SUSTAINABLE  
FLOORING

## **Sustainable Flooring's™ GYMBOO Sport Installation Instructions**

**Important :** COMPLETELY READ ALL OF THE FOLLOWING GUIDELINES, AS THEY ARE PROVIDED TO HELP WITH THE INSTALLATION PROCESS. INSTALLATIONS SHOULD BE DONE BY A PROFESSIONAL FLOORING INSTALLER, AND THEY SHOULD ADHERE TO THE INFORMATION AND GUIDELINES PROVIDED BY THE NATIONAL WOOD FLOORING ASSOCIATION ([WWW.NWFA.ORG](http://WWW.NWFA.ORG); 800-422-4556). WHERE THESE INSTRUCTIONS DIFFER FROM THE NWFA'S, THESE GUIDELINES TAKE PRECEDENCE. IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT A SUSTAINABLE FLOORING REPRESENTATIVE PRIOR TO STARTING THE INSTALLATION PROCEDURE.

### **Pre-Installation Jobsite Requirements:**

- Carefully inspect all material before installation. Any material installed with obvious defects (grade, color, finish, quality, or other visual defects) will not be warranted.
- Please note that bamboo is a natural material and slight variations in color occur naturally.

### **Gymboo Sport Installation Instructions**

**General conditions:** In area to be installed, temperature and humidity must be brought to normal usage levels at least 72 hours before installation and maintained at those levels after installation. Flooring should be allowed to acclimatize on site at least 72 hours before installation. **Be sure to use your moisture meter to check moisture levels in both the sub-floor and the bamboo flooring before installation** (for conversion for Delmhorst moisture meters, please contact Sustainable Flooring). The maximum difference in moisture content between the subfloor and the flooring material must not exceed more than 3 percent.

**Applications:** Must be nailed or glued down over wood sub-floors.

**Sub-floor:** Surfaces must be clean, dry, smooth and free of dirt, wax, oil, paint, curing agents and other contaminants that would interfere with adhesive bond. Old resilient floors can be installed over provided above conditions apply. Wood sub-floors must be sanded level prior to new installation. Concrete sub-floors must have all cracks and holes filled with a cementitious patching material (Ardex or equal). Concrete sub-floors must be tested for moisture and not exceed three pounds per 1,000 square feet using the calcium chloride test.

**Work out of multiple (2-3) boxes.** Bamboo is a natural product and has natural color variations. Bamboo flooring is separated by shade at the factory. There are no standards for this so the shade differences between cartons may be noticeable. Mixing cartons creates a natural, random shade effect.

### **GYMBOO Sport floor plank installation procedure:**

1. Install 6 mil. vapor barrier, overlapped 6" at seams, and taped.
2. Install "shock-absorbing" pads to the underside of a layer of 1/2" APA certified exterior grade plywood, 12" on center in all directions (ie: 32 pads per sheet of plywood), and lay the plywood on the slab.
3. Install identical layer of plywood (without the pads) on top of first layer, but at 45 degrees to the first sheet. Fasten the two layers together.
4. Install the flooring with a pneumatic nailer/stapler, in the direction(s)/pattern(s) as shown on Drawings.
  - a. Install washer space joints to allow for intermediary expansion between the boards (distance between washer rows are dependent upon local humidity ranges – consult installer for guidance).
  - b. Leave 2" horizontal spacing around each vertical obstruction, and along every wall.

For detailed instructions, contact Sustainable Flooring: (303) 544-6076, or [www.sustainableflooring.com](http://www.sustainableflooring.com).

### **GYMBOO SPORT floor plank sanding:**

1. Sand mechanically and subsequently with Coarse, Medium, and Fine grit paper to an even and uniform surface.
2. Vacuum and "tack" floor surface prior to finish application.



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### **GYMBOO SPORT finish application:**

1. Inspect installed and sanded flooring surface to ensure surface is suitable for finish application.
2. Apply selected finish in accordance with finish manufacturer's installation guidelines, applying "game lines" when applicable for the selected system.
3. Bona Kemi: (800) 872-5515, or at [www.bona.com](http://www.bona.com). Direct link to site prep: [http://www.bona.com/upload/Sitework/Sportive\\_Finish\\_Sitework.pdf](http://www.bona.com/upload/Sitework/Sportive_Finish_Sitework.pdf).

### **GYMBOO SPORT molding installation:**

1. Anchor vent cove molding to wall in accordance with manufacturer's installation guidelines.
  2. Miter joints and all inside corners to 45 degrees.
  3. Use pre-molded exterior outside corners where applicable.
  4. Install all other applicable molding pieces (reducers, etc.) directly to concrete with accepted MFMA guidelines.
- **Moisture: While bamboo flooring is much more stable than most woods, it is still subject to damage when in direct contact with a constantly wet slab. The bamboo must be isolated from this type of slab by use of a reverse vinyl or sleeper sub floor. Urethane adhesive will usually fail when vapor pressure exceeds 3 pounds per 1000 sq. ft. in 24 hours. Bamboo flooring cannot be glued down under those conditions.**

### **Sustainable Flooring's Bamboo Maintenance Instructions**

#### **Preventative Measures**

Place walk-off mats at all exterior doors, as is the practice with other hardwoods as well. This will capture much of the harmful dirt before it even has a chance to reach the bamboo floor. Shake out, wash, or vacuum these mats or area rugs as frequently as needed.

Floor protector pads (usually of soft felt or another similar material) should be placed on the bottoms of the legs of furniture that rest on the hardwood surface. Floor protectors must also be occasionally cleaned (and replaced if necessary) to ensure they remain free of dirt and abrasives. When moving heavy furniture or appliances, it is recommended to always pick up the item as opposed to sliding it across the floor surface.

It is important to maintain proper climatic conditions in the installation space (during installation and throughout the year). The use of a humidifier or dehumidifier in conjunction with a furnace or air conditioning system, will help maintain a consistent relative humidity in the home (between 30-50% is ideal). Bamboo, like any wood surface, will expand and contract with changes in moisture content of the flooring (ie: changes in relative humidity of the home). Even though bamboo has over twice the stability of oak in regards to expansion and contraction, it is a natural product (like all woods), and this should be understood.

#### **Routine Maintenance**

Every floor must be dust mopped, vacuumed, or swept with a soft bristle broom daily, or as often as necessary to remove grit, abrasives and dust from the flooring surface. Walking on sandy or dirty floors is the fastest way to damage a urethane finish. When spills occur, clean spills immediately with an absorbent cloth or paper towel. Remove sticky residue (like jelly, for instance) with a slightly dampened cloth (wring out to almost dry).

For general cleaning, use either a citrus based solvent or a urethane floor cleaner (you can also check with local floor retailers for additional locally available floor cleaners). Dip a clean cloth or sponge mop and wring nearly dry. Clean floor and wipe dry with a towel as you go. Under no circumstance, should excessive, standing water be applied to any hardwood flooring surface.

**Note:** Do not use wax, oil soap, or other household cleaners on your floor. The use of these products can dull today's floor finishes and make refinishing difficult. Also, avoid alkaline cleaning agents, as they may cause yellowing and color changes.

#### **Long-term Suggestions**

Recoat a worn surface per your installer's recommendations before the bamboo is exposed to avoid refinishing/re-sanding.