

## K11 RIGID SHEET FLOORING, SHEATHING, DECKING, SARKING, LININGS AND CASINGS

### 295 Floating Floor System C30-2/25 Sprung Acoustic Undercarriage System for Gyms

#### 295 FLOATING FLOOR SYSTEM

##### LOCATION

Gym applications where acoustic isolation is required from impact sound and vibration. This system is also designed to provide a load bearing platform for gym equipment and shock absorption isolation for free weights areas. Please seek guidance from InstaFloor technical team to accommodate your specific requirements.

##### BASE

Suitable for both concrete and timber structural floors. Refer to InstaFloor installation instructions.

##### PREPARATION:

Sub-floors should be prepared in accordance with BS 5325, BS 8203, BS 8204, BS 8201 and BS 8425 or other relevant Standards. Sub floors do not need to be accurately levelled as the cradle undercarriage system incorporates a levelling capability.

##### PRODUCT REFERENCE:

**C30-2/25 Acoustic Gym sub floor for Free Weights and load bearing general gym equipment and isolation. Minimum floor height 81mm including 2 x 18mm Plywood load distribution layers.**

##### System Components:

- Acoustic Cradles: Recycled rubber crumb, 25mm Leg / 20mm Base, incorporating 2mm and 5mm interlocking cradle packers for accurate sub floor levelling. Cradles centres set out along battens at 300mm centres. 60-year guarantee.
- Cradle Battens: 43mm (w) x 25mm (h) x 1800mm PEFC/FSC softwood battens, kiln dried. Battens set out at 300mm centres.
- Load Distribution Layer: 2 x 18mm x 600mm x 2400mm PEFC/FSC softwood plywood, TG4. All tongue and groove joints to be glued, and boards screwed and glued to battens.
- Impact Sound  $\Delta$  Lw: 28dB (Rubber Cradles)
- ISO9001 & ISO14001

##### Accessories:

- Interlocking Cradle Base Packers: 10mm Height
- Interlocking Cradle Base Packers: 30mm Height
- Interlocking Cradle Packers: 2mm Height
- Interlocking Cradle Packers: 5mm Height

## K11 RIGID SHEET FLOORING, SHEATHING, DECKING, SARKING, LININGS AND CASINGS

### 295 Floating Floor System C30-2/25 Sprung Acoustic Undercarriage System for Gyms

#### MANUFACTURER:

InstaFloor t/a InstaCoustic Ltd, Insta House, Ivanhoe Road,  
Hogwood Business Park, Wokingham, Berkshire, RG40 4PZ  
Tel: 0118 973 9560  
Email: [sales@instafloor.co.uk](mailto:sales@instafloor.co.uk)  
Web: [www.instafloor.co.uk](http://www.instafloor.co.uk)

#### GENERALLY

##### 210 WORKMANSHIP:

- All bases must be rigid, dry, sound, smooth and free from grease, dirt and other contaminants before coverings are applied.
- Installation should be carried out in strict accordance with the InstaFloor installation instructions for the type of resilient floor covering being installed.

##### 220 ENVIRONMENTAL CONDITIONS

- General requirements prior to starting work specified in this section: Building weathertight, wet trades completed and affected areas dried out.
- Temperature and humidity before, during and after installing strips/ boards:  
Maintained at levels approximating to those which will prevail after building is occupied.

##### 260 DRYNESS OF CONCRETE/ SCREED SUBSTRATES FOR FLOORING

- Relative humidity above substrate when tested with a hygrometer to BS 8201, Appendix A (maximum): 75%.
- Test points: All corners, around perimeter, and random points over area being tested.
- Drying aids: Turned off for not less than four days before testing.

##### 320 STORAGE:

Store materials in a clean, warm, dry, well ventilated location. Keep in original packing until conditioning commences.

##### 325 FLOORING BATTENS:

- Quality of timber: Free from decay, insect attack (except ambrosia beetle damage) and with no knots wider than half the width of the section.
- Preservative treatment: As section Z12 and British Wood Preserving and Damp proofing Association Commodity Specification C8.
- Type/ Desired service life: \_\_\_\_\_ .
- Moisture content at time of laying: 12-14%.

## **K11 RIGID SHEET FLOORING, SHEATHING, DECKING, SARKING, LININGS AND CASINGS**

### **295 Floating Floor System C30-2/25 Sprung Acoustic Undercarriage System for Gyms**

#### **330 COMMENCEMENT:**

Do not lay materials until building is weathertight, wet trades have finished their work, the building is well dried out, all paintwork is finished and dry.

#### **340 CONDITIONING:**

Before laying commences thoroughly condition materials by unpacking and separating in the spaces where they are to be laid. Minimum conditioning time and temperature to be as recommended by manufacturer. Extend period by a factor of 2 for materials stored or transported at a temperature of less than 10°C immediately prior to laying.

#### **350 ENVIRONMENT:**

Before, during and after laying, provide adequate ventilation and maintain temperature and humidity approximately at levels which will prevail after the building is occupied.

#### **360 UNDERFLOOR HEATING:**

Strictly follow the InstaFloor underfloor heating installation instructions for the type of resilient floor covering being installed.