1. Preparation & Acclimatisation

Proper preparation is critical to the performance and longevity of the Superstrata system. The subfloor must be structurally sound, clean, dry, and flat.

- Remove all dust, debris and moisture from the site.
- Ensure concrete subfloors are fully cured and moisture levels are within acceptable limits.
- Unpack and lay the underlay out 24 hours prior to installation to allow for acclimatisation.

Shield is intended to be used as a sub-floor acoustic isolation layer beneath Superstrata Pulse or Titan flooring. It should be laid directly onto the prepared subfloor or suitable existing floor covering, with the gym flooring installed above using the appropriate connector system.

2. Required Tools

- Utility knife
- Chalk line
- Straight edge
- Seaming tape

3. Installation Method

1. Plan the roll layout before cutting or fixing any material. Rolls should be positioned to minimise waste and avoid unnecessary joints in high-impact areas such as free-weight zones, lifting platforms, racks, or functional training lanes.
2. Where possible, run the Shield rolls in the longest practical direction across the room. Avoid small offcuts or narrow strips in heavy-use areas.
3. Mark datum lines if needed to keep the installation square and aligned.
4. Place the first roll onto the prepared subfloor and unroll it carefully into position.
5. Make sure the roll is not stretched, folded, creased, or compressed during installation.
6. Trim the roll neatly to fit the room, leaving enough material at the perimeter to complete the specified edge isolation detail.
7. Lay the next roll tightly against the first, ensuring that the edges are butted together without gaps or overlaps.
8. Continue laying rolls across the installation area, maintaining tight, flat joints throughout.
9. Once the rolls are correctly positioned, tape all butt joints using the specified jointing tape.

10. Apply the tape smoothly and firmly along the full length of each joint. Avoid wrinkles, loose tape, gaps, or trapped debris.
11. Install the specified Superstrata gym flooring system directly above the Shield layer.