

## SUGGESTED WORK PLAN FOR ASSEMBLY OF DUNLOP MAT FOR INDOOR TUG OF WAR



- Acquire rubber matting approved by TWIF, preferably one metre wide, 36 metres in length and 10 mm thick.
- Cut to lengths of two metres.
- Acquire good quality 18mm thick plywood base and cut to lengths of two metres.
- Cut plywood to width of rubber plus approximately 110 mm extra.
- Use strong adhesive to bond rubber to plywood (Evo – Stik 528 instant contact adhesive or similar.) Apply evenly over both surfaces i.e.the plywood and the underside of the mat.
- Roll out rubber to base ensuring that there are no air pockets between the two surfaces.
- Leave approximately 55mm of plywood protruding on each side of the rubber.
- Stack the mats on top of each other.
- Add heavy weights on top of the upper mat to keep in place until adhesive has fully bonded / dried. Allow up to two days for this to occur.
- Use screws of the appropriate length to further secure rubber to base and provide extra support. These should not protrude above the level of the rubber. They should be inserted at approximately 25mm intervals and approximately 12mm back from both ends of the mat.

- Cut plywood side strips to place along each side of the rubber to cover the 55 mm edges on either side.
- It is an advantage to router or indent one side of each side strip to allow it to slightly overlap the adjoining rubber. This will help provide a more secure mat for competition.
- Use wood glue and screws to affix side strips to plywood base.
- Hopefully you now have an excellent competition mat.

**Contributed by:** *Ballyhegan Tug of War Club, Northern Ireland.*

29-3-2010