

POLANIK
Poland, Życzliwa 11
97-300 Piotrków Trybunalski

tel. +48 44 646 44 81
tel. +48 44 648 50 89
fax +48 44 646 43 58

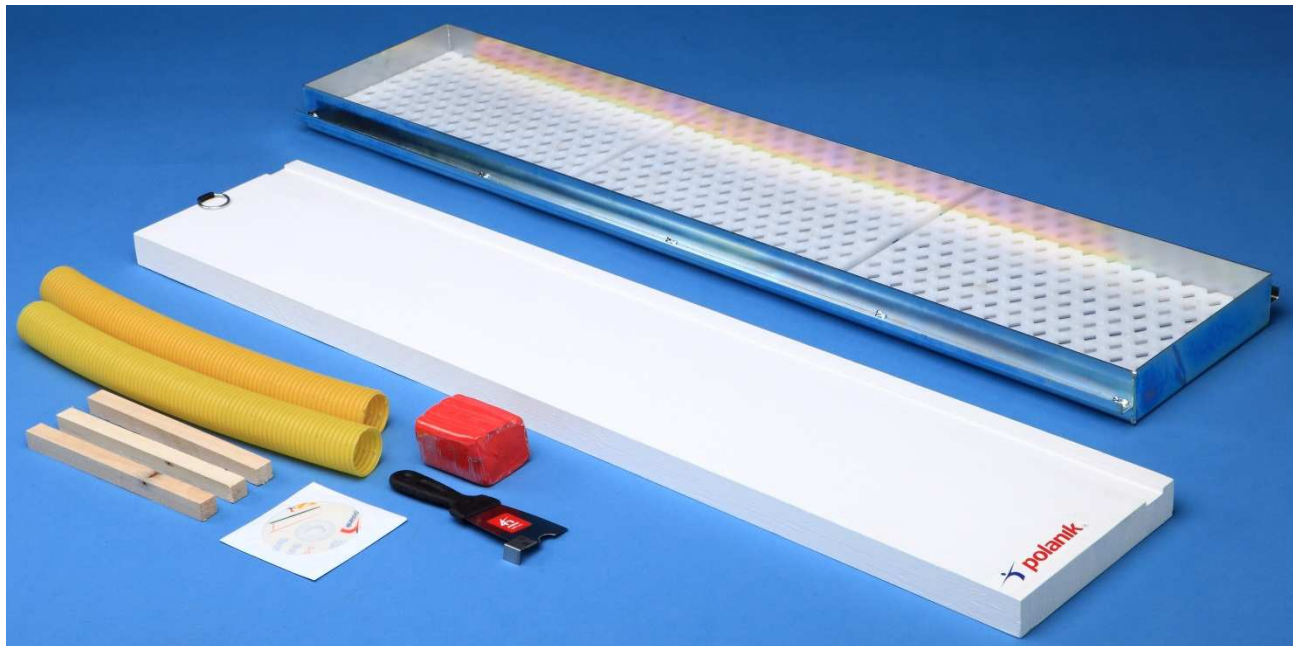
e-mail: info@polanik.com
www.polanik.com



INSTRUCTION MANUAL

Training take-off board for long jump and triple jump

S-0294



File: 20014-07-28

PRODUCT SUPPORT
Paweł Ciechanowski
p.ciechanowski@polanik.com

Thank you for choosing Polanik training take-off board.

Contents

Chapter	Page
I. General characteristics	2
II. Parts list (part sets)	3
III. Assembly description	4
IV. Remarks on maintenance and operating	7
V. The installation of the take-off board	9
VI. Take-off board cover (option)	10

I. General characteristics








The take-off board S-0294 is designed for conducting sports events and training programs of horizontal jumps.


Main features of the take-off board:

- innovative construction – constituted by elements which are easy to assemble, transport and store
- easy operating – fast assembly and disassembly processes, which take a few minutes (provided that the foundation tray is embedded in the track), can be done by one person,
- high durability and quality – all metal elements are made of galvanized steel and they do not require additional maintenance actions, other elements are made of plastic and impregnated wood,
- fast replacement of wearing parts and elements



II. Parts list (part sets)

Item	Part/set description	Q-ty pcs	Draw. no.	Part/set sketch
1	White training take-off board S-0294-000-01-00-00	1	1, 3	
2	Foundation tray S-0294-000-00-01-00	1	2, 3	
3	Plastic grid 400x250 S-0294-000-00-00-01	3	3	
4	Forming knife S-0294-000-00-02-00	1	-	
5	Draining tube S-250-04-05	2	2, 3	
6	Plasticine - 0,5 kg S-0294-000-00-00-02	1	-	
7	Spacing slat S-0294-000-00-03 (used only to secure the frame width during the embedding process)	3	2	

Item	Part/set description	Q-ty pcs	Draw. no.	Part/set sketch
8	Cover (option)	1	-	

III. Assembly description

The sequence of the assembly operations is described in detail in this manual.

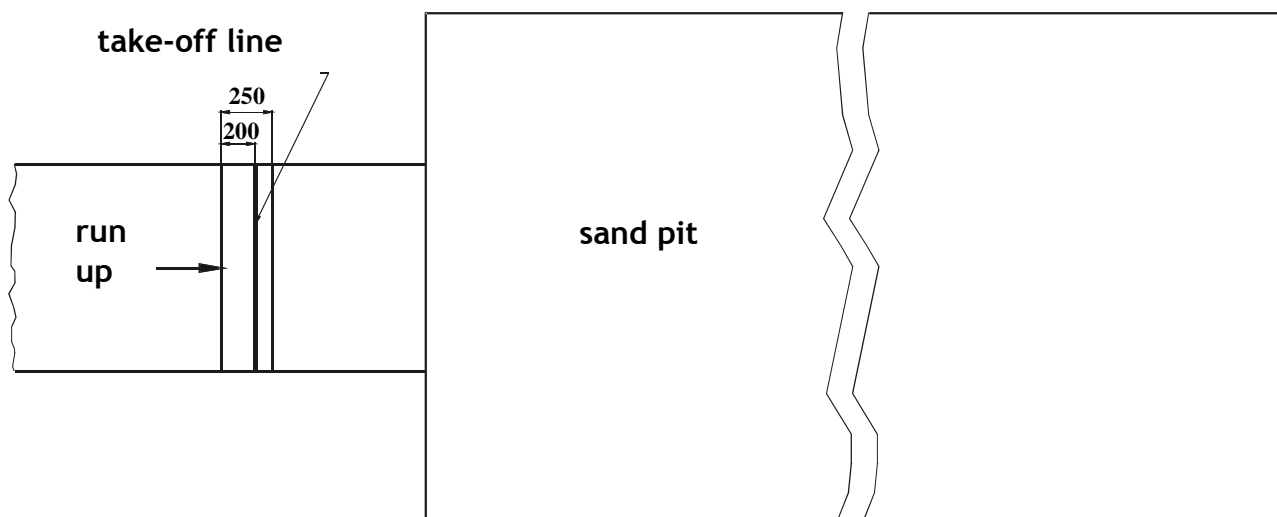
The take-off board set is assembled for transport and includes all the mentioned elements in the previous chapter except item 8 – the cover which is optional.

Before first use the foundation tray (item 2) is to be embedded in the track in the prescribed place, so that the take-off line – the plasticine groove edge which is closer to the run up is in the distance of:

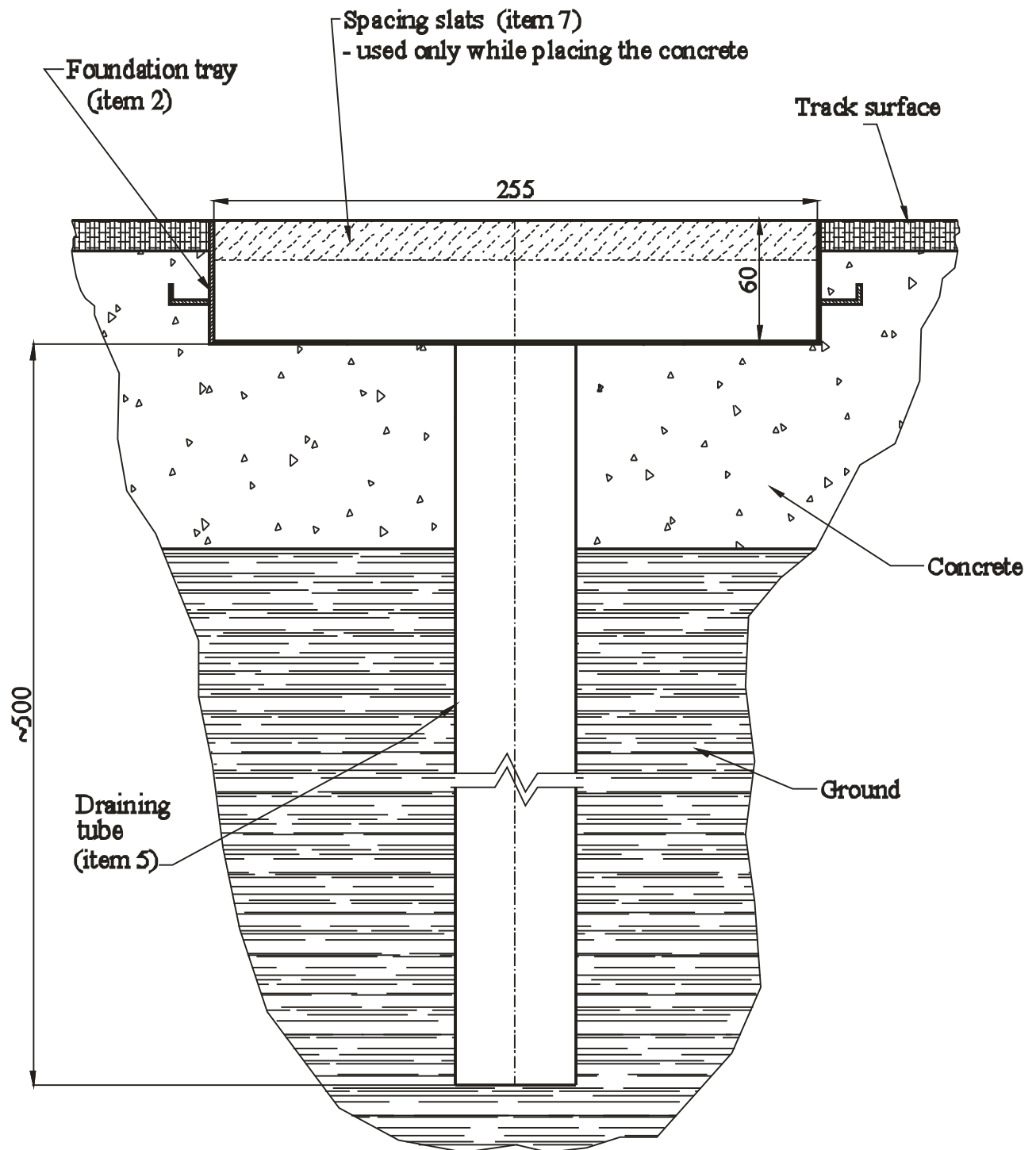
- 1 - 3 m (for long jump) to the landing pit edge that is closer to the take-off line – the IAAF international competition rules,
- 13 m (for men) and 11 m (for women) to the landing pit edge that is closer to the take-off line – the IAAF international competition rules.

For any other competition, the distance shall be adjusted to competitors` level.

The installation point of the foundation tray (item 2) of the white take-off board (item 1) is presented below. The tray should be positioned in the track and **the inside of the tray must be secured with spacing slats (item 7, see draw. no. 2), so that it does not deform while placing the concrete. Deformations can make the white take-off board (item 1) block inside the tray.**



Drawing no. 1. Installing the take-off board – general view.



Drawing no. 2. Embedding the foundation tray

The foundation tray (item 2) should be embedded according to the above drawing. Draining tubes (item 5) ought to be positioned vertically in the spaces of the foundation tray and should go past the concrete layer. During the embedding process of the foundation tray (item 2), the draining tubes (item 5) can stick out over the foundation tray bottom. After the concrete setting, the sticking tube ends are to be cut off as close to the tray bottom as possible

to ensure the correct water outflow.

In the same way you can connect the foundation tray to the sports facility draining system.

The installation of the take-off board begins with placing the plastic grids (item 3) in the embedded foundation tray (item 2).



Next the white take-off board (item 1) with the formed plasticine (item 6) should be positioned on the plastic grids (item 3).



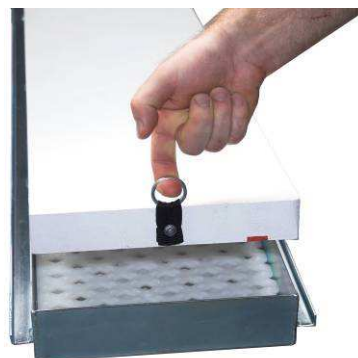
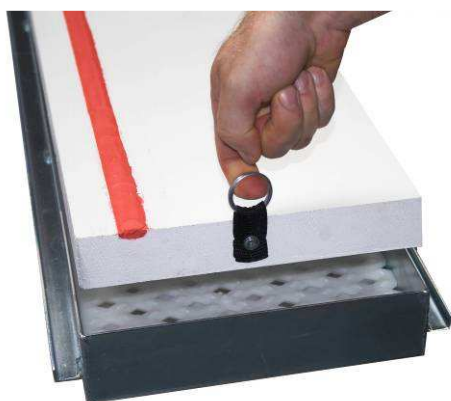
IV. Remarks on maintenance and operating

The plasticine "belt" deforms during training sessions and competitions. The take-off board comes with the plasticine (item 6) and the forming knife (item 4) with which you can level the plasticine in the groove of the white take-off board (item 1). Positioning the forming knife (item 4) at different angles to the take-off board surface will result in different heights of the plasticine stripe.

Dents and defects in the plasticine stripe should be filled up and levelled. First one ought to apply thick layers of plasticine (item 6) on the damaged areas. Then the layers are to be levelled with the forming knife (item 4), as it is shown below.



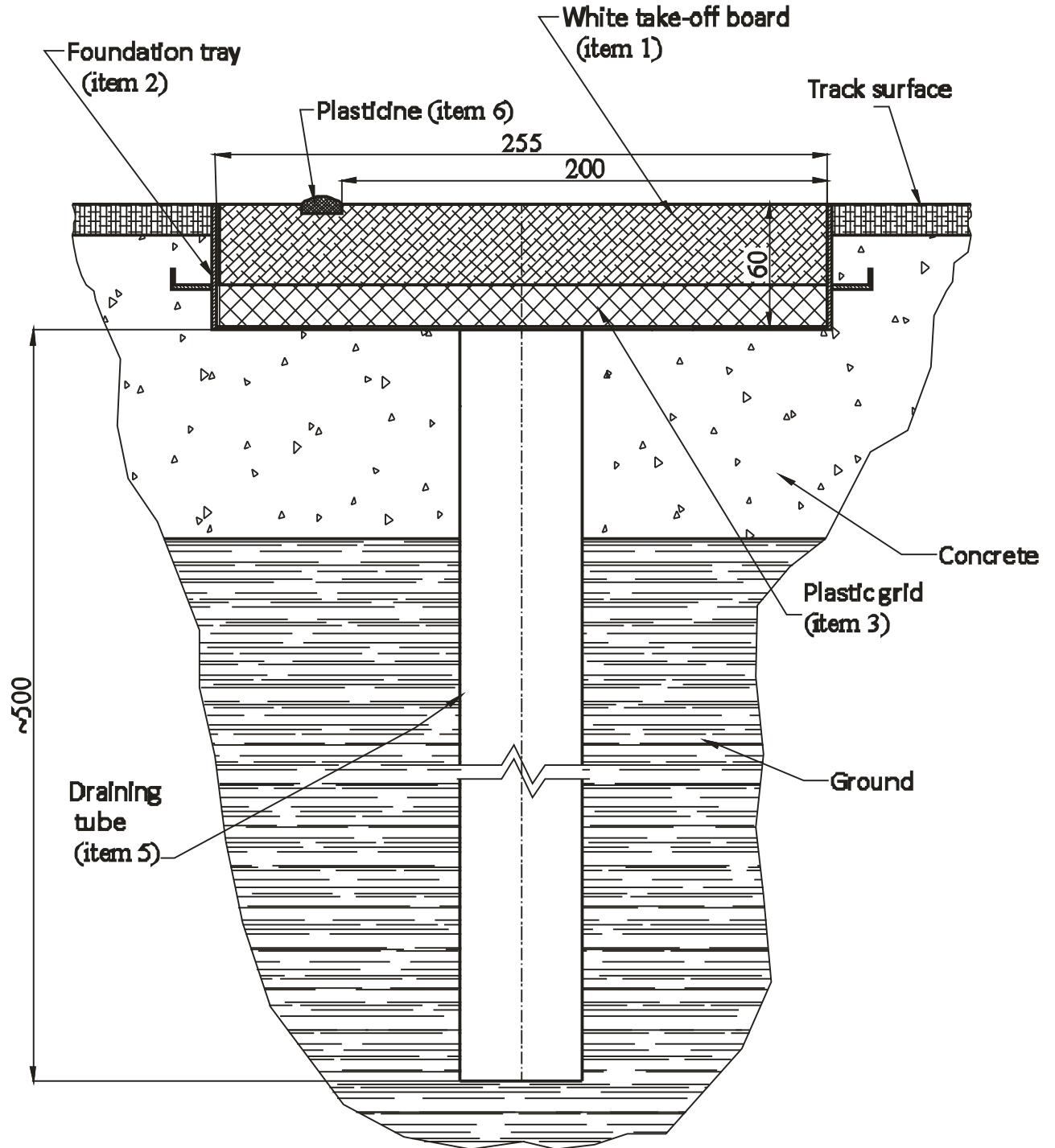
During intensive training the white take-off board (item 1) can be turned over to the other side (the plasticine groove facing down) in the tray. That prolongs the take-off board life.



During idle periods, after competitions and training sessions the take-off board (item 1) should be removed and stored in a roofed dry place. It is recommended that the embedded foundation tray (item 2) should be sheltered with the cover (item 8 - option). Any defects in paint coating revealed during thorough regular inspections of the take-off board must be repaired with wood paint or impregnant. Although the foundation tray (item 2) and the cover (item 8 - option) are galvanized, after long periods of time corrosion centres may appear. The centres must be grinded and coated with anticorrosive paint.

Even the best technical solutions cannot substitute for common sense. The usage of the product must take place under the supervision of qualified trainers. The producer shall not be liable for any incidents caused by the improper take-off board installation, assembly or its misuse.

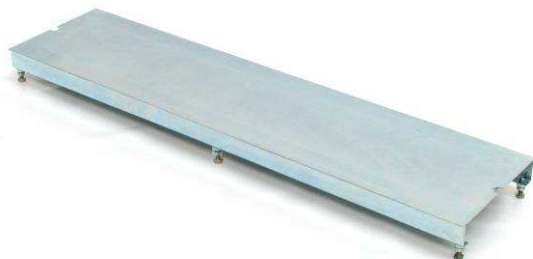
V. The installation of the take-off board



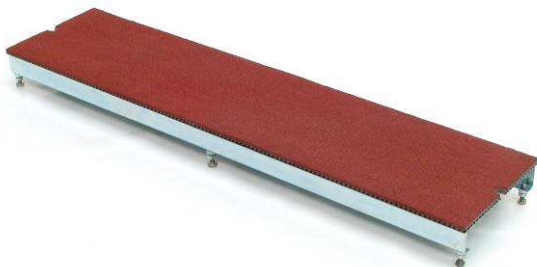
Drawing no. 3.

VI. Take-off board cover (option)

The Cover (item 8, option) is used to shelter and protect the foundation tray (item 2) during idle periods, when the take-off board is removed. It is delivered without the synthetic track surface.



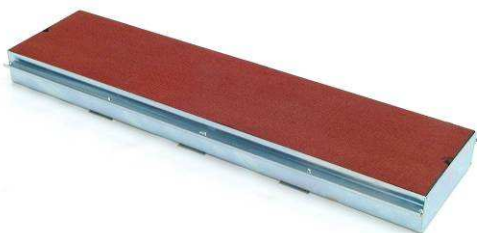
Polanik cover (item 8)



Polanik cover (item 8) with the synthetic track surface installed



The cover (item 8) is equipped with the adjusters (bolt feet), which are used to level the cover inside the embedded tray after the synthetic track surface installation. The adjustment is in the range of 5 mm



The correctly levelled cover (item 8) coated with synthetic track surface inside the tray (item 2).

