

## RPOLE SERVICE AND MAINTENANCE

*Print and laminated to be kept with the equipment.*

*Any faults identified are to be reported / rectified immediately.*

<b>Each Use</b>	<b>Pole:</b> Clean with antiseptic cleaner
	<b>Safety mat:</b> Clean with antiseptic cleaner
	<b>Storage:</b> Safe, dry, secured, non-tripping hazard to others
<b>Monthly</b>	<b>Frame:</b> Dismantled, checked with silicone sleeves pushed to end frame and reassembled
	<b>Frame ring:</b> Remove and check
	<b>Boss:</b> Check non-slip rubber pad is secure. Lubricate 'O' ring with silicone oil
	<b>Pole:</b> Clean with antiseptic cleaner. Joiner checked with pins lubricated with WD40
	<b>Safety mat:</b> Check for damage and wipe clean with antiseptic cleaner both sides.
	<b>Under foam:</b> Checked for damage

### Maintenance Videos

Video tutorials for maintenance, owners manual and frequently asked questions are available on our website at: <https://www.rpole.fitness/customer-support>

### Design considerations

The Rpole is designed for use at home or for teaching in a studio, at beginner to advanced level. It has a weight limit of 100kg. If you are using the pole within those parameters it is absolutely fine and very stable in use. RPole is not suitable for doubles training or practice, competition use, polesilks or TRX systems.

### Risk assessments

Provide a proven paper trail and evidence of safety standards and should be kept with the student attendance register as will provide proof of students attending class and also that each class was safely carried out through written record.

### PAR-Q

A Physical Activity Readiness Questionnaire must be completed for all new students attending class as the will alert instructors to known injuries and advise students to check with their doctor before physical activity. If kept with class register and Risk Assessments will prove all classes were carried out safely and any injuries during the class were dealt with immediately.

### Instructor course in pole teacher training

Qualified instructors would be aware of the need to maintain equipment to a safe standard and aware of keeping class records at a foundation level. Advanced level is a minimum requirement if teaching inverts as covers class size and safe spotting techniques. See [www.rpole.fitness](http://www.rpole.fitness) for training courses.