

# Scrub and Recoat Procedure (DRY PREPARATION)

Gold Medalist  
450 Gym Finish®



## IMPORTANT!

Wood floors must contain sufficient finish build to use the **wet preparation method**. New or sanded floors must be recoated 2 or 3 times before wet preparation.

Glue-down installations must only be prepared dry.

1

## Inspect the floor



1. Remove any gum or tape from the floor.
2. Review the product label instructions.
3. Note any issues that need to be addressed with the customer before proceeding.
4. If a competitive water-based finish is on the floor, consult Hillyard Technical Service for further instructions.

2

## Clean and Abrade

### Equipment and Supplies



- Terry cloth towels
- Push broom
- Mop bucket & wringer
- Hillyard Pre-Game® Tacking Solution
- Hillyard Quick-Pass wide area hard surface cleaner (optional)
- A 175-RPM standard floor machine or an orbital floor machine and driver
- Hillyard white polish pad
- Hillyard 120-grit screens

### Procedure

1. Dilute Pre-Game (1:4), soak the terry cloth towel, and wring it out.
2. Damp tack the floor until clean with the terry cloth towel. Allow the floor to dry. A Quick-Pass may be used for tacking.
3. Place a white polish pad between the pad driver and the 120-grit screen, with the screen in contact with the floor.
4. Using a floor machine, abrade the entire floor with the 120-grit screen, overlapping appropriately. Flip the screen after 250 ft<sup>2</sup> and replace the screen after one use of each side.
5. Vacuum and dispose of dust according to the directions on the gym finish label.

3

## Tack

### Equipment and Supplies



DAMP

DRY

- Terry cloth towels
- Push broom
- Mop bucket & wringer
- Chix Brand Stretch 'N Dust or Masslinn tool and cloths
- Hillyard Quick-Pass wide area hard surface cleaner (optional)
- Blue painter's tape

### Procedure

1. Dilute Pre-Game (1:4) in the mop bucket. Soak the terry cloth towel and wring it out.
2. Damp tack the floor until clean with the terry cloth towel. Allow the floor to dry. A Quick-Pass may be used for tacking.
3. Dry tack the floor with the Chix tool and cloths.
4. Cover volleyball standards or related objects with blue painter's tape to prevent finishing over them.

## Additional Resources



[Video](#)

Gym Floor  
Dry Preparation



[Video](#)

Gym Floor  
Wet Preparation



[Video](#)

Gym Floor Finish  
T-Bar Application



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# Scrub and Recoat Procedure (WET PREPARATION)

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4. If a competitive water-based finish is on the floor, consult Hillyard Technical Service for further instructions.

2

## Clean and Abrade



New or sanded floors must be recoated 2 or 3 times before wet preparation.

### Equipment and Supplies

### Procedure



- A 175-RPM standard floor machine or an orbital floor machine and driver
  - Hillyard white polish pad
  - Hillyard 120-grit screens
  - Hillyard Pre-Game Tacking Solution
  - Mop buckets, clean mops and handles
  - Wet vacuum
1. Dilute Pre-Game (1:4) into the mop bucket.
  2. Place a white polish pad between the pad driver and the 120-grit screen, with the screen in contact with the floor.
  3. Apply the Pre-Game solution over a 10' x 10' area and abrade the floor thoroughly, overlapping appropriately. Flip the screen after 250 ft<sup>2</sup> and replace the screen after one use of each side.
  4. Vacuum the slurry with the wet vacuum.
  5. Rinse the same area with clean water and pick up the residue with the wet vacuum.
  6. Repeat these steps until the entire floor has been cleaned and abraded.
  7. Allow the floor to dry overnight.

3

## Tack

### Equipment and Supplies

### Procedure

DAMP



- Terry cloth towels
- Push broom
- Mop bucket & wringer
- Chix Brand Stretch 'N Dust or Masslinn tool and cloths

1. Dilute Pre-Game (1:4) in the mop bucket. Soak the terry cloth towel and wring it out.
2. Damp tack the floor until clean with the terry cloth towel. Allow the floor to dry. A Quick-Pass may be used for tacking.

DRY



- Hillyard Quick-Pass wide area hard surface cleaner (optional)
- Blue painter's tape

3. Dry tack the floor with the Chix tool and cloths.
4. Cover volleyball standards or related objects with blue painter's tape to prevent finishing over them.



## 4 Apply Gold Medalist Finish, T-Bar Method



### Equipment and Supplies

- Heavyweight T-Bar
- Lambswool or Synthetic T-Bar pad
- Watering can
- Gold Medalist Gym Finish



[Video](#)

Gym Floor Finish  
T-Bar Application

### Procedure

1. Run a bead of Gold Medalist the length of the gym using the watering can.
2. Saturate the T-Bar pad and pull the applicator at a 30° angle the length of the floor, always keeping the Gold Medalist flowing toward the unfinished side of the floor.
3. When reaching the end of the run, turn the T-Bar 180° and pull in the opposite direction. Always feather with the grain of the wood.
4. Continue until the entire floor is coated. Apply Gold Medalist at a rate of 500-600 ft<sup>2</sup> / gallon.
5. Turn on the exhaust system two to four hours after application.
6. Allow the floor to dry for 12 hours before proceeding. NOTE: Temperature and humidity will affect the drying and curing properties.

## 4 Apply Gold Medalist Finish, Multi-Flo XP Method



### Equipment and Supplies

- Multi-Flo XP w/ pads
- Heavyweight T-Bar
- Lambswool or Synthetic T-Bar Pad
- Watering Can
- Gold Medalist Gym Finish



[Video](#)

Gym Floor Finish  
Application

### Procedure

1. Place the Gold Medalist container on the Multi-Flo XP and set it up as described in the manual.
2. Use three weights on the short bar and one weight on the long bar. Adjust weights and walking speed to ensure an application rate of 500-600 ft<sup>2</sup> per gallon.
3. Run a bead of finish the length of the gym floor using the Multi-Flo XP.
4. Saturate the Multi-Flo XP pads and pull the applicator at a 30° angle the length of the floor. Always keep the Gold Medalist flowing toward the unfinished side of the floor.
5. When reaching the end of the run, turn the applicator 180° and pull the Multi-Flo XP in the opposite direction. A heavyweight T-Bar may be used to feather the ends.
6. Continue until the entire floor is coated. Apply Gold Medalist at a rate of 500-600 ft<sup>2</sup> / gallon.
7. Turn on the exhaust system two to four hours after application.
8. Allow the floor to dry for 12 hours before proceeding. NOTE: Temperature and humidity will affect the drying and curing properties.

# Scrub and Recoat Procedure (FINISH APPLICATION)

Gold Medalist  
450 Gym Finish®

## 5 Apply 450 Gym Finish, T-Bar Method

### Equipment and Supplies



- Heavyweight T-Bar
- Lambswool or Synthetic T-Bar pad
- Watering can
- 450 Gym Finish



[Video](#)

Gym Floor Finish  
T-Bar Application

### Procedure



#### IMPORTANT!

Before applying the finish, dry abrade the floor with a floor machine and Hillyard Maroon Pads at a rate of 250 ft<sup>2</sup> per side, then tack the floor using the procedure in step 3.

1. Run a bead of 450 Gym Finish the length of the gym using the watering can.
2. Saturate the T-Bar pad and pull the applicator at a 30° angle the length of the floor, always keeping the 450 Gym Finish flowing toward the unfinished side of the floor.
3. When reaching the end of the run, turn the T-Bar 180° and pull in the opposite direction. Always feather with the grain of the wood.
4. Continue until the entire floor is coated. Apply 450 Gym Finish at a rate of 500-600 ft<sup>2</sup> / gallon.
5. Turn on the exhaust system two to four hours after application.

## 5 Apply 450 Gym Finish, Multi-Flo XP Method

### Equipment and Supplies



- Multi-Flo XP w/ pads
- Heavyweight T-Bar
- Lambswool or Synthetic T-Bar Pad
- Watering Can
- 450 Gym Finish



[Video](#)

Gym Floor Finish  
Application

### Procedure



#### IMPORTANT!

Before applying the finish, dry abrade the floor with a floor machine and Hillyard Maroon Pads at a rate of 250 ft<sup>2</sup> per side, then tack the floor using the procedure in step 3.

1. Place the 450 Gym Finish container on the Multi-Flo XP and set it up as described in the manual.
2. Use three weights on the short bar and one weight on the long bar.
3. Run a bead of finish the length of the gym floor using the Multi-Flo XP.
4. Saturate the Multi-Flo XP pads and pull the applicator at a 30° angle the length of the floor. Always keep the 450 Gym Finish flowing toward the unfinished side of the floor.
5. When reaching the end of the run, turn the applicator 180° and pull the Multi-Flo XP in the opposite direction. A heavyweight T-Bar may be used to feather the ends.
6. Continue until the entire floor is coated. Apply 450 Gym Finish at a rate of 500-600 ft<sup>2</sup> / gallon.
7. Turn on the exhaust system two to four hours after application.

## 5 Allow the Floor Finish to Cure



Allow 450 Gym Finish to cure at least 72 hours before opening up to light traffic and one week before opening up to athletic use. NOTE: Temperature and humidity will affect the drying and curing properties.



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