

# Gym Wall Padding Safety Standards

## 1. Impact

Wall padding in gyms and facilities is designed to improve safety by reducing harm from impacts with hard surfaces. Padding that is too soft doesn't slow momentum enough, while padding that is too stiff can cause injury. Standards, such as the GMAX score, determine how padding should react to impacts for optimal safety. Industry standards for wall padding require a GMAX of 200 or below.

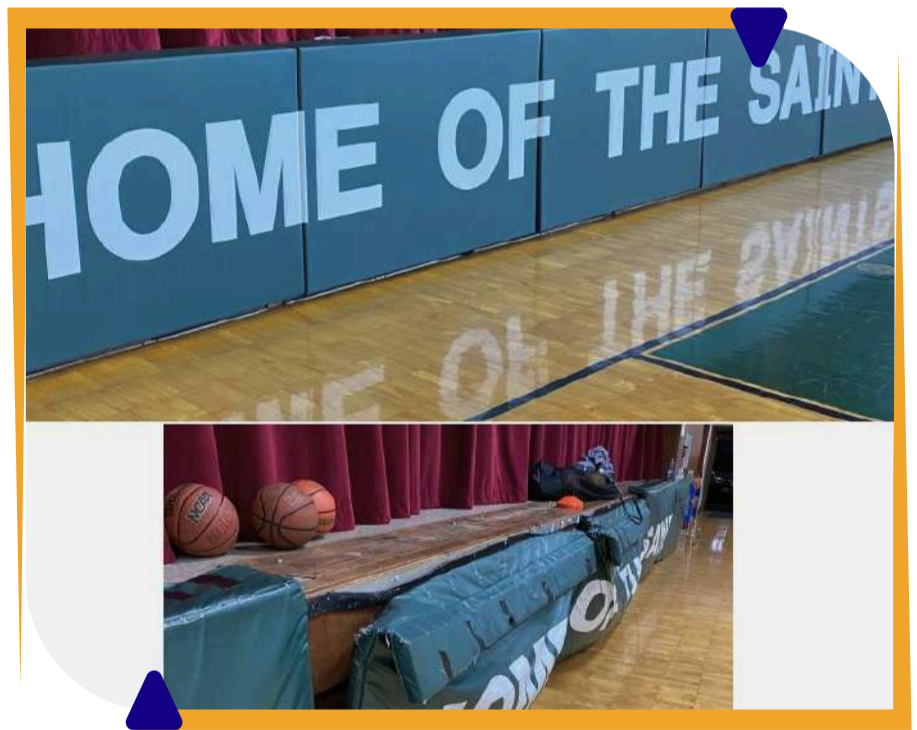


## 2. Head Injury Criterion

Because head injuries can have serious consequences, wall padding must meet specific testing and impact standards called head injury criterion (HIC). Current standards require wall padding to have a HIC of less than 1000. A lower HIC measurement means there is a lower risk of a head injury during a head-to-wall collision.

## 3. Fire Safety

Fire testing measures the spread of flames and the development of smoke within the padding. Class A wall padding offers the highest level of fire protection by reducing flame spread and smoke production, making it ideal for recreational spaces. Fire safety regulations vary by location, so it's essential to consult with your local fire marshal before purchasing wall padding for your facility.



## 4. Standard Sizing

Most wall padding comes in a standard 2'x6' size, though wall padding suppliers can customize your pads to fit specific spaces. When planning installation, account for obstacles like outlets, electrical boxes, fire extinguishers, doors, and windows, as these require special attention to maintain safety standards.

## 5. Installation

Before ASTM established guidelines in 1994, there were no clear instructions on where or how wall padding should be installed, leading to gaps and potential injury. Current industry standards require wall padding to have a 4-inch maximum distance from the bottom of the padding to the floor.



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