The gymnasium at RAF Odiham, the helicopter base near Basingstoke, is used for the physical training of a large number of service personnel.

When the gym floor came to the end of its useful life after about 25 years, a vinyl floor replacement was originally considered, as this was expected to be the cheaper option. However, it was actually found to be more economical to have a Tarkett Sports wood floor installed above an InstaSport sub-floor.

Once the old floor had been completely removed, a damp proof membrane was put down. No sub-floor preparation or levelling was necessary, as the InstaSport system can be laser levelled on site, therefore avoiding mess and saving significant time and money.

Following some on-site training by InstaFloor, D Kelleher Flooring was able to install the system quickly and easily. First, the rubber crumb cradles were positioned on the DPM at the required spacing and adjusted with packers where necessary to achieve the level finished floor height. The timber battens were then placed in position and insulation was laid between the battens to provide additional thermal properties. The Tarkett 22mm sports flooring was then secret nailed directly to the battens, making it a quick and simple operation to complete the 550m² of gym floor.

The completed installation will provide RAF Odiham with a resilient, hard wearing, impact energy absorption floor system that is designed to comply with the requirements of EN 14904 (class A4), as well as the strict criteria specified by many sports governing bodies.