

Accessible and Attenuating Surfacing for Safer Outdoor Activity in Senior Communities







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Accessible Rubber Outdoor Pathways for Adult Living Communities

FitWay® Rubber Surfacing Pathways were developed for active seniors and to support increased, safer physical activity in assisted living communities. This innovative surfacing is based on similar technology previously approved and used in public recreational spaces.



What is FitWay?

FitWay is a hand-poured and troweled 2-layer system featuring a specialized attenuation bottom layer and unique top wear course. This system is an effective, long-lasting, attenuating alternative to standard walking surfaces (concrete, natural earth). FitWay has been designed to act as a durable pathway for seniors to follow and maintain activity levels on a safer surface.

"Falls and fall-related injuries represent a significant health and safety problem for adults of all ages. The findings suggest that adult fall prevention efforts should consider the entire adult lifespan to ensure a greater public health benefit." **SOURCE:** Falls and Fall-Related Injuries among Community-Dwelling Adults in the United States, 2016

Why FitWay?

- FitWay utilizes research based, proven attenuating surfacing technology that will help prevent serious injuries from falls.¹
- Highly Accessible for mobility devices and assisted walking
- Durable enough to withstand mobility device traffic
- Designable for inclusion of logos, directional patterns, and other helpful messaging



FitWay versus Standard Concrete

Testing Shows that FitWay is a safer alternative to concrete paths.

Developed in conjunction with senior care professionals in 2018 to support safer physical activity in assisted living facilities, FitWay technology is similar to compliant playground surfaces that will withstand repeated traffic from mobility devices and provide a softer landing surface. We tested FitWay Surfaces after installation and tests showed beyond complaint results based on ASTM Standards for Impact Attenuation of Surfacing Materials within Use Zones of Playground Equipment. While senior communities do not currently have regulations for surfaces, this playground specification establishes minimal performance criteria for impact attenuation while children are at play in public play spaces. FitWay has been tested to meet or exceed standards based on falls from as high as 4' from the ground.¹

¹ - Testing performed based on IPEMA playground standards and ASTM Certification Fl292. Visit www.IPEMA.org and www.ASTM.org for more information.

SURFACE	SURFACE TESTING Concrete											
TEMP.	%	Critical	CRITICAL HEIGHT DROP		SITE 1*		SITE 2*		SITE 3*		OVERALL MEAN ± SDb	
°F	RH ^d	height, ft°	g_{\max}	HIC	g_{\max}	HIC	g _{max}	HIC	g _{max}	HIC	g_{\max}	HIC
85	58	0.5	392.0	976.0	407.5	1130.5	390.0	982.0	403.0	1086.5	398 ± 8	1044 ± 77

* Sites indicate three separate concrete spaces SOURCE: The Potential for Brain Injury on Selected Surfaces Used by Cheerleaders, 2009

FitWay Installations were tested based on a critical fall height of 4'

	Site 1 Avg (gmax/hic)	Site 2 Avg (gmax/hic)	Site 3 Avg (gmax/hic)		
FitWay Install A	127.5/594.5	125/569.5	125.5/581.5		
FitWay Install B	129/712.5	118.5/615	123/653.5		

Testing performed at 2 different locations in Northeast US. At each installation location (A and B), there were multiple test drops performed in three separate areas (sites) of the installation.

Surface Testing Criteria

GMax - Shorthand for "maximum G-force" - tells you the force of the impact that you could expect from a surface at the greatest height of the equipment. ASTM 1292 - Max acceptable reading is 200

Head Injury Criteria (HIC) - HIC tells you how hard of a hit a person would take if he or she were to fall headfirst off the highest point of the equipment. A higher HIC figure equates to a higher time of deceleration and thus a greater force. ASTM 1292 - HIC Cannot Exceed 1000