

Washing Machine and Dryer Cleaning - once a month

Washing machine:

- Wash setting: Tub Clean- add a small amount of detergent to the drum.
- Wash Duration: not given.
- Switch off when not in use.
- Open the door to aid air flow to the drum.

Dryer:

- The water compartment is emptied after each use.
- The lint compartment is emptied after each use (this is a fire hazard if this becomes full).
- Switch off when not in use.
- Open the door to aid air flow to the drum.

Jackets, Straps and Glute Belts - once a week

- Jackets should be washed no more than 4 at a time.
- Glute Belts and Straps can be placed in the washer together.
- Velcro covers need to be applied to all straps to avoid damage during washes.
- Clip glute belts, to avoid tangling.
- All items should be placed in net bags:
 1. one net bag per jacket;
 2. all straps together in one bag;
 3. all glute belts in another large net bag.
- It is essential that these items are washed at 30 degrees in order to avoid damage to the electrodes.

Washing and drying instructions:

- 1 cap of mild detergent.
- Wash setting: delicates (*30 degrees with no spin*).
- Wash duration: 36 mins.
- Open-air dry only.

Base Layers and Socks – after use (do not allow these to build up)

Washing and drying instructions:

- 1 cap of detergent and 1 cap of fabric softener.
- Wash setting: cotton (*60 degrees at 1400 spin*).
- Wash Duration: dependant on weight
- Base Layers and Socks are to be dried on the setting: Timer
- For a minimum of: 2.5 hours
- At heat: level 3.

Towels – after use (do not allow these to build up)

Washing and drying instructions:

- 1 cap of detergent, 1 cap of fabric softener and 1 cap of bleach (this ensures that the towels are always bright white).
- Wash setting: cotton (95 degrees at 1400 spin).
- Wash Duration: dependant on weight
- Towels to be dried on the setting: Timer
- For a minimum of: 2.5 hours
- At heat: level 3.