



{ **Managing Moving Parts** }

It's been said that good managers are judged by the way they manage all the moving parts. With a team its adding new athletes, changing routines, planning training, communicating with parents, and managing travel schedules. The same can be of your Gym Care. The short term and long term effectiveness of your equipment depends on how you manage the moving parts.

Like your automobile, bicycle, or garden tractor, if you don't pay attention to the moving parts your equipment will fail you, usually just when you need good performance. Hopefully, with our cars we all check the basics - oil level, tire air pressure, and windshield washer level. We do it by habit. We should develop the same habits with our gymnastic equipment.

The moving parts start with the parts used to change the height or position of the equipment. Most uneven bars have a cable tightening device that is a moving part and has moving parts within. Like the tires on your car if you check them regularly you can avoid future or further damage. Regardless of the brand, when ever you are moving steel on steel there is wear. By replacing the small wheels as soon as they show wear, you can avoid damage to the cables which are a much more expensive part to replace.



Whether your equipment uses spin locks, t-handles, snap locks or levers, the adjusting mechanism will wear out with use. If the part uses a threaded part, continued use causes slight separation in threads. If you see a little wiggle or wobble in your spin locks or snap locks, its usually a sign that the threads are weakeniing. This is an easy replacement or fix. Just remember to check the moving parts.



In addition to the height and width adjusters, moving parts include spring (vaulting boards, mini tramps, and trampolines), bars, and boards. All springs are made of steel and continue flexing or stretching of springs causes fatigue on the spring and weakens it performance. Weaker parts have a higher likelihood of failure. If you look at the ends of trampoline and possible point of failure. The same is true of vaulting board springs, they will wear and show signs of deforming over time. Its probably time to replace and improve performancee of the equipment.



Other moving parts include rail collars, ring swivels, and spring beam flex devices. In addition, uneven bar rails and horizontal bars, due to the flexing on every swing need to be considered as moving parts and should go on your regular check list. A regular routine of checking moving parts will forsee problems, prevent failure, save money, and ultimately protect the athletes. Add it to your check list today:

✓ **Manage moving parts**

Steve

Steve Cook – AAI National Sales Director

Steve.Cook@fotlinc.com

