# The READY Route™

Part of The **REGULATION** Collection™

## User Guide, Technical Specification & Care Information

https://wp.me/PhuyNi-1hx

Head to the REGULATION Collection™ Hub to download your resource pack

### Overview

Built for school environments The READY Route™ is a structured, staff-guided sensory regulation intervention tool designed to support pupils in moving from heightened arousal to readiness for learning.

### Recommended Use

The READY Route™ is designed to be:

- Staff-guided
- Delivered one-to-one, in small groups or supervised whole-class routines
- Used as a consistent, repeatable sequence
- Embedded within wider behaviour and inclusion strategies

### The 3-Phase Regulation Pathway




#### 1. ALERT

**Purpose:** Safely discharge excess energy

Controlled physical movement activities allow pupils to release heightened arousal in a structured way. The phase can also be used proactively to increase alertness, energise pupils, and support motivation before learning begins.

Encourage pupils to complete each activity in sequence before progressing.

#### 2. ORGANISE

**Purpose:** Organise body and thinking

Co-ordination and attention-based tasks promote deliberate movement and sustained concentration.

Slower pacing supports body awareness, cognitive organisation, and controlled engagement.

#### 3. CALM

**Purpose:** Prepare for learning

Breathing and stretching activities regulate the nervous system and support readiness to re-engage.

Model calm breathing and controlled movement to reinforce steady, settled behaviour.

Roll out. Regulate. Reset.



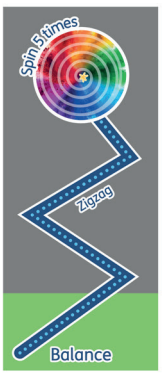


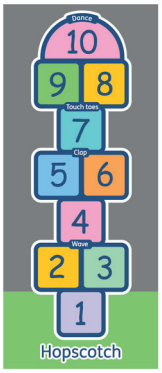













## Best Practice Guidance

- Use consistent language across sessions
- Maintain adult supervision at all times
- Encourage pupils to complete the full pathway
- Adapt pace according to individual needs
- Store safely when not in use

## Suitable Applications

The READY Route™ can support:

- Targeted SEND intervention
- Reintegration support
- Post-lunch transition routines
- Pre-learning regulation
- One-to-one or small group structured sessions
- Structured physical activity during wet play or indoor breaktimes

## Installation & Positioning

The READY Route™ requires no installation.

Simply:

- Unroll each mat in sequence - Green > Yellow > Blue
- Position on a flat, dry surface
- Leave sufficient spacing between mats if required
- Check mats are lying flat before use

Suitable for:

- Low-pile carpeted areas
- Smooth indoor flooring

For safety, always ensure the surface beneath is clean, flat and completely dry before use.

## Technical Specification

Dimensions (Full Trail Length: 10 metres)

- 2 × 85cm × 115cm
- 3 × 85cm × 200cm
- 2 × 85cm × 85cm

Tolerance: ±2%

## Material Composition

- Cut Pile
  - Pile Composition: 100% Polyamide – heatset straight
  - Pile Weight: 950 gr/m$^2$
- Backing
  - Backing Weight: 2.200 gr/m$^2$
  - VINYL GREENFLEX backing (PVC produced with renewable energy, reducing carbon emissions by 30%)Total Weight - 3.150 gr/m$^2$
- Mat Thickness: 9mm (6mm pile / 3mm backing)
- Border: 1.5cm rubber border

## Safety & Compliance

- Designed to provide enhanced slip resistance on suitable indoor surfaces
- Designed for high-traffic educational environments
- The mats are classified Cfl-s1 in accordance with EN 13501-1 (Reaction to Fire for floor coverings)
- For indoor use only. Not suitable for outdoor or wet environments
- Always ensure the surface beneath the mat is clean and dry before use
- The READY Route™ is a staff-guided regulation intervention tool and should always be used under adult supervision

## Cleaning & Maintenance

**Regular Maintenance:**

- Shake or beat mats to remove debris
- Vacuum as required
- Keeping the mat clean will help maintain its performance and appearance

**Deep Cleaning:**

- Machine wash at 30°C on a delicate cycle
- Avoid harsh chemicals, solvents, or bleach
- Stains can be treated using a mild, non-aggressive detergent and rinsed with clean lukewarm water
- Do not wash the mat folded
- Dry flat, away from direct sunlight
- Do not tumble dry

Due to the size of the mats, industrial laundering may be required.

Do not overload washing machines.

## Storage

- Ensure mats are fully dry before rolling
- Roll (do not fold) to preserve structure
- Store in a dry indoor environment
- Mats should be visually inspected before each use. Do not use if damaged, excessively worn, or lifting at the edges.

## Important Information & Disclaimer

**The READY Route™ is a structured, staff-guided educational regulation intervention tool. It is not a medical or therapeutic device and does not replace professional clinical intervention.**

**Use must be supervised at all times by appropriate staff.**

**Schools and organisations are responsible for conducting their own site-specific risk assessment prior to use.**

**Two Thirds Design Ltd accepts no liability for injury resulting from misuse, unsupervised use, improper surface preparation, or failure to follow the guidance provided.**

*The READY Route™ is part of The REGULATION Collection™ by Two Thirds Design, offering a structured approach to help pupils regulate their energy and focus for learning.*

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Transforming School Spaces

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