CEILING INSULATION - TYPES

The most important part to insulate in your clubroom is the ceiling, as heat rises and easily escapes through an uninsulated roof. There is a wide range of insulating products available, each appropriate for different roof types and situations. While it is always best to speak with a professional before selecting a product, please ensure the insulation you pick meets the following criteria:

• Its R-value, relating to the effectiveness of insulation, is at least 2.9 for North Island and 3.3 for South Island buildings.
• It is designed for installation in ceilings.
• It has the correct width to fit between the rafters or joists, to avoid gaps.
• It complies with Standard AS/NZS 4859.1 (this will be printed on the packaging).

Be cautious about choosing ‘loose fill’ insulation, which is blown into cavities that can’t easily be reached. While it can be useful for inaccessible areas, it is difficult to ensure correct distribution of the material, making its insulating performance variable.

For more details on the different types of ceiling insulation to choose from check out these summaries by BRANZ and EECA.

INSTALLING CEILING INSULATION

The key consideration when installing insulation at most clubs is the size of the ceiling cavity, or the space between ceiling and roof. ‘Attic’-type ceilings with easily accessible cavities can be insulated with minimal or no modification. In contrast, ‘skillion’ or ‘cathedral’ ceilings often have limited clearance between ceiling and roof. In such cases, the roof space may need to be modified or the ceiling lowered before insulation can be installed.

Before installing insulation, address any leaks, air gaps or wiring issues in the ceiling space. If the club is considering upgrading its interior lighting, this is a great time to replace any recessed down lights as well. Safety gaps must be left around these fittings for fire safety reasons, which reduces the performance of the insulation. If the club wishes to retain its down lighting, some modern LED downlights that are rated IC, IC-F or IC-4 can have compatible insulation fitted over them to keep the heat in, but make sure to check with an insulation professional or electrician beforehand.

While it is possible to install insulation yourself, it is recommended to hire a professional if you can: even small faults in installation can reduce the performance and durability of your insulation. Click here for a list of installers accredited by the Insulation Association of New Zealand. If you do choose to install insulation yourself, make sure you review the NZ Standard for installing ceiling insulation first. It is especially important to take note of the Health and Safety procedures located in Appendix B of the document.

UNDERFLOOR INSULATION

Good underfloor insulation can restrict ground moisture from entering a clubroom - making a big difference to how comfortable the space is, and to the size of its energy bills. In clubrooms with accessible underfloor spaces, it’s relatively cheap and easy to do. Check further details on underfloor insulation here.

NEXT STEPS

Installing ceiling and floor insulation are key steps towards a more comfortable and efficient clubroom, but there are more actions you can take. Look to insulate walls, close off air gaps, install curtains and / or double-glazing to reduce heat loss through windows, and chose heating systems that are appropriate for your clubroom and its usage patterns. Get in touch with the LiteClub team if you would like to know more about these options.

Disclaimer: Always consult with a registered professional before selecting or installing insulation. The above information is intended as a guide only. LiteClub accepts no responsibility for negative outcomes incurred.