



# SANITIZATION PROTOCOL FOR GYMS

The following is a list of “Best Practices” for cleaning and disinfecting your gym. Please note that no facility can ever be 100% disinfected. All we can do is our best. We owe it to our valued customers to do everything we can to provide a safe environment to work out.

I know this will sound like a lot. We have been following this protocol at our shop and office here at Bulldog Scrubbers for about a week now. Our facility is quite large compared to a gym. (16,000 sq. ft) Two of us can get the work done in about 30 minutes. We believe that it could also take you only 30 minutes or less to clean and disinfect your entire gym with our Bulldog Scrubbers. Just 30 minutes a day to protect you, your employees, and your customers. It seems like a small price to pay to prevent an outbreak.

## **1. Keep the germs out of your building.**

- a. Send out Facebook messages and emails to your customers about staying out of the gym when they are not feeling well. Appeal to their sense of protecting your community.
- b. The bottom of people’s shoes are full of bacteria which is transferred to your mats. What is the sense of disinfecting the mats if people bring the bacteria right back in the building?  
[Click here to learn more.](#)
  - i. Would your customers be willing to change into dedicated workout shoes when they arrive?
  - ii. Offer to disinfect shoes before they step on the mats. Remember that you must clean shoes before they can be disinfected. Also, most disinfectants need 10 minutes of contact time to be 100% effective. Read the bottle.

## **2. Consider Social Distancing for your workouts.** Do your class sizes need to be re-evaluated?

## **3. Teach your customers the importance of wiping down equipment with disinfectant before they use it and as soon as they are finished with it.**

- a. Place spray bottles of disinfectant and microfiber wiping cloths or paper towels throughout the gym.
- b. Change out the microfiber cloths after each class. Launder them each day.

## **4. Teach your staff to frequently disinfect key touch points during the day.**

- a. All door handles
- b. Drinking fountain button
- c. Fixture handles on toilets, sinks, etc.
- d. Front counter if you have one.
- e. Encourage your staff to frequently wash or disinfect their hands during the day.

## **5. Encourage customers to wash their hands before and after a workout.** Provide a clean, sanitary restroom for them. Empty garbage cans in restrooms often.

## 6. Disinfecting After You Close Every Day

- a. Start by cleaning your floor.
  - i. Sweep up and debris or chalk.
  - ii. Run your Bulldog Scrubber with a neutral cleaner like Bulldog Mat Cleaner in the tank. Make sure your squeegee is working properly and leaving the least water behind possible.
  - iii. If you are using a mop and bucket use a cleaner/disinfectant in the bucket. Change the water frequently. Ring the mop out thoroughly. Remember that if you do not change the water frequently you will just be spreading germs with the mop. Mopping systems with dual buckets are available. They basically keep the dirty water in one bucket and the clean in another.
- b. Use an EPA registered disinfectant to clean all the hard surfaces in your building. Make sure that the product is approved for COVID-19 use. Read the label. Follow the instructions carefully for dilution as well as contact time needed to be effective. Most disinfectants need 10 minutes of wet contact with a surface to be 100% effective. **BE SURE THAT THE DISINFECTANT YOU CHOOSE WILL NOT HARM YOUR EQUIPMENT OR OTHER SURFACES IN THE GYM!** \*Protective gloves and safety glasses are always a good idea when using cleaning chemicals.\*
  - i. Spray disinfectant with a small pump up sprayer, electric sprayer, or a spray bottle. Electric Sprayers and Electrostatic Sprayers will save you money in the long run. You will need far less product. Spray bottles will use the most product.
  - ii. Spray all Touch Points in the Gym.
    1. Let the product sit on the touch points for 10 minutes.
    2. Wipe with a clean microfiber cloth.
    3. Some disinfectants are designed to spray on and just let dry. Read the instructions on your disinfectant carefully.
  - iii. Touch Points to be Cleaned (Basically anything someone touches) Think about everything as you walk through your gym.
    1. Door handles – Inside and Out
    2. Light switches
    3. Countertops
    4. Keyboards, Mice & Telephones (dampen a towel with disinfectant and wipe)
    5. Credit Card Machine
    6. Pens
    7. Hand Sanitizer Bottle (especially the pump)
    8. All weight bars, dumbbells, clamps, handles
    9. Yoga or kneeling mats if you have them
    10. Benches, Seats, Bike & Rower Seats & Handles
    11. Sanitizer Spray Bottles
    12. Clean entire bathroom as you normally would. Then hit all fixtures and handles with the disinfectant.
  - iv. Last Step! Spray entire floor with a mist of disinfectant. It is best to use a disinfectant that can be sprayed on and left to dry. Be sure that it is not a skin irritant! Work your way from the back of the building to your exit door.

NEXT STEPS – How do we communicate to your customers that you have the cleanest gym possible? I am working on a series of marketing pieces that you can add your gym's name to. I am going to encourage you to start getting the word out now that **YOUR GYM HAS A PLAN TO KEEP THEM SAFE WHEN IT REOPENS.**

As always, I welcome your feedback and ideas.

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