

# GYM SANITATION BEST PRACTICES

The following steps are ways to disinfect your environment as much as possible!

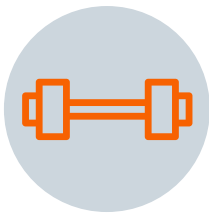
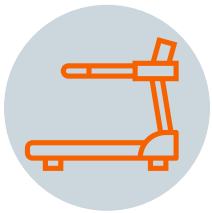


## 1. KEEP GERMS OUT OF THE GYM

- stay home if you are sick
- clean effective door mats
- ask customers to change their shoes

## 2. TOOLS NEEDED

- skin safe/nonresidue disinfectant
- sprayer
- labeled sprayer bottles
- clean microfiber towels
- wipe dispenser



## 3. AFTER EVERY CLASS

- spray treadmills, rowers and bicycles
- spray dumbbells, benches, TRX handles, yoga mats, rubber floor mats
- wipe down equipment with microfiber towel if necessary
- use microfiber mop to evenly spread disinfectant on floor mats
- all surfaces must stay wet for 10 minutes
- SAFETY CHECK - are all walking surfaces dry?

## 4. THROUGHOUT THE DAY

**Spray and wipe all touch points frequently with disinfectant:**

- entry door handles inside & out
- interior door handles
- light switches
- front counter
- pens
- hand sanitizer station button
- bathroom fixtures
- anything people touch!

**Disinfect keyboards, computer mice, phones, and other electronics with microfiber towels dampened with disinfectant.**

