


Cardio Rooms

Cleaning & Disinfecting Protocol

Cardio machines get a lot of attention when gyms are open, so it shouldn't be a surprise that these same machines will need a lot of extra attention during your deep cleaning process. Because cardio rooms house electronic equipment, you will need to take a few extra precautions before getting started with your cleaning to protect yourself and the machines. Cardio rooms should be cleaned daily, and deep cleaned once a week. As a reminder, encourage staff and members to wipe equipment down before and after each use.



 **This area should be cleaned daily and deep cleaned once a week.**

Items you'll need:



General Purpose Disposable Gloves



All-purpose Microfiber Towels



General Purpose Cleaning Solution



EPA Commercial Disinfectant



Floor Cleaning Solution



Commercial Dry Dust Mop



Commercial Vacuum



Spray Bottle



Cellulose Sponge



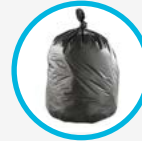
Wet-Vac



General Purpose Wet Mop



Mop Bucket with Wringer



Commercial Trash Can Liners



Antibacterial Gym Wipes



Rubber Floor Cleaner

8 Step Protocol →

> **Start by cleaning (remove dust, dirt, debris)**

- 1 Put on general purpose disposable gloves to be worn throughout the cleaning process.
- 2 Unplug all machines that you will be cleaning.
- 3 Prepare your dilution of a general purpose cleaner, or a comparable multi-purpose cleaning solution. You will want to use your cleaner in a spray bottle and have a lint-free microfiber cloth handy.
- 4 Spray the cleaner directly on your cleaning cloth. Use the lightly saturated cloth to wipe down machines. Never spray cleaner directly on the machine. Remember to take some extra time loosening any soil build up around buttons and rails. Be as thorough as possible, including cleaning the base and back of the machine. For electronic panels, we recommend you use cleaning wipes to prevent damage and spray cleaner on the rest of the machine.

> **Deep clean to disinfect and sanitize**

- 5 Use an EPA-registered product designated for use against SARS-CoV-2 to disinfect all surfaces that you have already cleaned. We recommend using our antibacterial gym wipes for your machine electronics. Wipes will help you prevent damage to expensive touchscreens and control panels. Other surfaces can be disinfected with the wipes or a commercial disinfectant concentrate.
- 6 Move machines aside and use a vacuum to pick up dust and dirt. You are preparing to sanitize the floors, so you'll want to get your area as soil-free as possible before moving on to the next step.

Instead of a vacuum, you could also utilize a microfiber mopping kit and floor cleaner, to get that sparkling clean look and feel on your hard surface floors.

- 7 Depending on the type of flooring in the area, you will need to do the following to disinfect the floors:

For mats, go over the surface with antibacterial gym wipes and allow to dry.

For rubber flooring, use a rubber flooring cleaner and allow the water to soak through for around 5–7 minutes. Mop up excess water or use a wet-vac to remove water.

For tile flooring, fill a mop bucket with the proper dilution of disinfecting cleaner. Using a general purpose wet mop, get your mop damp enough to wet the floor. Starting at the back of the room, begin mopping in a 10 ft by 10 ft area, repeating the steps as you work across the room. Allow to air dry and repeat if the floor still appears dirty.

- 8 Carefully remove gloves as soon as you are finished and toss them in the trash. Wash your hands thoroughly for at least 20 seconds in warm water. You should do this every time you finish cleaning and disinfecting an area.

Don't forget these high touch point spots:

- Touchscreens
- Machine handles and rails
- Control panel buttons
- Seats (such as on stationary bikes)