


# Locker Rooms

## Cleaning & Disinfecting Protocol

Locker rooms are chock full of high touch-point areas and can be real dirt and bacteria magnets. You will want to clean and disinfect every surface in your facility's locker room. These spaces deserve a daily cleaning, and when you take the time to do a deep cleaning (weekly), you should follow the steps below.

 **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



Cellulose Sponge



Heavy Duty Cleaning Bucket



General Purpose Wet Mop



Mop Bucket with Wringer



Commercial Trash Can Liners



Non-Streaking Glass Cleaner

**10 Step Protocol** →

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

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- 1 Put on general purpose disposable gloves to be worn throughout the cleaning process.
- 2 Using a multi-purpose cleaner, wipe down all counters, tile, benches, lockers, light switches, vents, and handles. Spray directly on surfaces or use a sponge to apply cleaner. Rinse with water and allow to dry.
- 3 Be as thorough as possible. Don't just clean the outside of lockers, but take time to clean the shelves, the inside of the door, and the backs of the cubbies. If there are other furnishings in the rooms that don't normally get a deep clean, like cabinets or hampers, those should be deep-cleaned as well.
- 4 Remove all trash from trash cans and receptacles and wipe down those surfaces.
- 5 Use an EPA-registered product designated for use against SARS-CoV-2 to disinfect all surfaces that you have already cleaned. Always follow manufacturer instructions on the disinfectant to ensure that you are using the product properly. Disinfectants have specific dwell times, or contact times, in which the surface needs to remain visibly wet in order to kill microorganisms.
- 6 Sweep or dry mop floors to pick up dust and dirt. Use a wet mop and floor cleaner to remove caked on grime.

> **Deep clean to disinfect and sanitize**

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- 7 Empty your mop bucket and fill with the proper dilution of a multi-use commercial disinfectant, wet and wring the wet mop leaving enough solution to thoroughly wet the floor. Starting at the side of the room opposite of the door, begin mopping in a 10 ft by 10 ft area as you work your way toward the doorway. Allow to air dry. If the floor is heavily soiled, repeat.
- 8 After cleaning and sanitizing the floor and surfaces, clean all mirrors and glass surfaces with non-ammoniated glass cleaner using a fresh, lint-free microfiber cloth or towel.
- 9 If there are any linens in the room, you will want to launder them with a detergent of your choice at the warmest water temperature recommended by the manufacturer and dry them completely.
- 10 Carefully remove your 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:**

- Benches
- Locker handles
- Hand dryers
- Door handles
- Water fountains
- Paper towel dispensers
- Faucet handles
- Soap dispensers