


# Saunas & Steam Rooms

## Cleaning & Disinfecting Protocol

There's nothing like a sauna and steam room session to help members relax a little bit. However, saunas and steam rooms bring their own set of challenges for cleaning and maintenance that demands a little extra scrubbing during a deep clean. These spots can house bacteria and viruses, and anything less than a clean sauna or steam room might even be putting your members at risk. By following these steps, you and your members will know they are safe to relax once again. Saunas and steam rooms should have a deep clean done once a week.



 **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



Microfiber Mop



All Surface Cleaner



Scrub Brush



Cellulose Sponge



Sand Paper



Electrostatic Sprayer



Broom or Cordless Vacuum



Non-Streaking Glass Cleaner



Spray Bottle

**7 Step Protocol** →

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

- 1 Put on general purpose disposable gloves to be worn throughout the cleaning process.
- 2 Prepare your preferred cleaning solution using a mild cleaner, according to the instructions on the packaging. Make sure that your cleaner is appropriate for the surfaces in your sauna or steam room.
- 3 Using a handheld scrub brush, begin lightly scrubbing the inside of the room. Focus first on those areas that are frequently touched, like benches, backrests, door handles, and even walls. 30 seconds of scrubbing will be enough to get most surfaces clean. You will want to scrub areas that are stained more vigorously to remove the stain. Rinse down the room and allow to dry.

Difficult or stubborn stains on wood can be removed by lightly sanding the area.

- 4 Sweep or vacuum floors to pick up any particles that have gotten tracked in. Using your all surface cleaner again, go over the floor using a microfiber mop to remove grime and dirt. Focus especially on getting to those areas under benches where sweat and dirt can collect.

Remove any drain grates or ventilation grates to scrub down with the all surface cleaner. Dry the grates and disinfect them thoroughly using a mister before replacing them.

➤ **Deep clean to disinfect and sanitize**

- 5 Use an electrostatic sprayer to cover every nook and cranny of the area with an EPA-registered product that's designated for use against SARS-CoV-2. Always make sure that your cleaner is appropriate for the sauna/steam room surfaces to prevent damages. Because disinfectants can be corrosive to steam rooms and saunas, you should use a light touch with your dilution. However, now more than ever you will want to take that extra step to sanitize your rooms for the safety of clientele.
- 6 Clean glass doors using non-streaking glass cleaner, and then disinfect the glass to fully sanitize the space.
- 7 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:**

- Backrest
- Drain gate
- Benches & seats
- Door handles
- Walls & corners
- Light switches & controls