

# Weight Rooms

## Cleaning & Disinfecting Protocol

Weight rooms are full of equipment that is frequently touched or handled throughout the day by a number of people. With so many hands and bodies touching weight equipment throughout the days, weeks, months, and years your facility has been open, it's no surprise that this area has a lot of health hazard potential. You can treat your customers to a sparkling clean weight room when they return using the following steps. Weight rooms should be cleaned daily, and deep cleaned once a week. As a reminder, encourage staff and members to wipe down weights 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



Commercial Dry Dust Mop



Electrostatic Sprayer



Non-Streaking Glass Cleaner



Multi-surface Autoscrubber



Cellulose Sponge



General Purpose Wet Mop



Mop Bucket with Wringer



Spray Bottle



Antibacterial Gym Wipes



Rubber Floor Cleaner



Concentrated Surface Disinfectant

**9 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 a multi-purpose cleaning solution according to the instructions on the packaging. You will want to use a spray bottle and cleaning cloth with your solution.
- 3 Using the general purpose cleaner, spray and wipe all weights, bars, and machines, and equipment in the vicinity. Clean all equipment thoroughly. It is not enough to wipe down the top surface of a bench, for example. You should clean the sides, underneath, and along the legs. Use a scrub brush on tough, caked on soil.
- 4 Remember that all equipment must be cleaned, including bands, yoga mats, foam rollers, and exercise balls.

Porous equipment like resistance bands can be difficult to clean because the materials are prone to deterioration. You can clean such items in warm, soapy water (using a mild dish soap) and allow them to air dry, or you may opt to replace them before reopening your facility.

> **Deep clean to disinfect and sanitize**

- 5 Using a broad spectrum disinfectant, follow label instructions to properly disinfect and sanitize the now-clean equipment. You will want to use spray bottles and microfiber cleaning cloths for this step. Disinfect all surfaces that you have already cleaned using the general purpose cleaner. For maximum effectiveness against viral residue, utilize a handheld electrostatic sprayer to achieve greater coverage of surfaces with your disinfectant.

Remember that to properly disinfect the area, you will need to move equipment out of the way to wipe down and deep clean the weight room floors where sweat and other dirt collects.

- 6 If the flooring is a hard surface like tile, you should use a dry mop to remove dirt before damp mopping with a disinfecting cleaner.

Fill a mop bucket with the proper dilution of commercial disinfectant concentrate, wet and wring the wet mop leaving enough solution to thoroughly wet the floor. Starting at away from the doorway, 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, repeating if needed.

- 7 If the flooring is a soft surface, like a mat or rubber flooring, use a broom or vacuum to get rid of dust and dirt.

For mats, use antibacterial gym wipes or a concentrated surface disinfectant to disinfect the surface.

For rubber flooring, wet mop the floor using a solution of rubber flooring cleaner for gyms and allow the solution to soak through for around 5–7 minutes before mopping up the excess water or using a wet-vac. For the deepest clean, use a multi-surface autoscrubber.

- 8 Spray down all weight room mirrors with a non-streaking glass cleaner and clean with a microfiber cleaning cloth or towel. Finish this step by repeating your last process, but this time using a disinfecting all-purpose spray. You should always save cleaning the mirrors for last, to avoid dirtying the glass while mopping or scrubbing down equipment.

- 9 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:**

- Barbells
- Dumbbells
- Fitness accessories
- Benches
- Free weights
- (foam rollers, exercise balls, resistance bands)
- Kettlebells
- Punching bags