

Athletic Facilities

Weight Room/Fitness Area Cleaning

As you prepare for Athletic Facility Cleaning, consider these HHPC tips:

- 1 Make sure cleaning and disinfecting solutions are prepared and used according to label direction (e.g. dwell time).
- 2 To help prevent MRSA and other infectious diseases from spreading, frequently disinfect all commonly touched surfaces. (e.g. weightlifting equipment, wrestling mats).
- 3 Keep floors dry to eliminate slip-fall injuries and prevent the build-up of bacteria, mold and mildew.

Weight Room/Fitness Area Cleaning

- 1  Put on Personal Protective Equipment.
- 2  Assemble equipment.
- 3  Mix/dispense cleaning solutions.
- 4  Empty trash & recyclables.
- 5  Perform high dusting as needed.
- 6  Disinfect all fitness equipment.
- 7  Disinfect all other frequently touched surfaces.
- 8  Clean mirrors and windows.
- 9  Post wet floor signs.
- 10  Dust mop hard floors.
- 11  Damp mop hard floors with neutral cleaner.
- 12  Remove the "Wet Floor" sign only after the floor is dry.
- 13  Disinfect all athletic mats.