

Arlington County Gymnastics Equipment Cleaning Protocols

Benchmarking

Center for Disease Control Guidance

- The virus spreads mainly from person-to-person.
- Participants should continue to keep a 6-ft. distance for non-exercise activity
- Participants should keep at 10 ft. distance during exercise activity.
- Keeping a safe distance prevents the spread of droplets.
- It is recommended to clean and disinfect high touch surfaces such as: desks, phones, and doorknobs.

Environmental Protection Agency: Six Steps for Safe and Effective Disinfectant Use

- Check that the product you are using is EPA approved.
- Read the directions.
- Pre-Clean the surface with soap and water if soap and water isn't the main form of cleaning.
- Follow the contact time.
- Wear gloves and wash your hands after use.
- Lock products out of reach of young children.

United States Gymnastics (USAG) Guidance

- Create a Standard Operating Procedure for Equipment Cleaning
- Create a log for cleaning and document each time equipment is cleaned
- Wear correct PPE when cleaning.
- Clean towards the building exits
- Clean areas that are high traffic or high touch more frequently.
- Clean from the top down.
- Start in one corner of the gym and move towards the exit systematically
- Never shake cloths or mops after cleaning.
- Wipe equipment in a circular motion.

Barcroft Sports and Fitness Center Equipment Cleaning Standard Operating Procedures

Vault Table Practices

- Tidy up around the area and eliminate hazards.
- Brush down the top of the vault using a dry paper towel.
- Gymnasts will apply hand sanitizer to hands and feet between turns.
- Spray landing mats with TB Cide Quat when group is done using the equipment.
- Document cleaning in the cleaning log

Uneven Bar Practices

- Tidy up around the area to eliminate hazards.
- Wipe rails with TB Cide Quat
- Wipe down apparatus with TB Cide Quat
- Allow area to dry before use
- Gymnasts will apply hand sanitizer to hands between turns when able to.
- Spray landing mats with TB Cide Quat when group is done using the equipment.
- Document cleaning in the cleaning log
- If multiple Uneven Bars exist that are closer than 6 ft. , use every other bar to achieve distancing.

Balance Beam Practices

- Tidy up the are to eliminate any hazards
- Gymnasts will apply hand sanitizer to hands and feet between turns
- Spray landing mats with TB Cide Quat when group is done using the equipment.
- Document cleaning in the cleaning log
- If multiple Balance Beams exist that are closer than 6 ft. , use every other Balance Beam to achieve distancing.

Floor Practices

- Tidy up the area to eliminate any hazards
- Vacuum if necessary
- Use pump sprayers to apply TB-Cide Quat twice daily, once during the middle of the day and once at the end of the day
- Allow area to dry before use
- Document cleaning in the cleaning log
- Use 6-10 ft. distancing practice on competition floor.

Pommel Horse Practices

- Tidy up the area to eliminate any hazards
- Vacuum the area if necessary
- Wipe down the pommel horse with a damp paper towel and TB Cide Quat
- Spray landing mats with TB Cide Quat when group is done using the equipment.
- Allow area to dry before use
- Document cleaning in the cleaning log
- Use 6-10 ft. distancing practices.

Ring Tower Practices

- Tidy up the area to eliminate hazards
- Wipe down apparatus and tie down systems with TB Cide Quat
- Wipe down rings and straps with TB Cide Quat
- Allow area to dry before use
- Gymnasts will apply hand sanitizer to hands and feet between turns.
- Spray landing mats with TB Cide Quat when group is done using the equipment.
- Document cleaning in cleaning log
- Use 6-10 ft. distancing practices

Parallel Bars Practices

- Tidy up the area to eliminate any hazards
- Wipe rails with TB Cide Quat.
- Gymnasts will apply hand sanitizer to hands when able to.
- Spray landing mats with TB Cide Quat when group is done using the equipment.
- Allow the area to dry before use
- Vacuum the area if necessary
- Document cleaning in the cleaning log
- Use 6-10 ft. distancing practices.

High Bar Practices

- Tidy up the area to eliminate hazards
- Wipe rails with a paper towel with TB Cide Quat on it
- Spray landing mats with TB Cide Quat when group is done using the equipment.
- Allow area to dry before use
- Gymnasts will apply hand sanitizer to hands when able to.
- Document cleaning in the cleaning log
- Use 6-10 ft. distancing practices