



COVID-19

RE-OPENING OF GYM FACILITIES

GUIDANCE & RESOURCES

AREAS TO BE COVERED

- Cleaning Guidance
 - Prior to opening
 - Enhanced cleaning techniques
 - Cleaning of free weights
 - Cleaning of machines/equipment
- Communication
- Hand hygiene
- Physical distancing
- Ventilation/Essentials
- Display posters



GYM - CLEANING GUIDANCE

- This guidance focuses on the safer management of the gym facilities for use in the context of the Coronavirus pandemic.
- It is intended to help the owners and operators of this facility to plan for the safer management of this area as the restrictions in Wales are lifted and to plan for the re-opening, where they have been closed.
- This guidance provides a framework for identifying the issues associated with the use of said area/s for public use, considering the need for social distancing and cleaning/disinfecting to minimise the transmission of the virus.
- This guidance sets out additional principles for owners and operators to consider. It does not replace any existing health, hygiene, risk assessment or other requirements for the normal safe management of these areas.

Prior to opening

- Conduct routine checks, deep clean and take all measures appropriate to reopening after a prolonged closure e.g. maintenance schedules, lighting, equipment condition etc
- Adjustments must be made such as signage, taping off areas/equipment and floor markings to ensure physical distancing and facilitate good hand and other hygiene
- Consider the need for additional waste management arrangements – extra bins
- Ensure all staff are adequately trained on cleaning arrangement and signed off accordingly

GYM .1



Enhanced cleaning

- Frequency – should be increased beyond what has been the case before COVID-19 and should be based on a risk assessment which includes both the usage of the facility and the fact that COVID-19 survives on the hard surfaces present in Gyms for at least 72 hours
- Products used – should be a disinfectant not detergent-based product
- Areas of particular concern – it is important that attention is paid to frequently touched areas e.g paper towel holder, and soap dispensers, door handles on access/entry, barbells, bike/rowing machine handles etc
- Enhanced monitoring of facilities will be required to ensure hygiene is maintained
- Clearly display enhanced cleaning rota and ensure it is adhered to i.e. a documented record that the checks have been carried out for the public to see
- The cleaning rota should be supplemented with a cleaning schedule or similar procedure log that details the manner and frequency of cleaning of the various surfaces/equipment
- Remove any unnecessary or communal items within the facility (e.g. ornaments or cosmetic items) to facilitate cleaning
- Ensure that if a staff key fob or key is required to access the facilities this is cleaned between uses
- PPE should be provided where needed in line with Health Protection Wales – e.g gloves for emptying the rubbish bin or cleaning
- Staff should be trained in appropriate cleaning methods and the use of the equipment and products for cleaning and disinfection



GYM.2 – HOW DO I CLEAN FREE WEIGHTS

- Clean the equipment before and after using – hopefully whoever used it before you will have done the same, but it’s still important all gym-goers clean the kit before use as a precaution.
- Don’t use a gym or sweat towel to wipe down your free weights. In fact, I recommend you don’t bring a sweat towel to the gym at all, to limit the spread of germs brought in from outside the gym.
- Similarly to when cleaning cardio machines – never spray disinfectant straight onto the equipment. Instead, spray twice onto a folded paper towel and use this to wipe over the entire surface area of the equipment
- Be thorough and make sure to wipe all different parts of the equipment, not just the area you’ve been holding. If the weighted ends are fixed, make sure these have been carefully cleaned all over, including any ridges or indents.
- If you’re using a barbell with weighted plates, clean not just the bar, but also any weighted plates you have used or will be using. It’s crucial that you wipe over the entirety of the bar and pay particular attention to the textured area where your hands will be gripping on.
- If the paper towel or wipe you’re using begins to dry out while you’re cleaning a piece of kit, get another, or spray more disinfectant on the paper to finish up.
- Adhere to manufacturing guidelines on cleaning products used after wiping the weights equipment before using it, to allow the disinfectant time to work and dry.
- Always dispose of used wipes and paper towels in a bin.



GYM .3 – HOW DO I CLEAN CARDIO MACHINES

- Clean machines before and after use; this will ensure your exercise area is ready for you before you start and also clean for whoever comes next.
- Give the machines a clean down with either a folded paper towel, spritzed at least twice with cleaning spray, or with sanitising wipes. Both will be provided for you. Don't spray cleaning fluid directly onto the machinery as this may damage the equipment
- Be careful around screens and electrics - while it's important to wipe these down if you're touching them, don't let screens get too damp.
- Focus your cleaning on the main touch points of equipment including any handles, seats, adjustment points and buttons you may press.
- Be sure to clean under your phone and water bottle - if you rested any of your own belongings on the equipment, or the water bottle holder, make sure to give these areas a wipe over too.
- Adhere to manufacturing guidelines on cleaning products used after wiping the cardio equipment before using it, to allow the disinfectant time to work and dry.
- Once you've finished, give the parts of the equipment directly in front of you a wipe down – you'll have been breathing over these areas during your workout.
- Throw away the cloths and wipes in the bins provided – don't leave any used tissues on the gym floor or on the equipment.
- Try not to touch the equipment after you have finished your workout and have cleaned the equipment.

Communication

- Use signs and posters to: build awareness of good hygiene techniques and reinforce the need to increase sanitising frequency, to avoid touching your face; and to cough or sneeze into a tissue, which is binned safely, or into your arm if a tissue is not
- Utilise the following posters: - catch it, bin it, kill it, hand washing & hand sanitising
- Consider providing a contact number for the public to use should they have any concerns regarding cleanliness. Use signage to tell the public what to do if someone falls ill with suspected COVID within the gym facility

GYM .5

Hand Hygiene

- Provide liquid soap (if possible) and ensure there is adequate stock at all times
- Providing hand alcohol based sanitiser dispensing units
- Consider adjusting the time that push/sensor taps are on to encourage 20 seconds of hand washing
- Provide hand-drying facilities – paper towels with appropriate and frequent waste disposal as opposed to electric hand driers
- Reduce the requirement for surfaces to be touched once hands have been washed/sanitised on the way out of facilities e.g. prop open exit door
- Provide hand sanitiser gel at the entry and exit of the facility.
- Use open or foot lever operated bins in order to minimise hand surface contact, ensure bins are change as per cleaning schedule

Physical distancing

- Operators should consider how to limit the number of people within facilities with a vast array of equipment e.g. signage on the door instructing users to wait outside if they find that the facilities are occupied/at max capacity
- If space is of a premium consider using a vacant/engaged customer operated sign to entrance door
- Maximum Gym capacity will be based on 2 metres per person
- Physical distancing should be maintained by way of signage and floor markings
- Consider whether distances between equipment sufficient and consistent with physical distancing policy
- Consider the route to and from the gym, in particular how to maintain physical distancing
- Use one-way systems where this is possible

GYM .7

Ventilation

- Consider propping open doors to limit hand contact point if possible and increase air flow
- Open all necessary window to increase air circulation

Essentials

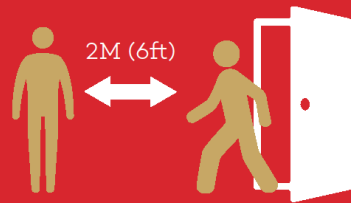
- COSHH data sheets & task cards to be obtained when purchasing new chemicals
- Blue roll to be used only when cleaning – no re-usable cloths
- When purchasing any chemical cleaning liquid, ensure you check recommended contact time of products. E.g Desguard 20 product recommends a 5 minute, minimum surface contact time due to COVID-19
- Alcohol based sanitiser to be used
- Staff sign off on the above vital for due-diligence

DISPLAY POSTERS



TOGETHER WE CAN BEAT THIS

MORE THAN EVER IT IS IMPORTANT TO KEEP YOUR DISTANCE WHILST WORKING. SO WAIT FOR OTHERS TO LEAVE BEFORE ENTERING.



To help us with social distancing only 1 person should be in here at a time



CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.



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How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

⌚ Duration of the entire procedure: 40-60 seconds

- 0 Wet hands with water;
- 1 Apply enough soap to cover all hand surfaces;
- 2 Rub hands palm to palm;
- 3 Right palm over left dorsum with interlaced fingers and vice versa;
- 4 Palm to palm with fingers interlaced;
- 5 Backs of fingers to opposing palms with fingers interlocked;
- 6 Rotational rubbing of left thumb clasped in right palm and vice versa;
- 7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;
- 8 Rinse hands with water;
- 9 Dry hands thoroughly with a single use towel;
- 10 Use towel to turn off faucet;
- 11 Your hands are now safe.

How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

⌚ Duration of the entire procedure: 20-30 seconds

- 1a Apply a palmful of the product in a cupped hand, covering all surfaces;
- 1b Rub hands palm to palm;
- 2 Rub hands palm to palm;
- 3 Right palm over left dorsum with interlaced fingers and vice versa;
- 4 Palm to palm with fingers interlaced;
- 5 Backs of fingers to opposing palms with fingers interlocked;
- 6 Rotational rubbing of left thumb clasped in right palm and vice versa;
- 7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;
- 8 Once dry, your hands are safe.



THANK YOU
