



Cleaning Guidance

Cleaning club facilities - considerations

**Step
Forward
Plan**

This document is a guidance document only. The assessment of cleaning needs and frequency of cleaning for each gym area and the equipment within remains the club's individual responsibility based on users, cleaning policy and equipment being used. Cleaning practices must be applied based on the user instructions and the cleaning product directions.

British Gymnastics has been working closely with Agility to produce guidance for cleaning after clubs reopen.

If you would like any further information or support, you can access expert Health and Safety support from our partner, Agility Risk & Compliance Ltd (Agility) through the British Gymnastics dedicated helpline: **01527 571 612**.

Using our dedicated helpline, Agility can offer you support and guidance in response to any queries you may have around this area. Any additional support can also be sought from the dedicated team at Agility, but you may be charged separately. This line is open Monday to Friday from 8.30am – 5pm. There is an after hours' service via a mobile number provided at the time of calling. Alternatively, you can email your query to: bg.hs.advice@agilityrac.com

The cleaning regime below is guidance only, where required refer to the manufacturer's guidance.

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**Working together for a
safe return to gymnastics**

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General cleaning considerations for ALL areas

Lost property	<p>Items left behind by users should be immediately bagged (wearing gloves) in a clear bag and labelled. Staff may need training on the correct way to bag up items in order to keep the outside of the bag from potential contamination and in the safe removal of protective gloves. The club should have a clear policy on items left behind, and this may need reviewing post-lockdown. Any changes to how items are dealt with and how long they are kept should be communicated to parents.</p>
Choice of cleaning disinfectants	<p>Although no product has been tested by manufacturers for effectiveness against coronavirus, products should contain 1,000 parts per million of available chlorine or state their effectiveness against enveloped viruses. Further guidance can be found on the government website.</p> <p style="text-align: center;">GOV.UK COVID-19 cleaning guidance</p>
Safe cleaning practice	<ul style="list-style-type: none"> • Avoid creating splashes or spray when using cleaning products • The minimum Personal Protective Equipment (PPE) to be worn for cleaning an area where a person with possible or confirmed coronavirus (COVID-19) has been is disposable gloves and an apron. They may require additional PPE such as face masks • Hands should be washed with soap and water for 20 seconds after all PPE has been removed • Clubs will need to assess required PPE for general cleaning duties and for cleaning following contamination by a COVID-19 symptomatic user • Always follow manufacturer guidelines on cleaning products, including contact time of disinfectants • Check manufacturer guidelines of product being cleaned
Waste disposal	<ul style="list-style-type: none"> • Disposal of general waste and recycling will continue as normal. Clubs will need to ensure continued good practice and regular waste collections by Local Authorities or private contractor • Disposal of cleaning waste and hand towels in the absence of any indication of COVID-19 presence in the gym does not currently have any government guidelines so general good practice is needed • Disposal of waste following contact with or cleaning areas that have been contaminated by a suspected COVID-19 sufferer should follow the government guidelines of double-bagging, storing safely away from human contact for 72 hours or until a negative test result. After which time, the waste can be added to the general waste. If storing the waste is not possible, the club will need to arrange specialist collection for Category B infectious waste by specialist waste disposal company or local authority (there may be an associated cost)

Cleaning club facilities considerations (non-gymnastics specific)

Top Tips:

- Remove items such as books and magazines, or toy areas, or nonessential furniture to reduce risk and reduce cleaning requirements
- Cordon off areas that are nonessential
- Consider keeping doors open where safe to do so to reduce contact

Surface	Where	How to clean (including chemicals if required)	Cleaning frequency
High-touch hard surfaces	<ul style="list-style-type: none"> • Door handles • Doors • Banisters • Disability rails • Switches • Taps • Sinks (including underneath and sides) • Toilet seat • Toilet flush handles • Toilet paper dispensers • Hand towel dispensers • Hand dryers • Bin lids (if not foot operated) • Reception area desk • Lockers / storage boxes • Viewing windows / display cabinets etc • Reception desk 	<ol style="list-style-type: none"> 1. Clean surface with detergent or cleaning wipe as per product guidelines 2. Disinfect surface with disinfectant (ensure product stays on surface for required time for effective sanitisation). Note: Health authorities recommend using 1000 parts per million of available chlorine in a combined detergent and disinfectant solution or in a household disinfectant solution after cleaning with detergent. 3. Dry with clean dry cloth if needed 4. Dispose of wipe, or clean cloth and dry thoroughly for future use 5. Where disposable wipes, cloths or paper towels are being used, consider safe disposal. If using microfibre cloths, see notes below <p>Note: For electrical items such as light switches and plugs avoid excess moisture, and where possible, turn off the electrical supply to avoid danger of electric shocks.</p>	<p>Start of day</p> <p>During the day – the club will need to establish a cleaning protocol based on volume of users and other hygiene practices in place as well as risk factors such as age, adherence to good practice and vulnerability.</p> <p>End of day – final clean at end of day.</p>
Hard surfaces (metal, plastics, glass, wood, concrete)	<ul style="list-style-type: none"> • Desks • Chairs and tables • Windows • Walls • Radiators • Shelving • Staff kitchen or cafe • Laminate / concrete / wooden flooring 	See above for high-touch surfaces	<p>Start and end of day</p> <p>During the day - as needed or if an incident occurs such as COVID-19 symptoms in a user, or contamination by body fluids</p>

Oiled or greased metal	<ul style="list-style-type: none"> Moving parts of equipment Closing mechanisms 	Follow manufacturer guidelines	If frequently touched, this should be done daily but these are usually less commonly touched and therefore weekly may suffice. The club remains responsible to assess the frequency of cleaning needed.
IT and electrical items	<ul style="list-style-type: none"> iPad Computers / Laptops Televisions Gym-phones Music consoles Printers / scanners Photocopiers Telephones Kitchen appliances 	<ol style="list-style-type: none"> Turn off the device and ideally isolate the item Clean with damp cloth with detergent or an antiseptic wipe (ideally for IT devices) or isopropyl alcohol-based wipes/sprays Disinfect using a damp cloth if needed (not needed in case of use of antiseptic wipes or alcohol spray) remembering to leave on for required contact time <p>Considerations: Consider using wipeable cover for a screen and/or device which can be easily cleaned or changed daily or weekly according to club-assessed need. Always refer to manufacturer guidelines when cleaning your devices.</p>	<p>Daily (start and end of day)</p> <p>Additional cleans as required according to volume of users. For example: A personal computer in the office may not require hourly cleaning, but the gym iPad used for floor music should be cleaned between sessions or even users. It is the club's responsibility to risk assess and establish an appropriate cleaning schedule for these items.</p>
Upholstery / fabric	<ul style="list-style-type: none"> Blinds Upholstered chairs Tea towels 	<p>Items that can be laundered should be washed according to manufacturer guidelines using the warmest wash available and dried thoroughly. Clean and disinfect anything used for transporting laundry with your usual products, in line with the cleaning guidance above.</p> <p>Items that cannot be wiped with detergent and/or disinfectant and cannot be laundered, should be steam-cleaned where it is felt that there is a risk of infection such as contact with a contaminated person. (See Government cleaning guidelines)</p>	According to club-assessed need.

Fabric	<ul style="list-style-type: none"> • Cleaning cloths • Reusable aprons • Reusable masks • Mop heads 	<p>When not responding to a COVID-19 case, it may be suitable to use microfibre cloths and other reusable cleaning items. These must in turn also be cleaned. Clubs should consider:</p> <ul style="list-style-type: none"> • Safe bagging and transport of cleaning items to be cleaned, and disinfection of carrier boxes / bags etc • Cleaning items should be transported in a way that will not cause contamination of car boots / seats • Cleaning frequency of cleaning items • Launder on hottest cycle possible • Allow to dry thoroughly before reusing <p>If using disposable cleaning wipes or paper towels, see notes above on Waste Disposal.</p>	
Carpets	Non-gymnastics floor spaces	<p>Regularly Hoover areas with a HEPA-filter vacuum to avoid dispersal of virus in the air. Carpet cleaners, steam cleaners or sprays can be used according to carpet cleaning instructions. Allow for drying time.</p>	<p>Hoovering should be done at the start and end of each day or as needed.</p> <p>Cleaning should be performed as deemed necessary by the club.</p>

British Gymnastics – equipment cleaning information

The cleaning regime below is guidance only and gyms should refer to the manufacturer's safety data sheets for guidance on specific cleaning agents.

TOP TIPS

- Clubs need to assess cleaning needs and make sure it is clearly communicated to staff and users
- Minimise use of equipment with complex surfaces that are hard to clean and consider instead where vinyl and easily cleaned equipment could be used or cover the contact surface with a wipeable mat
- To maximise usable space whilst maintaining appropriate social distancing, consider whether any equipment or mats (particularly items that cannot be cleaned and disinfected) can be removed from general use and stored safely. Unused equipment should be removed from the general gym area where possible for safety reasons (trip hazards and contamination risk)
- To minimise risk and in-session cleaning, design sessions to create least contact with hard-to-clean equipment and to minimise multiple users touching the same surfaces
- Remove communal chalk bowls and ask each gymnast to provide and use their own chalk in their own clearly labelled pot
- Hand equipment and personal equipment must not be shared. Each gymnast must have their own equipment (rhythmic apparatus, handguards, gloves and loops, conditioning aids including ankle weights, elastic bands, rollers etc)
- Preschool classes should carefully review their use of hand equipment and toys with the associated cleaning needs and risks according to the materials they are made of and any cleaning related instructions. Activities should prioritise apparatus free activities (head, shoulders, knees and toes; body shapes; row row row the boat etc) or activities with wooden or plastic equipment (plastic balls instead of beanbags, or balloons, or wooden/plastic blocks)
- An effective hand washing policy for gymnasts is essential in maintaining hygiene in the gym. Consider how frequently hand washing is required relative to the activity, the group of gymnasts, and the surface they are working on. Communicate the responsibility of staff in supervising any hand washing activities using soap and water or alcohol gel

Cleaning club facilities considerations (gymnastics specific)

Surface	Apparatus	How to clean (including chemicals if required)	Cleaning frequency
Vinyl	<ul style="list-style-type: none"> Safety mats Trampoline mats and edges Coaching blocks Pit edges Non-suede vaulting table Beam pads or wideners (vinyl only) Wall padding and other padded surrounds Gym / yoga / school / exercise mats 	<ol style="list-style-type: none"> Wipe down the mats using a microfiber cloth or blue towel with a detergent solution (diluted according to product guidelines) or disinfectant wipes General disinfectant / sanitising spray (not bleach) can be used to spray on the mats (Dettol all in one etc) but remember they need contact time to work following manufacturer guidelines After the required time, mats can be wiped dry with a clean cloth It is also important not to use too much water in this process as water could get into the foam layer potentially damaging the mat and allowing mould or mildew to grow <p>Note: Due to contact time needed for disinfectants, it may not be possible to use them during sessions, between users, or rotations but wiping surfaces with detergent and water or wipes coupled with regular hand sanitisation can still help limit risk. There are also combined detergent and disinfectant solutions but make sure to check antiviral effectiveness and follow user guidelines.</p> <p><i>When using new cleaning products, test solution on a small area of the apparatus first to ensure it will cause no damage.</i></p> <p><i>See notes above on maintaining cleaning cloths clean.</i></p>	<p>Minimum: End of day clean (last class)</p> <p>Immediately where there are visible body fluids, or a user has developed COVID-19 symptoms</p> <p>For high contact surfaces and dependent on body parts contacting the surface, in between classes (during the day), between rotations within a session or even between users may be necessary</p>
Wooden (polished)	<ul style="list-style-type: none"> Wall bars Ballet bars Gym benches Other polished wooden equipment 	<ol style="list-style-type: none"> Frequently wipe down high touch area using a microfiber cloth or disinfectant wipes Do not use a soapy mixture as this may leave a mild residue on the bars causing the user to lose grip Ensure equipment is completely dry before use 	<p>End of day clean (last class)</p> <p>In between classes (during the day) or between users as required.</p>

Wooden surfaces (chalked apparatus)	<ul style="list-style-type: none"> • Uneven bars • Parallel bars • Rings • Pommel horse handles 	<p>This apparatus cannot be easily cleaned. Where possible avoid use of this apparatus for smaller gymnasts that can use wipeable mini-gym equipment. Where this equipment must be used, ensure good hand hygiene before and immediately after use and consider small working groups (“bubbles”) or gymnasts having dedicated time on a rota system for that piece. Each gym must perform its own risk assessments to balance safety and gymnastics needs. Coaches of younger and less advanced gymnasts should consider alternatives to use of this equipment including alternative equipment, conditioning or fun preparation stations.</p>	
Carpet	<ul style="list-style-type: none"> • Tumble track • Floor area • Springboard • Vault runway • Any other carpeted areas such as conditioning corner etc. • Carpeted areas between apparatus or stations. 	<ol style="list-style-type: none"> 1. Hoover carpets and consider using a hoover with a HEPA filter – (Class H) so that virus particles are not recirculated in the air. Where the carpet does not have foam backing, carpet cleaners and sanitizers can be used following manufacturer and cleaning product guidelines 2. For foam-backed carpeted areas such as gymnastics floors, floor rolls and vault runways, moisture cannot be applied as it will cause mould to form in the foam layer. If moisture such as a spray or carpet cleaning product must be applied, then allow for sufficient time to dry <p>Note that hoovering does not disinfect the surface. These surfaces can be professionally cleaned by the manufacturer. This is not a practical day-to-day solution but could be considered for deep-cleaning particularly where a user has developed COVID-19 symptoms or where there has been substantial contamination with body fluids.</p> <p>Considerations: In planning your sessions, consider body parts contacting carpeted surfaces and the virus risk. Can gymnasts use wipeable mats such as exercise mats when performing stationary moves (e.g. straddle fold, handstand, forward roll, press-ups etc) that require more than foot-contact on a carpeted area? Each gymnast could be provided an allocated mat that is disinfected at the start and end of the session, to carry around with them during the session.</p>	<p>End of day clean (last class)</p> <p>In between classes (during the day) or between users as required.</p>

Foam pits	Foam	<ol style="list-style-type: none"> 1. Before reopening it is best practice to remove foam cubes and vacuum the bottom of the pit to reduce foam dust build-up as part of a general deep-clean 2. On reopening, as foam pits cannot be disinfected at present, these cannot be used <p>Considerations: For younger and lower ability gymnasts, avoid pit use, or cover the pit with wipeable mats to perform safe landings – this enables you to use pit equipment without using the foam pit itself, thereby maintaining space. Make sure to pad exit routes so that gymnasts do not enter the foam to move around the work area.</p> <p>Coaches will need to review progressions and coaching approaches to adopt a contactless and safe training strategy without use of foam pits at the current time. Focusing on conditioning, skill stations and building back up the gymnasts’ basics after the long break will be excellent preparation for when foam pits can be used again.</p>	Clubs will need to carry out their own risk assessments and find out what mitigating actions will increase likelihood of injury or void insurance due to change in adoption of use.
Jersey	<ul style="list-style-type: none"> • Jersey mats • “Pit” mats / Comfort mats • Other polyester or cotton-topped foam mats 	<ol style="list-style-type: none"> 1. Due to the permeable nature of the polyester or cotton top of the mat, this cannot be easily cleaned as moisture in the foam layers could cause mould to form. The jersey can be vacuumed using a vacuum with a HEPA filter, but this does not disinfect the surface. It is recommended that these mats should be avoided or covered by another wipeable (ideally vinyl) mat 2. The vinyl sides can be cleaned and disinfected using the same method as safety mats (above). 	

Suedette	<ul style="list-style-type: none"> • Beam • Vaulting table • Beam pads or wideners with suede section • Other equipment toppers covered in suede 	<ol style="list-style-type: none"> 1. Brush off the surface with a nylon brush 2. Rubbing alcohol can be used to clean suede and, if at a concentration of 70% or more, this is also disinfecting. Dampen a cloth with rubbing alcohol and rub in circles all over surface 3. Let the surface air dry completely 4. Brush the area again with a dry nylon cloth <p>Considerations: When planning sessions, it is recommended to cover the suede surface with a thin non-slipping vinyl mat, or to reduce use of this equipment or using alternative equipment that can be more easily cleaned such as blocks. Clubs may also want to plan to have a no-hands or body contact policy.</p> <p>For more advanced gymnasts, clubs could consider a “bubble” system whereby only one group of gymnasts uses the equipment for one day if good hand hygiene is maintained after every attempt by the gymnasts within the bubble. Clubs will need to carry out their own risk assessments to balance risk and gymnastics activity requirements.</p>	<p>End of day clean (last class)</p> <p>If a symptomatic member has been in contact with the surface.</p> <p>If a high touch area, between sessions or users but regular cleaning not recommended.</p>
Cotton / Nylon	<ul style="list-style-type: none"> • Trampoline bed • Fast track bed • Trampette bed 	<ol style="list-style-type: none"> 1. Use a mild soap solution (suitable for nylon), but it is important that the bed dries on the frame whilst unfolded. Having the bed stretched whilst drying will minimise any shrinking. Dilute detergent according to user guidance 2. The vinyl surrounds can be wiped and disinfected using the same method as vinyl-covered safety mats (above). Eurotramp recommends antibacterial surface wipes but avoiding any wipes containing bleach or alcohol-based disinfectants that could cause damage to the equipment <p>Considerations: Standing skills minimise body contact with the surface and are safer than skills with hand or body contact. Also consider the hand washing policy for gymnasts on this equipment.</p>	<p>End of day clean (last class)</p> <p>as trampolines should not be used when damp.</p> <p>Clean surround in between classes (during the day) or between users according to club’s own risk assessment and cleaning policy.</p>

Metal	<ul style="list-style-type: none"> • Polished bar • High bar • Bar and beam legs 	Clean with detergent and disinfect as above. Be aware that disinfectant makes uncoated metal more susceptible to rust so use only as needed and check regularly for rust	<p>End of day clean (after last class)</p> <p>In between classes or users as required.</p>
Hand apparatus	<ul style="list-style-type: none"> • Bean bags • Pre-school toys • Foam modules • Ribbons • Pom-poms 	<p>It is recommended that gymnasts bring their own hand equipment (rhythmic gymnastics)</p> <p>Avoid use of hand apparatus as much as possible</p> <p>If use is unavoidable, refer to cleaning instructions according to object materials.</p>	Clean and sanitise according to fabric requirements after each user.