

Gym Entrance

- Floors - mop, sweep and vacuum your gym's entrance floor
- Tables and chairs - wipe down all tables and chairs with a disinfectant cleaner
- Disinfect all surfaces - such as door handles, window sills, vending machines, desks, computers and phones
- Bins - empty rubbish out of all bins

Gym Floor

- Mop all hard floors
- Vacuum all gym carpets
- Wipe down all exercise mats
- Wipe down and disinfect any equipment that is on the floor

Gym Equipment

- Make sure weights and equipment are wiped down between every use
- Disinfect weights, bars, benches and other types of equipment numerous times during the day
- At the end of the day, wipe down every piece of equipment using disinfectant



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Changing Rooms

- Lockers - throw away abandoned rubbish and wipe down the handles and insides of lockers with disinfectant
- Floors - sweep and mop floors
- Benches - wipe down benches with disinfectant
- Lost property - if you notice items left unattended for a few days, move them to lost property to avoid any trip hazards or theft
- Towel bins - empty at least once a day
- Clean and disinfect any toilets on a daily basis
- Disinfect door handles each day

Toilets and Showers

- Toilets - disinfect the inside of toilet bowls of urinals as well as the outside and base of the toilet
- Stall doors - wipe down and disinfect the inside and outside of stall doors
- Showers - clean and disinfect showers every day
- Floors - mop and sweep bathroom floors every day
- Sinks - wipe down and clean all sinks
- Bins - empty any rubbish and sanitary bins
- Signage - include signage that encourages good hand hygiene throughout your bathrooms



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Mirrors and Glass

- Glass doors - clean the inside and outside of all doors, including the glass
- Blinds - clean any blinds you have on your windows
- Mirrors - wipe down and clean all gym mirrors at least once a day
- Vending machines - clean and wipe down all vending machines daily - including the buttons
- Television - clean and wipe down any TVs using a disinfectant wipe or spray

Water Fountains

- Clean and disinfect all water fountains at the end of the day
- Wipe down the walls close to and around the fountain

Offices and Reception

- Furniture - dust all tables, chairs and desks and wipe down with disinfectant
- Surfaces - wipe down all surfaces and window sills with disinfectant cleaner
- High touch surfaces - computers, phones, door handles and any surfaces that are regularly touched must be wiped down
- Bins - ensure any rubbish bins are emptied on a regular basis



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