

CLUB SURFACE AND EQUIPMENT CLEANING GUIDELINES



In a COVID-19 environment, it is critical that all gymnastics clubs adhere to the highest cleaning and hygiene standards to minimise the risk of a COVID-19 outbreak. The information in this fact sheet has been taken from the WorkSafe Australia COVID-19 [How to Clean and Disinfect Your Workplace](#) guidelines. The gymnastics specific considerations have been provided by AMCO Gymnastics in consultation with Spieth.

COVID-19 spreads through respiratory droplets produced when an infected person coughs or sneezes. A person can acquire the virus by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes.

A key way you can protect staff and others from the risk of exposure to COVID-19 is by implementing appropriate cleaning and disinfecting measures for your workplace.

A combination of cleaning and disinfection will be the most effective way of removing the COVID-19 virus.

It is highly recommended that workplaces are be cleaned at least **daily**. More frequent cleaning may be required in some circumstances. For example, if your workplace operates in shifts, workplaces should be cleaned between shifts. If equipment is shared between workers, it should be cleaned between uses, where practicable.

Cleaning with detergent and water is **sufficient**.

Once clean, surfaces can be disinfected. When and how often your workplace, or certain surfaces, should be disinfected will depend on the likelihood of contaminated material being present. This would include any time there has been a case or suspected case of COVID-19 at the workplace, or at workplaces with a high volume of workers, customers or visitors that are likely to touch surfaces.

Definitions

The following terms are used throughout this document, to improve readability.

- Damp dust means to wet a cloth with cleaning agent and wring out, such that the cloth remains damp, but does not drip water.
- Detergent means a surfactant that is designed to break up oil and grease with the use of water.
- Disinfectant means a product labelled as household disinfectant, and containing $\geq 70\%$ alcohol, quaternary ammonium compounds, chlorine bleach or oxygen bleach.
- Frequently touched surface means a surface that is touched often, by the same or different people. For example, a door handle or push plate.
- Infrequently touched surface means a surface that is touched less than a frequently touched surface. For example, the surface of a cupboard door.
- HEPA means high efficiency air particulate filter.

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Cleaning and Disinfecting Solutions

Cleaning and disinfecting are two different processes:

Cleaning means to physically remove germs (bacteria and viruses), dirt and grime from surfaces using a detergent and water solution. A detergent is a surfactant that is designed to break up oil and grease with the use of water. Anything labelled as a detergent will work.

Disinfecting means using chemicals to kill germs (bacteria and viruses) on surfaces. It's important to clean before disinfecting because dirt and grime can reduce the ability of disinfectants to kill germs.

Disinfectants containing $\geq 70\%$ alcohol, quaternary ammonium compounds, chlorine bleach or oxygen bleach are suitable for use on hard surfaces (that is, surfaces where any spilt liquid pools, and does not soak in). These will be labelled as 'disinfectant' on the packaging. Where there is uncertainty, the manufacturers or importing suppliers of the substance should be contacted for advice.

Health authorities recommend using a 1000 ppm bleach (sodium hypochlorite) solution to disinfect hard surfaces.

For routine workplace cleaning in a non-healthcare workplace, physical cleaning with water and detergent is sufficient. Water and physical effort alone will not kill the COVID-19 virus.

A combination of cleaning and disinfection will be most effective in removing the COVID-19 virus in workplaces when cleaning after a person with a confirmed or suspected case of COVID-19 has recently been at the workplace.

Note: Disinfectants require sufficient contact time to be effective.

Checklist of Standard Precautions for Cleaning

- Where cleaning on or around electrical equipment/fittings, isolate electrical equipment and turn off power source if possible before cleaning with liquids.
- Read the label for the detergent or disinfectant and follow the manufacturer's recommendations.
- Obtain a copy of the Safety Data Sheet (SDS) for the detergent or disinfectant and become familiar with the contents.
- Wear the appropriate personal protective equipment (PPE) that is identified on the label and the SDS.

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The following guidelines are for non-gymnastics equipment only.

Recommended cleaning by surface (General Surfaces Only)

The following table outlines the recommended minimum frequencies for routine cleaning of various surfaces in the workplace, as well as recommended cleaning and disinfecting following a suspected or confirmed case of COVID-19.

It is applicable to all workplaces, noting some surfaces may not be relevant to all workplaces.

It is highly recommended that workplaces are be cleaned at least daily. More frequent cleaning may be required in some circumstances. For example, if equipment is shared between workers, it should be cleaned between uses, where practicable.

More frequent disinfection may be required at workplaces with a high volume of workers, customers or visitors that are likely to touch surfaces.

	FOLLOWING SUSPECTED OR CONFIRMED CASE		ROUTINE CLEANING		
	All Surfaces	Method	Frequently touched surfaces	Infrequently touched surfaces	Method
Soft plastics	Clean and disinfect as soon as you become aware	Detergent + Disinfectant	Clean at least daily or every shift change	Clean weekly	Damp dust + Detergent
Hard plastics	Clean and disinfect as soon as you become aware	Detergent + Disinfectant	Clean at least daily or every shift change	Clean weekly	Detergent
Metal surfaces (stainless steel, uncoated steel, zinc coated steel, aluminium)	Clean and disinfect as soon as you become aware	Detergent + Disinfectant* *uncoated steel is more susceptible to rust when disinfected. Disinfect only when necessary, and treat for rust as appropriate	Clean at least daily or every shift change	Clean weekly	Detergent
Painted metal surfaces	Clean and disinfect as soon as you become aware	Detergent + Disinfectant	Clean at least daily or every shift change	Clean weekly	Detergent

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	FOLLOWING SUSPECTED OR CONFIRMED CASE		ROUTINE CLEANING		
	All Surfaces	Method	Frequently touched surfaces	Infrequently touched surfaces	Method
Deliberately Greased or Oiled metal surfaces	Clean as soon as you become aware	Clean according to manufacturer's recommendations	Clean at least daily or every shift change	Clean weekly	Clean according to manufacturer's recommendations
Wood	Clean and disinfect as soon as you become aware	Detergent + Disinfectant	Clean at least daily or every shift change	Clean weekly	Damp dust + Detergent
Laminate	Clean and disinfect as soon as you become aware	Detergent + Disinfectant	Clean at least daily or every shift change	Clean weekly	Detergent
Glass	Clean and disinfect as soon as you become aware	Detergent + Disinfectant	Clean at least daily or every shift change	Clean weekly	Detergent
Concrete (polished)	Clean and disinfect as soon as you become aware	Detergent + Disinfectant	Clean at least daily or every shift change	Clean weekly	Detergent
Concrete (rough)	Not suitable for cleaning. Leave undisturbed for a minimum of 72 hours.	Dispose of in the bin (double-bagged), or leave undisturbed for a minimum of 72 hours, longer if possible.	Not suitable for cleaning	Not suitable for cleaning	Use alternate, cleanable options, such as electronic tablets If use is unavoidable, and individual use is not feasible, use a plastic protective sheet over the page.
Leather	Clean and disinfect as soon as you become aware	Clean and disinfect according to manufacturer's recommendations	Clean at least daily or every shift change	Clean weekly	Clean according to manufacturer's recommendations

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	FOLLOWING SUSPECTED OR CONFIRMED CASE		ROUTINE CLEANING		
	All Surfaces	Method	Frequently touched surfaces	Infrequently touched surfaces	Method
Fabric	Clean and disinfect as soon as you become aware	Detergent + Steam clean If launderable, wash on warmest possible setting according to manufacturer's recommendations with laundry detergent	Clean at least daily or every shift change	Clean weekly	Vacuum (HEPA) Damp dust + Detergent If launderable, wash on warmest possible setting according to manufacturer's recommendations with laundry detergent
Paper	Not suitable for cleaning. Leave undisturbed for a minimum of 72 hours.	Dispose of in the bin (double-bagged), or leave undisturbed for a minimum of 72 hours, longer if possible.	Not suitable for cleaning	Not suitable for cleaning	Use alternate, cleanable options, such as electronic tablets If use is unavoidable, and individual use is not feasible, use a plastic protective sheet over the page.

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Recommended cleaning by Item

The following table outlines the recommended minimum frequencies for routine cleaning of various items in the workplace, as well as recommended cleaning and disinfecting following a suspected or confirmed case of COVID-19.

It is applicable to all workplaces, noting some items may not be relevant to all workplaces.

It is highly recommended that workplaces are be cleaned at least daily. More frequent cleaning may be required in some circumstances. For example, if equipment is shared between workers, it should be cleaned between uses, where practicable.

More frequent disinfection may also be required at workplaces with a high volume of customers or visitors that are likely to touch surfaces.

	FOLLOWING SUSPECTED OR CONFIRMED CASE		ROUTINE CLEANING		
	All Surfaces	Method	Frequently touched surfaces	Infrequently touched surfaces	Method
Alcohol-based hand sanitiser dispenser	Clean and disinfect as soon as you become aware	Detergent + Disinfectant	Clean at least daily	Clean weekly	Detergent
Bath	Clean and disinfect as soon as you become aware	Detergent + Disinfectant	Clean daily, or after each use if shared facilities	Clean at least daily	Detergent
Call bell/door bell	Clean and disinfect as soon as you become aware	Detergent + Disinfectant	Clean at least daily	Clean weekly	Detergent
Carpet (Soft Floor)	Clean and disinfect as soon as you become aware	Carpet shampoo + Steam clean	Clean daily	Clean weekly	Vacuum with HEPA filter
			Clean annually	Clean annually	Shampoo or steam clean
Ceiling	Clean and disinfect as soon as you become aware	Detergent + Disinfectant	Spot clean daily & wash yearly, e.g. access hatches and surrounds	Spot clean weekly & wash every 3 years	Damp dust + Detergent

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	FOLLOWING SUSPECTED OR CONFIRMED CASE		ROUTINE CLEANING		
	All Surfaces	Method	Frequently touched surfaces	Infrequently touched surfaces	Method
Chairs (non-upholstered) e.g. plastic chairs, wooden chairs, other non-padded chairs	Clean and disinfect as soon as you become aware	Detergent + Disinfectant	Clean at least daily	Clean weekly	Detergent
Chairs (upholstered) e.g. fabric padded chairs, sofas, office chairs	Clean and disinfect as soon as you become aware	Detergent + Steam clean	Clean at least daily	Clean weekly	Vacuum (HEPA) Damp dust + Detergent
Cleaning Equipment	Clean after use	Detergent + Disinfectant	Clean after use	Clean after use	Detergent
Clipboard / Folders	Clean and disinfect as soon as you become aware	Detergent + Disinfectant	Clean after use	Clean weekly	Detergent
Computer, Keyboard, Mouse Headsets	Clean and disinfect as soon as you become aware	Detergent + Disinfectant on wipeable cover, or isopropyl alcohol-based wipes/sprays	Clean at least daily or when visibly soiled, and between users if equipment is shared	Clean weekly or when visibly soiled	Consider adding a wipeable cover to the device/screen. Refer to manufacturer's recommendations Detergent
Curtains and Blinds	Clean and disinfect as soon as you become aware	Damp dust + Detergent Steam clean curtains or blinds	Clean weekly	Clean monthly	Refer to manufacturer's recommendations Steam clean curtains or blinds in place or machine wash curtains according to manufacturer's recommendations
Door frames	Clean and disinfect as soon as you become aware	Detergent + Disinfectant	Clean at least daily	Clean weekly	Detergent

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	FOLLOWING SUSPECTED OR CONFIRMED CASE		ROUTINE CLEANING		
	All Surfaces	Method	Frequently touched surfaces	Infrequently touched surfaces	Method
Drinking Fountains	Clean and disinfect as soon as you become aware	Detergent + Disinfectant	Clean at least daily	Clean daily	Detergent
Elevator buttons	Clean and disinfect as soon as you become aware	Detergent + Disinfectant	Clean at least daily	Clean weekly	Detergent
Floor (non-slip vinyl)	Clean as soon as you become aware	Detergent + Disinfectant	Damp mop daily	Damp mop daily	Detergent
Floor (polished concrete)	Clean and disinfect as soon as you become aware	Detergent + Disinfectant	Dust removal & clean daily	Dust removal & clean weekly	Detergent
Fridges	Clean and disinfect as soon as you become aware	Detergent + Disinfectant	Weekly, & defrost to clean as required Clean frequently touched surfaces on fridge (i.e. handles) at least daily	Monthly & defrost as required Daily spot check— clean when necessary	Refer to manufacturer's recommendations Detergent
Hand rails, stair rails	Clean and disinfect as soon as you become aware	Detergent + Disinfectant	Clean at least daily	Clean weekly	Detergent
Keys and locks and padlocks	Clean and disinfect as soon as you become aware	Detergent + Disinfectant	Clean daily	Clean weekly	Detergent
Kitchen appliances (toasters, kettles, sandwich presses, jaffle makers, ovens)	Clean and disinfect as soon as you become aware	Detergent + Disinfectant	Clean at least daily	Clean weekly	Refer to manufacturer's recommendations Isopropyl alcohol-based wipes/sprays Detergent

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	FOLLOWING SUSPECTED OR CONFIRMED CASE		ROUTINE CLEANING		
	All Surfaces	Method	Frequently touched surfaces	Infrequently touched surfaces	Method
Light and Power point Switches	Clean and disinfect as soon as you become aware	Detergent + Disinfectant Damp dust	Clean at least daily	Clean weekly	Damp dust + Detergent
Lights/lighting	Clean and disinfect as soon as you become aware	Detergent + Disinfectant	Clean daily	Clean weekly	Refer to manufacturer's recommendations Detergent
Microwave	Clean and disinfect as soon as you become aware	Detergent. Disinfectant on outside surfaces only.	Clean frequently touched points on microwave at least daily	Clean daily	Refer to manufacturer's recommendations Detergent
Remote controls	Clean and disinfect as soon as you become aware	Detergent + Disinfectant	Clean at least daily	Clean weekly	Detergent
Shelves (and items on shelves)	Clean and disinfect as soon as you become aware	Detergent + Disinfectant	Clean weekly	Clean weekly	Detergent
Shower	Clean and disinfect as soon as you become aware	Detergent + Disinfectant	Clean daily or after each use if shared facilities	Clean weekly	Detergent + Disinfectant
Sink (hand washing & kitchen)	Clean and disinfect as soon as you become aware	Detergent Disinfectant on areas around sink only, not in sink	Clean at least daily	Clean daily	Detergent
Tables/desks	Clean and disinfect as soon as you become aware	Detergent + Disinfectant	Clean at least daily	Clean weekly	Detergent
Telephone	Clean and disinfect as soon as you become aware	Detergent + Disinfectant Damp dust	Clean at least daily & more regularly if shared by multiple users	Clean weekly	Detergent

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	FOLLOWING SUSPECTED OR CONFIRMED CASE		ROUTINE CLEANING		
	All Surfaces	Method	Frequently touched surfaces	Infrequently touched surfaces	Method
Toilet	Clean and disinfect as soon as you become aware	Detergent + Disinfectant	Clean at least daily	Clean weekly	Detergent + disinfectant
Toilet doors and locks	Clean and disinfect as soon as you become aware	Detergent + Disinfectant	Clean at least daily	Clean weekly	Detergent + Disinfectant
TV	Clean and disinfect as soon as you become aware	Detergent + Disinfectant Damp dust	Clean weekly	Clean weekly	Refer to manufacturer's recommendations Damp dust + Detergent
Vending Machines	Clean and disinfect as soon as you become aware	Detergent + Disinfectant Damp dust	Clean frequently touched points on machine at least daily	Clean weekly	Refer to manufacturer's recommendations Damp dust + detergent or Isopropyl alcohol-based wipes/sprays
Walls	Clean and disinfect as soon as you become aware	Detergent + Disinfectant	Spot clean touched walls daily & full clean yearly	Spot clean weekly & full clean yearly	Damp dust + Detergent
Windows	Clean and disinfect as soon as you become aware	Detergent + Disinfectant	Spot clean touched windows daily	Clean weekly	Detergent
Window frames (sliding servery window types)	Clean and disinfect as soon as you become aware	Detergent + Disinfectant	Clean at least daily	Clean weekly	Detergent

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Recommended Cleaning of Gymnastics Equipment

The following table outlines the recommended minimum frequencies for routine cleaning of various gymnastics equipment and apparatus, as well as recommended cleaning and disinfecting following a suspected or confirmed case of COVID-19.

It is highly recommended that all equipment where possible and appropriate is cleaned at least daily. More frequent cleaning may be required in some circumstances. For example, if equipment is shared, it should be cleaned between uses, where practicable.

More frequent disinfection may also be required at workplaces with a high volume of customers or visitors that are likely to touch surfaces.

For apparatus that cannot be easily cleaned, it is imperative that the athlete/coach sanitizes the relevant body part that comes into contact with the apparatus both before and after using the apparatus. Such apparatus includes:

- Uneven Bars
- High Bar
- Parallel Bars
- Pommel Horse
- Beam
- Rings Vault

Spieth and AMCO are currently working on a sanitising product that will be able to be applied to all apparatus including beam, vault, and uneven bar rails without causing any damage. This product is currently being finalised and tested along with medical experts in Europe. We hope to have this available with all accompanying documentation explaining exactly what the use of this product will achieve against the spread of COVID-19 as soon as possible.

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	FOLLOWING SUSPECTED OR CONFIRMED CASE		ROUTINE CLEANING		
	All Surfaces	Method	Frequently touched surfaces	Infrequently touched surfaces	Method
All metallic surfaces	Clean and disinfect as soon as you become aware	Detergent + Disinfectant* *uncoated steel is more susceptible to rust when disinfected. Disinfect only when necessary, and treat for rust as appropriate	Clean at least daily or every shift change	Clean weekly	Detergent
Vault track	Clean and disinfect as soon as you become aware	Detergent + Disinfectant Damp dust	Clean daily	Clean weekly	Vacuum with HEPA filter
Floor	Clean and disinfect as soon as you become aware	Carpet shampoo + Steam clean	Clean daily	Clean weekly	Vacuum with HEPA filter
			Clean annually	Clean annually	Shampoo or steam clean
Trampoline	Clean as soon as you become aware	Detergent + Disinfectant	Damp mop daily	Damp mop daily	Detergent
Double Mini Trampoline	Clean as soon as you become aware	Detergent + Disinfectant	Damp mop daily	Damp mop daily	Detergent
Tumble Track	Clean as soon as you become aware	Detergent + Disinfectant	Damp mop daily	Damp mop daily	Detergent
Floor Mat	Clean as soon as you become aware	Detergent + Disinfectant	Damp mop daily	Damp mop daily	Detergent
Crash Mat	Clean as soon as you become aware	Detergent + Disinfectant	Damp mop daily	Damp mop daily	Detergent

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	FOLLOWING SUSPECTED OR CONFIRMED CASE		ROUTINE CLEANING		
	All Surfaces	Method	Frequently touched surfaces	Infrequently touched surfaces	Method
Protective Pads	Clean as soon as you become aware	Detergent + Disinfectant	Damp mop daily	Damp mop daily	Detergent
Foam Pit	<p>Avoid using foam pits as much as possible. If absolutely necessary, use 10cm PVC mats on top of the pit and clean as per the guidelines above.</p> <p>Remove foam cubes and disinfect the vinyl base and pit padding. It is not possible to sanitize the foam at this time.</p>				

General Considerations:

- Wipe down all metallic surfaces of apparatus with disinfectant between each class.
- Do not use water to clean carpet matting. Any moisture will result in mould forming in the foam and damage the mats.
- Rhythmic Gymnastics — all apparatus to be provided by the individual athlete. No athlete is to share apparatus.
- Where possible all athletes to have their own chalk.
- For all other equipment (including toys, etc) clean according to the surface as outlined above.

Gymnastics Australia recommends that all its members download the Australian Government COVID-19 contact tracing app ([COVIDSafe](https://www.covid-safe.gov.au/)).

All general cleaning guidelines contained in this fact sheet have been provided by Safe Work Australia ([swa.gov.au/coronavirus](https://www.swa.gov.au/coronavirus)). Gymnastics-specific equipment cleaning guidelines have provided by AMCO Gymnastics. These guidelines provided in this document are for club consideration only.

This information is provided in accordance with the Australian Institute of Sport Framework for Rebooting Sport in a COVID-19 Environment and the National Principles for Sport and Recreational Activities (www.ais.gov.au).

Any specific State/Territory government guidelines and regulations must be adhered to **in the first instance**. State and Territory Gymnastics Associations will provide clubs with further detail and specific guidance around specific state/territory government guidelines and regulations.