

## Tips on Cleaning your Gym

AAI recommends that all gyms become familiar with the CDC guidelines for Youth Sports. Developing a documented cleaning schedule for increased cleaning and equipment maintenance inspections is important moving forward. The CDC recommends using cleaning products that are EPA approved. While cleaning is essential keep in mind that prolonged use of certain chemicals on equipment can reduce the life span and warranty of some products. It is also important that equipment is completely dry after cleaning before allowing the athletes to resume activity.



AAI recommends the use of Truce Cleaning Products to clean your gym. They offer an All-Purpose cleaner and a Chalk Cleaner. Both can be used throughout your gym, a safe alternative to cleaning.

### General Appearance

- Keep all areas neat and organized. Do not leave items out that make the area look cluttered.
- Have cleaning practices posted where Parents can see them.
- Adhere to CDC social distancing guidelines.

### High Traffic Areas

- Such as observation rooms, restrooms, entrances and exits should be cleaned multiple times a day.
- Provide a sanitation station near all high traffic areas.

### Daily Log

- Keep a daily check off list of cleaning. This will ensure all steps are completed and show a daily record of cleaning.
- Train Staff so the same procedure is followed by everyone.

*Check out our Daily Cleaning Log to use within your facility.*

## Cleaning Utensils

- Disposable towels are preferred for use on surface cleaning.
- If using cloth towels or mops, please clean thoroughly after each use.

## Be Consistent with Cleaning

- Train staff to clean each area the same way.
- This will ensure each area is cleaned to your expectation.

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# Station Cleaning Recommendations

## General Gym Cleaning:

Matting, flooring, walls, Vinyl covered shapes.

All of these can be cleaned with Truce all-purpose cleaner and Truce Chalk remover. Follow directions from Truce when using their product. Sweep or vacuum of all dirt or chalk, then apply Truce as directed.



**Truce  
Chalk Remover  
(TCR)**



**Truce  
All-Purpose Cleaner  
(APC)**

## Vault

### For Tac 10 and Suede tops:

1. Use a dry brush to remove chalk
2. Clean top with TCR.
3. Use APC on all other surfaces, such as Spin lock, base and padding.

## Bars

1. Wipe rails with a dry cloth or use our golden fleece scrub pad.
2. Wipe down spinlocks, cable tighteners, any other areas with APC.

## **Balance Beam**

1. Use a dry soft brush to remove chalk
2. Clean top and sides with TCR.
3. Clean spinlocks and legs with APC.



## **Pommel Horse**

1. Use soft dry brush to clean off chalk
2. Clean top with TCR.
3. Clean Spinlocks and uprights with APC.

## **Rings**

1. To clean the rings we suggest a dry cloth or Golden Fleece.
2. Use APC on all spinlocks and uprights

## **Parallel Bars**

1. Wipe rails with dry cloth or use Golden Fleece.
2. Use APC on Spinlocks and uprights

## **Horizontal Bar**

1. Wipe with dry cloth or use Golden Fleece.
2. Use APC on Spinlocks and uprights



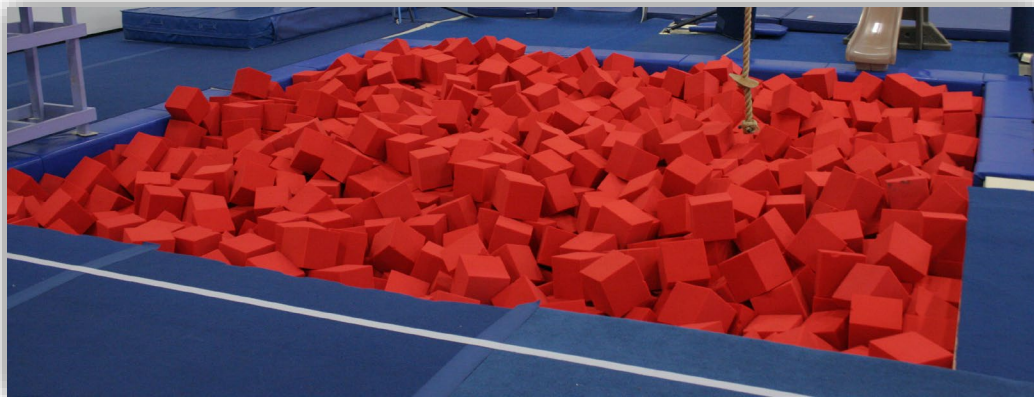
## Tips on Cleaning Pits

### Enclosed Resi-Pits, Skill Cushions, & Inflatable Pits:

- Vacuum or sweep to remove dust and debris prior to wiping
- Wipe outside surfaces with mat cleaner or spray disinfectant using a damp rag or Swiffer type brush.

### Free Foam Pits:

- Fluff to aerate regularly checking for dampness
- Uncovered cubes shed foam particles due to friction of cubes against each other. If not removed these particles can be inhaled.
- Full cleaning for uncovered cubes require individually brushing each cube to remove loose foam particles.
- Vacuum entire pit area with pits removed
- Covering cubes with smooth covers that dust and foam particles will not adhere to will reduce the amount of regular cleaning that is necessary and add to life of cubes
- It is difficult to spray all cubes with an over the counter disinfectant spray.
- Commercial Electrostatic spraying of disinfectant is effective. Seek advice from manufactures of spray equipment



## Tips for Cleaning Carpet areas & Carpet Floor Exercise Surfaces

- Vacuum regularly with commercial grade vacuum for additional suction
- Steam cleaning on a regular basis with a mixture of EPA approved disinfectant

*Note: It is important to note there is no evidence that Covid-19 can be transmitted from soft surfaces like fabric or carpet to human's but it is certainly a good preventative measure to ensure any hard or soft surface be cleaned and sanitized with hot water and a good disinfectant.*