



Soap, Water & Elbow Grease

When I was a child one of my mother's favorite sayings was "give it a little elbow grease!" I recently visited a gym that was remarkably clean neat and inviting and I couldn't help but wonder what it took to make this gym so country I'm often command. It's really just and giving a little more cleanliness and the to head lice, to common has increased common practice to wipe every use. We see hand Parents everywhere are common areas make learn and play based on health department oversees the cleanliness of restaurants, public rest rooms, and public schools. As gym club owners, we're left on our own to monitor our gyms and maintain clean and inviting environments (at least for now).



clean. As I visit gyms around the reminded of mom's elbow grease an idiom for working a little harder effort. Over the years the focus on awareness of everything from MRSA, germs, and transmittable infections dramatically. It has become down your treadmill or elliptical after sanitizers in most public areas. conscious of the cleanliness of all decisions on where their children cleanliness. In most states, the

In addition to the obvious health benefits and safety, there are also some strong business benefits to keeping our facilities clean. I remember an old man who owned the local food market in the town I grew up in, whenever he had a free moment or was just chatting with a customer would always pick up and polish an apple. His explanation was its hard to resist a shiny red apple. The consumers judge us the same way. A clean shiny gym is easier to sell. Your time spent cleaning and accident proofing your gym will pay dividends in enrollment.



So, what do we need to do? The simplest thing to do is start making cleaning your spare time activity for all employees. Make your mats your apple and whenever you get a chance polish your apple! Soap and water is the simplest solution to cleaning mats. It's best to vacuum as much of the chalk dust as you can before washing your mats. Once most of the dust is gone, over the counter cleaning solutions like Simple Green, Scrubbing Bubbles, Lysol Cleaner work best to cut grease and remove dirt and germs. The same process works for covered beams, pommel horses, and vaulting tables. They all need to be cleaned regularly. Carpeted areas in your gym need regular vacuuming. Steel equipment such as bar uprights, and equipment bases should also be wiped down regularly. Just as adult customers participate in cleanliness at their fitness clubs, children can learn to help

keep the gym clean. Based on the trending conversation about the coming regulatory involvement in the cleanliness of gymnastic clubs, especially pits, now is the time to focus on cleaning. A paper trail on your cleaning procedures is an absolute. Make it your decision, before a government employee makes that decision for you. All employees can and should take part every day in keeping the gym clean.

And, when wiping down your mats, remember my mom's advice, "give it a little elbow grease".



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See also: Stephanie Young's article, [MRSA What There is to Know](https://usagym.org/pages/memclub/biztips/pdfs/2013_11a.pdf)
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