



#1 in Home Personal Training®

Disinfecting Exercise Equipment & Personal Hygiene Policies & Procedures

Disinfecting exercise equipment must be done following the completion of every client training session. If a client prefers, equipment will be cleaned in front of him/her prior to the start of his/her session, by the Coach. The following disinfecting procedures must be followed.

1. Disinfectant must be labeled to be effective against rhinovirus and/or human coronavirus. If unavailable, it is acceptable to use the following:
 - a. Diluted household bleach solutions
 - i. Fresh 2% chlorine bleach solution (approximately 1 tablespoon of bleach in 1 quart of water)
 - ii. Alcohol solutions with at least 70% alcohol
 - iii. Most common EPA-registered household disinfectants
2. Disinfectant label directions must be followed to ensure the target viruses are effectively killed. This included adequate contact times (ie, the amount of time a disinfectant should remain on surfaces to be effective).
 - a. Disinfectants that come in a wipe form will also list effective contact times on their label.
3. Concentrated forms of disinfectants must be diluted according to their specific concentration instructions (on the product label) to effectively kill the target virus.
4. All GYMGUYZ staff should be reminded to ensure procedures for safe and effective use of all products are followed.
 - a. Staff do not need to wear respiratory protection while cleaning, however, safety instructions are listed on product labels and include the personal protective equipment (ie, gloves) that should be used.
 - b. Place all used gloves and cleaning towels in a bag that can be tied closed before disposing of them with other wastes.
 - c. Wash hands with soap and water for 20 seconds immediately after removing gloves or use an alcohol-based hand sanitizer (at least 60% alcohol) if soap and water are not available.

All GYMGUYZ staff should be reminded of the importance of routine hand and respiratory hygiene practices.

Hand hygiene:

1. Avoid touching eyes, nose or mouth with unwashed hands
2. Regular hand washing with soap and water for at least 20 seconds should be done:
 - a. Before eating
 - b. After sneezing, coughing or nose blowing
 - c. After using the restroom
 - d. Before handling food
 - e. After touching or cleaning surfaces that may be contaminated
 - f. After using shared equipment like computer keyboards and mice
3. If soap and water are not available, use an alcohol-based hand sanitizer

Respiratory hygiene:

1. Covering coughs and sneezes with tissues or the corner of elbow
2. Disposing of soiled tissues immediately after use