



## BEST PRACTICE GUIDE

### Hand Hygiene, Cleaning, Waste Management and Safety in Gyms & Fitness Centres



A place where many people spend most of their days, the gym is a hotspot for the spread of germs.

Gyms, regardless of location or price range, will face a common set of challenges when patrons return.



## A Higher Level of Clean



### Tips



- **HAND HYGIENE**

Frequent effective handwashing and the use of hand rubs helps prevent the spread of germs and infections.



- **CLEANING**

Regularly cleaning surfaces keeps them free of microbes and prevents the spread of germs.



- **WASTE MANAGEMENT**

Isolating contaminated waste limits the cross-contamination potential.



- **SAFETY**

Keeping a safe distance from one another keeps building staff and patrons safe.

# BEST PRACTICE

## IMPLEMENTING EFFECTIVE PROCEDURES IN ANY GYM FACILITY

Institutions such as the Centre for Disease Control (CDC) and The World Health Organisation (WHO) provide guidelines to help facilities equip and prepare for a return to full operations. They cover four key areas:



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### HAND HYGIENE

Gyms are places where people meet and interact with one another and the surroundings, while sweating due to physical exertion. Facilities will need to take steps such as:

- Undertake an audit prior to reopening and update signage in bathrooms, showers, break rooms, kitchens, etc. <sup>1</sup>
- Allocating high-traffic areas like cardio area, weights area or washrooms with their own **hand hygiene provisions for staff and patrons.** <sup>2</sup>



### CLEANING

In order to keep all areas of a gym facility clean, cleaning materials should be available to all staff, alongside other measures:

- Gym management staff responsible for maintaining cleanliness in the gym should provide **communal cleaning equipment** in those areas. <sup>3</sup>
- Prior to reopening the gyms, aerate the space by opening doors and windows if possible. <sup>2</sup>



### WASTE MANAGEMENT

Staff must take steps to ensure collected waste does not become a risk to staff and gym patrons:

- **Collected waste should be housed in closed lid containers** or double bagged. <sup>4</sup>
- Garbage bags should be frequently and regularly throughout the opening hours of the gym.
- Encourage separation of waste types by installing waste stations.



### SAFETY

Gym-goers returning to gyms is not the time to relax social distancing measures, rather, it must continue to be enforced with measures such as:

- Rearranging equipments and machines (dumbell seats, treadmills, etc) in reception, break rooms and changing rooms to maximise available space. <sup>5</sup>
- Creating floor markings with tape or other materials to denote 2m gaps between people. <sup>5</sup>
- **Implementing barriers that direct traffic through open spaces** or impromptu one-way systems. <sup>5</sup>

## Tips



**Clear communication** of your procedures for hand hygiene, cleaning, safety and waste management to building staff and office tenants drives adoption and supports lasting behaviour change, and as a result, **keeps everyone safe.**

<sup>1</sup> [https://www.who.int/gpsc/clean\\_hands\\_protection/en/](https://www.who.int/gpsc/clean_hands_protection/en/)

<sup>2</sup> <https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/offices-and-contact-centres>

<sup>3</sup> <https://eurogip.fr/en/spain-workplace-good-practices-guidance-facing-covid-19/>

<sup>4</sup> <https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings/covid-19-decontamination-in-non-healthcare-settings>

<sup>5</sup> [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/884370/coronavirus-covid-19-safer-transport-guidance-for-operators.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/884370/coronavirus-covid-19-safer-transport-guidance-for-operators.pdf)



# OUR SOLUTION

## DELIVERING BEST PRACTICE WITH THE RIGHT PRODUCT SOLUTIONS

The Rubbermaid Commercial Products Range contains a variety of products that can help implement increased standards of hygiene.



**A Higher Level  
of Clean**



### HAND HYGIENE

Our range includes wall-mounted dispensers and free-standing **hand hygiene stations** deployable throughout a facility. Cross-contamination risks are reduced in manually operated units by integrated antimicrobial touchpoints. With touch-free dispensers, user contact is eliminated completely. Hand hygiene units are complemented by high-capacity sealed refills containing soap or hand rubs that make them a flexible hand hygiene solution for users.



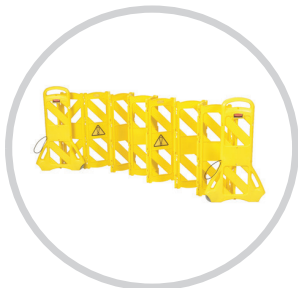
### CLEANING

HYGEN™ cloths and mop pads are **ideal for surface cleaning, even where there are restrictions on cleaning products**. Their microfibre composition removes 99.9% of microbes whether they are used with an active SARS-COV-2 grade disinfectant or with a neutral solution. A range of colours minimises cross-contamination risks during a cleaning cycle. Disposable cloths and mops are also available to minimise the risk of cross contamination.



### WASTE MANAGEMENT

Our range of waste management products deliver safety by **isolating contaminated waste** within a closed-lid system. Isolating disposed materials from the open-air means germs are prevented from spreading. **Germ transmission is reduced further** through foot pedal operation, rather than hand operation. Each unit's smooth surfaces and sturdy structural design make them easy to clean between uses, removing lingering viral threats.



### SAFETY

Our safety barriers are durably designed to withstand constant use in high-traffic areas and are lightweight, making them easy to deploy and stow away. Once in place, these units are **adept at enforcing social distancing requirements at counters, windows and other points of interaction**. Their presence within a space can also help to manage movement in open spaces and highlight impromptu one-way systems.



WASTE  
MANAGEMENT



CLEANING



SAFETY



MATERIAL  
HANDLING



HAND  
HYGIENE



FOOD  
SERVICE

**FOR MORE INFORMATION ON OUR ESSENTIAL HYGIENE, CLEANING & REFUSE PRODUCTS  
PLEASE CONTACT YOUR RCP SPECIALIST OR OUR CUSTOMER SERVICE TEAM ON 1800 639 355**