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Chapter 1



NYFC Proposed Scoring & Grading System

TrustedSafe™ and the New York Fitness Coalition (NYFC) propose to generate letter grades showing hygienic inspection results for NYS-based fitness facilities. Facilities with a score between 0 and 15 points earn an A, those with 16 to 25 points receive a B and those with 35 or more a C. Inspection results will be

maintained on TrustedSafe.org. All grades will be approved with a FitnessSafe™ sticker.

Fitness Facility Inspections: ATP Thresholds

A fitness facilities score depends on meeting certain ATP RLU thresholds based on a minimum of 10 random high touch- point samples. These include various pieces of equipment and areas within locker rooms, front-of-house, enclosed studios, etc.

Each sample will return an RLU value which is converted into points, ex. $RLU * .01\%$. At the end of the inspection, the inspector totals the points and this number is the facilities score, the lower the score, the better.

-

Levels on certain items do not increase or decrease the grade, as the higher overall ATP level will demonstrate building-wide noncompliance and potential high-risk cross contamination, if applicable. As a result, weighted items are not necessary.

The conversion formula is as follows:

0–1500RLU | 0–15PTS | A

1600–2500RLU | 16–25PTS | B

2600–3500RLU | 26–35PTS | C

Note: Additional guidelines will be created based on facility features such as steam rooms, food service, daycare, etc. This is meant as an initial guideline.

When Is a Score Converted to a Grade?

Two types of inspections result in a letter grade:

- Initial inspections for which the facility earns an A with TrustedSafe and FitnessSafe TM
- Re-inspections that result in an A,B or C with TrustedSafe and FitnessSafe **TM**
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A facility has one chance to earn an A every other monthly inspection cycle. If it does not earn an A on the first inspection, it is scored but ungraded. The following month, the facility is inspected again and graded. If the grade is a B or C, the facility will receive a notice of the grade and a review of a cleaning protocol that must be implemented for it to adhere to stricter

cleaning protocols now in place. Each month, the facility will be re-graded based on that current score. Until a facility has a grade, it is not considered a “TrustedSafe” facility and can not be listed on the website or earn the Fitness Coalition approval.

Which Inspections Are Not Graded?

The following are scored but not graded:

Initial inspections that result in a score of 35 points or higher

- Ongoing inspections at a facility that has a C rating. TrustedSafe™ may continue to inspect the facility twice a month until it scores below 35 or recommend disciplinary measures for serious and persistent violations.

- An inspection at a facility following an appeal.
- Inspections at a gym not yet open to the public.

Chapter 2



FITNESS INDUSTRY PROTOCOLS BY TRUSTEDSAFE.ORG and New York Fitness Coalition (NYFC)

COVID-19 Protocols for Gyms and Fitness Facilities:

Updated as of Tuesday, July 28, 2020

The recommendations below are based on CDC-recommendations and nationwide trends for safely reopening the fitness industry.

This checklist is continually being edited by [trusted-safe.org](https://www.trusted-safe.org) to reflect their opinions based on known practices and evolving EPA and CDC guidelines concerning COVID-19.

Please note: Please visit <https://www.trusted-safe.org> regularly for any updates to this document

This recommendation-based checklist covers:

- (1) Workplace policies and practices to protect employee health
- (2) Measures to ensure physical distancing
- (3) Measures to ensure infection control
- (4) Communication with employees and the public
- (5) Measures to ensure equitable access to critical services

These five key areas should be addressed regularly.



- Everyone who can carry out their work duties from home has been directed to do so.
- Vulnerable staff (those above age 65, those with chronic health conditions) are assigned work that can be done from home whenever possible and should discuss any concerns with their healthcare provider or occupational health services to make appropriate decisions on returning to the workplace.
- Work processes are reconfigured to the extent possible to increase opportunities for employees to work from home.
- Alternate, staggered or shift schedules have been instituted to maximize physical distancing.
- All employees have been told not to come to work if sick, or if they are exposed to a person who has COVID-19. Employees understand to follow DPH guidance for self-isolation and quarantine, if applicable. Workplace leave policies have been reviewed and modified to ensure that employees are not penalized when they stay home due to illness.

- Information on employer or government-sponsored leave benefits the employee may be entitled to receive may be available through NYS however beyond the scope of this specific document.

A. FITNESS FACILITY POLICIES AND PRACTICES TO PROTECT EMPLOYEE

B. HEALTH (CHECK ALL THAT APPLY TO THE FACILITY)

- In the event of a known case among employees, the employer has a plan to investigate COVID+ cases, to alert the local health department, and identify and isolate close workplace contacts of infected employees until they are tested. The employer has a plan in place to provide or make arrangements to provide for testing all employees that have had a possible exposure.
- Symptom checks are conducted before employees may enter the workspace. Checks must include a verbal check-in concerning cough, shortness of breath or fever and any other symptoms the employee may be experiencing. A temperature check should also be done if feasible.

All employees who have contact with the public or other employees during their shift (s) are offered, at no cost, a cloth face covering. The covering is to be worn by the employee at all times during the workday when in contact or likely to come into contact with others. Employees need not wear a cloth face covering when the employee is alone in a private office or a walled cubicle.

- Employees are instructed to wash their face coverings daily.
- All workstations are separated by at least six feet.
- Break rooms, restrooms and other common areas are disinfected frequently, on the following schedule:
 - Break rooms
 - Restrooms
 - Other

Breaks are staggered to ensure that six (6) feet between employees can be maintained in break rooms at all times.

- ❑ Ensure temporary or contract workers at the facility are also properly trained in COVID-19 prevention policies and have necessary supplies and PPE. Discuss these responsibilities ahead of time with organizations supplying temporary and/or contract workers.
- ❑ Face coverings are required when employees are in the vicinity of others. Workers must have face coverings available and wear them in the fitness facility, offices, or in company-owned vehicles (only when traveling with others). Face covering are particularly important if physical distancing cannot be maintained on the job (for example, personal trainers and staff assisting members with exercises). Face coverings must not be shared. Employers are required to provide face coverings to all employees. *note that there is not currently a preferred "face covering" and material and type is
- ❑ To ensure that masks are worn consistently and correctly, employees are discouraged from eating or drinking except during their breaks when they are able to safely remove their masks and physically distance from others.
- ❑ Disinfectant and related supplies are available to employees at the following location(s):

- ❑ Hand sanitizer effective against COVID-19 is available to all employees at the following location(s):
- ❑ Employees are allowed frequent breaks to wash their hands.
- ❑ A copy of this protocol has been distributed to each employee.
- ❑ Each worker is assigned their own tools, equipment and defined workspace. Sharing held items is minimized or eliminated / if this is not possible frequent disinfection is required.
- ❑ Contact with deliveries and third-party vendors should be limited during working hours.
- ❑ Testing - At a frequency of at least once a month, third-party testing should be done on randomly sampled equipment to ensure that cleaning protocols are being successfully implemented.

B. MEASURES TO ENSURE PHYSICAL DISTANCING

- ❑ **If possible**, implement a reservation system for the facility. Utilize the reservation system to contact patrons with reservations 24 hours before their scheduled arrival to confirm their reservation and ask if they or someone in their household is

exhibiting any COVID-19 symptoms. If the patron answers in the affirmative the patron should be reminded that they should only utilize the fitness facility if they are not ill. **Such communication can be done via app, email, or text, if possible.**

- Avoid patrons lingering in the facility or outside and help maintain occupancy levels.
 - All patrons are required to wear a face covering when at the facility **except when engaged in physical exercise or while training.**
- Move the classes outdoors or to larger spaces like full-sized basketball courts if possible. Group exercise classes should only be offered if distancing requirements can be maintained and there is no person-to-person physical contact.
 - For high aerobic classes such as aerobics, spin or conditioning or machines such as elliptical, tread or stair machines, consider placing individuals and equipment at least 8 feet apart rather than 6 ft.
- High contact programs that require close contact less than six feet in distance should be suspended. This would include activities such as group sporting events, organized intramural activities, pick-up basketball, or organized races.

- ❑ Gym occupancy is limited to 50% or less. Only those patrons that are actually exercising should be inside the facility. Patrons should not wait in the reception area. **Occupancy is based on Fire Code, not number of workout stations.*
- ❑ Modifying group training classes such as aerobics, yoga and dance to limit the size to ensure a minimum of six feet of physical distance between patrons.
- ❑ Sports courts can be used for individual practice or for activities where 6 feet of physical distance can be maintained throughout the activity. When people are waiting to use a court, a maximum time limit for court use by each participant should be implemented. Participants waiting must practice physical distancing.
- ❑ Yoga classes held in temperatures over 90 degrees should be strongly discouraged.
- ❑ Personal trainers are permitted if they maintain a six-foot distance from the client and wear a face covering. Patrons should be strongly *encouraged* to wear a face covering while receiving instruction.

- ❑ Equipment is marked off to ensure that clients can maintain at least a six (6) feet distance from others. Tape or other markings assist customers in keeping a 6 feet distance between them and others in any line. A marking identifies both a starting place for customers arriving in the line and 6-foot intervals for subsequent customers who are joining the line.
- ❑ Use one-way foot traffic patterns throughout the fitness facility with visual cues and signs.
- ❑ Remove communal furniture and/or cordoning off member lounge areas. If not possible, disinfect regularly.
- ❑ Stagger available lockers in locker rooms to maintain physical distancing.
- ❑ Space all equipment and machines at least six feet apart or taking some out of service to achieve physical distancing
- ❑ Employees have been instructed to maintain at least a six (6) feet distance from customers and from each other in all areas of the gym. Employees may momentarily come closer when necessary to accept payment, deliver goods or services, or as otherwise necessary.

- ❑ Elevator capacity is limited to 4 individuals or fewer at a time for any elevator that does not allow for 6-foot physical distance between riders. All riders are required to wear cloth face coverings. Consider elevator sizes, number of building floors, and daily number of employees and visitors to establish physical distancing guidelines appropriate for elevator riders.
- ❑ Spa services are not allowed.
- ❑ Consider suspending non-core activities, including retail operations, childcare, and food service. If fitness facilities operate such amenities, they should review and follow the applicable posted county public health protocols for these activities.

C. MEASURES FOR INFECTION CONTROL

- ❑ The HVAC system is in good, working order; to the maximum extent possible.
- ❑ Patrons should be temperature and/or symptom screened upon arrival and required to use hand sanitizer and to wear face coverings when entering and leaving the facility. They should wear face coverings to the extent possible while in the facility particularly when physical distancing is difficult. Whenever a face covering is not worn because a patron is

participating in exercise or training, then patrons should be reminded to keep a 6 foot distance from others.

- ❑ Contact-less payment and check-in systems are in place or, if not feasible, systems are sanitized regularly. Describe:
- ❑ Perform thorough cleaning throughout the day in high traffic areas, such as reception and lobby areas, changing rooms, locker rooms, showers and break rooms and areas of ingress and egress including stairways, stairwells, escalators, handrails, and elevator controls.
- ❑ Frequently disinfect commonly used surfaces, including personal exercise machines and equipment, countertops, vending machines, doorknobs, and hand washing facilities.
- ❑ Require patrons to disinfect individual exercise equipment, mats, and machines before and after use with provided disinfecting wipes. Ensure that lined, non-touch trash receptacles are available throughout the fitness facility to dispose of used wipes.

- ❑ If members are unable or unwilling to wipe/ disinfect equipment after exercise, provide “ready to clean” tags for members to place on equipment after use, to ensure equipment is disinfected by staff before the next use.
- ❑ Make sure all workers have been trained to use and have an adequate supply of all- purpose cleaners and disinfectants, when needed. Follow NY/OSHA requirements and manufacturer instructions for safe use and required personal protective equipment for cleaning products.
Trustedsafe.org recommends Selectocide 1g/ 5g/12g - Details in *Product Support Appendix*
- ❑ Workers should have enough ventilation (air flow) in areas where they are disinfecting.
- ❑ Only allow shower and locker room use if partitions are in place or signs have been posted to specify physical distancing requirements. If partitions or proper distancing are not possible, these facilities should remain closed.
- ❑ Ensure that sanitary facilities stay operational and are continuously stocked at all times. Provide additional soap, paper towels, and hand sanitizer when needed. Install hands-free devices, if possible, including motion sensor sinks faucets,

soap dispensers, sanitizer dispensers, and paper towel dispensers.

- ❑ Doors to multi-stall restrooms should be able to be opened and closed without touching the handles, using opening-devices, or powered door operators with the hand, whenever possible. If the door cannot be opened without touching the handle or door-operator with the hand, place a trash-receptacle by the door to ensure a paper towel can be readily disposed of when operating the door. The location and positioning of waste receptacles should not interfere with egress, evacuation, emergency equipment, or any reasonable accommodations provided under the Americans with Disabilities Act.
- ❑ Make sure trash cans are emptied regularly.
- ❑ Fitness facility patrons should be instructed that sinks could be an infection source and should avoid placing hairbrushes and other items directly on counter surfaces. Personal totes could also be used for personal items to limit their contact with other surfaces in the restroom or locker room.
- ❑ Clean HVAC intakes and returns daily - exterior only

- Patrons should be reminded to maintain six feet of distance from janitorial or custodial staff. Implement a process to regularly check in with workers to ensure visitors are following this protocol. Ensure workers are able to share such information without fear of reprisal or retaliation.
- Procure options for third-party cleaning companies to assist with the increased cleaning demand, as needed.
- Consider implementing a check-out system for patrons to utilize any small equipment and accessories (i.e. exercise bands, ropes, mats, foam rollers, etc.). Develop a process to clean and disinfect these items upon return.
- Follow CDC guidelines to ensure that all water systems are safe to use after a prolonged facility shutdown to minimize the risk of Legionnaires' disease and other diseases associated with water.
- Wherever possible, install touch less, automatic water dispensers for use with personal, reusable water bottles or single-use, disposable paper cups. Display signage reminding staff and patrons that the bottle or cup should not touch the water dispenser.

- If a touch less water dispenser is not possible, remind staff and patrons to wash their hands or use proper hand sanitizer before and after touching the water release button on drinking fountains.

- Customers are encouraged to bring their own water bottles. Encourage patrons to bring their own towels and mats and consider disbanding the provision of any facility-provided towels or personal hygiene products.

- For any towels, cloth wipes, or other laundered items. Provide a closed container where patrons can place used towels or other items. Ensure those items cannot be used again until properly laundered either by a commercial laundering service or an in-house laundering process. Store all clean linens in a clean, covered place. Ensure workers who handle dirty linens or laundry wear gloves.

- Have a staff member provide the linens or other materials upon request instead of setting up a self-serve area.

- Amenities, including magazines, books, self-serve water stations (unless touch less), and other items for patrons, must be removed from reception areas and elsewhere in the fitness facility. Non-essential

vanity items should also be removed from locker rooms to help reduce touch points and guest interactions.

- ❑ When choosing cleaning chemicals, employers should use products approved for use against COVID-19 on the Environmental Protection Agency (EPA)-approved list and follow product instructions. Use disinfectants labeled to be effective against emerging viral pathogens, diluted household bleach solutions (5 tablespoons per gallon of water), or alcohol solutions with at least 60% alcohol that are appropriate for the surface. Provide employees training on manufacturer's directions and NY/OSHA requirements for safe use. Workers using cleaners or disinfectants should wear gloves and other protective equipment as required by the product. Product recommendations and training available at [trusted-safe.org](https://www.trusted-safe.org)
- ❑ Consider installing portable high-efficiency air cleaners, upgrading the building's air filters to the highest efficiency possible, and making other modifications to increase the quantity of outside air and ventilation in offices and other spaces.
- ❑ Public restrooms are sanitized regularly using EPA approved disinfectants and following the

manufacturer's instructions for use, on the following schedule:

- Hand sanitizer, tissues and trash cans are available to the public at or near the entrance of the facility.
- A copy of this protocol is posted at all public entrances to the facility.
- Optional - Describe other measures you are taking (e.g. providing senior-only hours):

D. MEASURES THAT COMMUNICATE TO THE PUBLIC

E. MEASURES THAT ENSURE EQUITABLE ACCESS TO CRITICAL SERVICES

- Signage at the entry and/or where customers line up notifies customers of occupancy limits, requirements to maintain social distancing and that face coverings are highly recommended.
- Fitness facilities must take reasonable measures, including posting signage at all entrances and in strategic and highly-visible locations, to remind

employees and the public that they should practice physical! distancing and that the use of face coverings is highly recommended

- ❑ Online outlets of the establishment (website, social media, etc.) provide clear information about store hours, required use of face coverings in certain areas of the facility, limited occupancy, policies in regard to pre- booking, prepayment, and other relevant issues.
- ❑ Signage from monthly testing certification should be in strategic and highly visible locations, to remind employees and occupants that the facility has met all above guidelines



- Services that are critical to the customers/ clients have been prioritized.
- Transactions or services that can be offered remotely have been moved on-line.
- Measures are instituted to assure access to services for customers who have mobility limitations and/or are at high risk in public spaces.
- Consider implementing special hours designated for high risk or medically vulnerable populations,

including seniors with admittance by reservation only

- Any additional measures not included above should be listed on separate pages, which the business should attach to this document.
- This facility has received an **A** Fitness coalition rating

Chapter 3



TrustedSafe.orgTM and NYFC Monthly ATP Monitoring Program

Environmental Surfaces Implementation Guide for Monthly Fitness Facility Monitoring

The Centers for Disease Control and Prevention (CDC) has encouraged businesses associated with “high-risk” activities to develop an environmental cleaning and monitoring program to optimize the cleaning of high touch surfaces at terminal cleaning, as well as ensure quality control and improvement.

**How to go from standards and guidelines
to implementation of a routine quality control
program?**

There are five key components that go into the successful design and implementation of a routine cleaning monitoring program for environmental surfaces using the TrustedSafe™

Monthly Testing Program and FitnessSafe Grading.

1. Design a test plan and determine test points.
2. Identify Pass/Fail thresholds.
3. Determine frequency of testing.
4. Establish meaningful metrics.
5. Track, trend and regularly review test result data.

1. Design a Test Plan and Determine Test Points

Test-Points are identified as the specific item(s) to be tested.

The list of test points make up the **Test Plan**.

Environmental monitoring test plans fall into three general categories:

- Monthly audit of cleaned facility
- Equipment and high-risk areas
- HVAC and mechanical equipment

TrustedSafe™ and NYFC Test Plan Recommendations:

- Focus on those surfaces and equipment most at risk for cross-contamination.

- Take into consideration high-risk customer classes who are more susceptible to risk of infection.
- Monthly Audit of Cleaned Equipment & Accessories

A minimum of five (5) test points should be audited. Additional test points may be added based on facility considerations.

It is the responsibility of each fitness facility to develop and implement policies and procedures that support its unique needs and comply with all applicable laws, rules, regulations, standards and industry recommended practices.

TrustedSafeTM is providing this sampling guide as a resource. You are responsible for determining whether the recommendations contained herein are appropriate for your seeing and whether they will enable you to comply with any governmental or facility requirements, and your facility's policies and protocols.

- Free Weights
- Exercise Machines
- Yoga Mats Kettlebells
- Treadmills/Elliptical
- Kettlebells
- Spin Bikes

Monthly Audit of Back-of-House

A minimum of ten (10) test points should be audited. Additional test points may be added based on facility considerations.

- Main telephone
- Front desk keyboard
- Overhead light
- Debit/Credit
- Main OR light switch
- Main OR door push plate
- OR front desk surface
- Sales/GM Office
- Card machine
- HVAC Return
- Water Fountains

High Risk Areas and Equipment

A minimum of ten (10) test points should be audited. Additional test points may be added based on facility considerations.

- Hand Sanitizer Dispensers
- Sauna controls / doors
- Shower faucets / Curtains

- Interior doorknobs
- Bathroom stall doors
- Toilet flush handle
- Bathroom handrails by toilet
- Toilet seats
- Paper hand towel dispenser / Air Dryer
- Garbage cans

2. Pass/Fail Threshold

TrustedSafe™ recommends the following Pass/Fail thresholds for all test points. Threshold levels are supported in peer-reviewed clinical literature however may vary based on testing equipment and building use type. These thresholds have been shown to be effective in reducing the risk associated with transmission of environmental pathogens (e.g. *SARS-CoV-2, The novel coronavirus or COVID-19*). We consider fitness facilities that exceed 350 RLU's failing based on the following equipment thresholds set by manufacturers.

Hygiene

Pass ≤ 150 RLU Fail ≥ 151 RLU

3M

Pass ≤ 250 RLU Fail ≥ 251 RLU

3. Frequency of Testing – Confirmed COVID-19

In order to obtain statistically valid feedback, sufficient data should be collected on a routine basis, in the event there is a suspected or confirmed case of COVID-19. Areas chosen for audit should represent day-to-day variation in cleaning procedures as well as include the cleaning efforts of all staff members with EPA List N products.

Routine Audit of High-Risk Areas

Although some facilities do not consider the studios a high-risk area, it is recommended that each enclosed space be cleaned after each session, allowing for at least 15 minutes between classes.

Routine Audit of High-Risk Areas and Mobile Equipment

Although outdoor activity limits potential airborne contagions, surface ATP levels may increase due to environmental factors. As such we recommend 2x product applications and dwell 4me – specifically in high humidity.

Establishing Metrics

The target metrics for the facility should reflect the cleaning monitoring program objectives and may evolve and change over 4me.

- % Pass/Fail of combined data for an overall view of cleaning effectiveness.
- % Pass/Fail by section provides a means to target problem areas and surfaces.
- % Pass/Fail of high-risk areas, rooms and mobile equipment allows early identification of developing problems.
- % Pass/Fail by staff highlights training successes as well as identifies those needing to increase competency levels.

- **4. Track and Trend Test Result Data**

To obtain actionable feedback, sufficient data sets must be collected if a true understanding of cleaning efficacy is to be achieved. The TrustedSafeTM program provides intuitive result-driven metrics for quick, visual snapshots of cleaning performance and powerful reporting to manage and communicate results. Environmental surfaces should be monitored at the recommended frequency of testing so that any adverse trends can be detected in a timely manner.

TrustedSafeTM recommends that deep cleaning be conducted, at a minimum, once per week and testing be conducted, at minimum once a month, preferably immediately following a deep- clean.

- **Using Monitoring Data to Improve Routine Cleaning of Environmental Surfaces**

Monitoring data is typically used in two ways:

Quality Control: Monitoring results provide real-time feedback on cleaning efficacy. For areas undergoing routine audits, TrustedSafe™ recommends 80% of the test points should show passing results. If greater than 20% of the test points fail, then the entire room should be re-cleaned and re-tested. For those high-risk areas, rooms and mobile equipment, all failing test points should be re-cleaned and re-tested until passing values are achieved.

Process Improvement: The collection of monitoring results over time offers the opportunity to gather statistically- valid data sets that can be used to improve environmental cleaning practices.

- Identify aging, damaged surfaces or equipment that are difficult to clean.
- Identify when cleaning processes are not being performed according to established procedures.
- Assess effectiveness of training and competency protocols by highlighting both successes and improvement opportunities.

Appendix: Test Point, Mobile Equipment and High-Risk Area Recommendations

These are not exhaustive lists but serve as a starting point for developing sample plans.

Test Points: Direct or close points of member contact

- Membership Access System
- Call box/buYon
- Towel Service
- Support Railings*
- Audio/Visual System
- T.V./Stereo remote
- Member benches
- Scale (adjustment area)*
- Bathroom stall lock
- Lockers
- Locker Room sink*
- Locker Room light switch*
- Locker Room inner door knob*

- Bathroom inner door knob/plate and Bathroom handrails by toilet*
- Bathroom sink*
- Toilet seat*
- Toilet flush handle*
- Toilet top surface
- Toilet underside surface
- Toilet paper dispenser*
- Paper towel dispenser

* Test point recommendations from the *CDC Environmental Checklist for Monitoring Terminal Cleaning*, a part of the CDC Op4ons for Evaluating Environmental Cleaning Toolkit.

Test Points: Equipment

- Treadmill
- Stair Climber
- Elliptical
- Rowing Machine
- Universal Machines - Hand
- Universal Machines – Back and Seat
- Universal Machines - Pins
- Boxing / Kickboxing

- Supplied equipment, i.e. basketballs
- Benches
- Ropes
- Obstacle course / monkey bars
- Pull up / dip stations
- Free weights / bar & weight
- Free weight storage racks

Test Points: General Environmental

- Front door handles / knobs and Vending Machines
- Bathroom floors
- Trash lids
- Water fountain handles
- Floor areas near stretching area
- Floor areas stationary equipment
- Floor areas under mats in studios
- Flush handle staff toilets
- Internal and external door handles to side rooms

- Internal and external door handles to staff rooms
- Internal and external door plates to side rooms
- Staff tap handles wash basins
- Storage cupboards handles
- Kitchen refrigerator handle
- Kitchen work surface

High Risk Areas

- First Aid Stations
- Daycare Operation
- Sauna/Steam Room
- Shower Area **Mobile Equipment**
- Medicine balls
- Kettlebells
- Dumbbells
- Bars
- Storage cart
- Storage cabinets

- Resistance Bands
- Jump Ropes
- Boxes
- Speed Ladders
- Cones
- Any other HIIT based product

TrustedSafe™ ATP TesAng & Monitoring

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31-1981-0617-63

Chapter 4



Required Materials For Cleaning

- Disposable gloves and gowns
- Safety glasses
- TrustedSafe-approved disinfectant with efficacy against COVID-19
- Wipes
- Trash bags
- Product to perform hand hygiene (soap and water or hand sanitizer containing 60%-95% alcohol).

- **Cleaning and Disinfecting Surfaces**
- Allow fresh air to circulate in the area, outside doors and windows should be opened when possible.
- Wear disposable gloves when cleaning and disinfecting surfaces. Gloves should be removed aseptically and discarded after cleaning, followed by washing hands for 20 seconds with water and soap.
- TrustedSafe approved disinfectants that are registered with the EPA as effective against novel coronavirus should be used for all cleaning.
- Below are the processes that should be followed when cleaning specific areas:
 - **Restroom Cleaning:** Facilities, custodians and vendors should disinfect all sinks, toilets and toilet handles, door knobs, urinals and urinal handles, paper towel and soap dispensers, floors, stall handles, changing tables and door handles.

○ **Interior and Exterior of Building:** All door handles, elevator call buttons, door push plates, desks, conference tables, chairs, light switches, water fountains, bottle fill stations and all high- touch surfaces should be cleaned and disinfected.

- Approved electrostatic sprayers should be used, when applicable, to ensure appropriate surface coverage.
- For soft (porous) surfaces such as carpeted floor, rugs and mats, remove visible contamination if present and clean with appropriate cleaners indicated for use on these surfaces.
- During the cleaning process, all surfaces should have the appropriate contact time with disinfectant as indicated by the manufacturer. This can be ensured by leaving the surfaces to air dry but may require multiple coats of the product.
- **Personal protective equipment (PPE)**

- All employees must wear disposable gloves (i.e. nitrile, latex, or latex-free), when performing all cleaning.
- Gloves should be changed frequently, and hand hygiene should be performed after glove removal. Hand hygiene can be performed using either hand sanitizer that contains 70% alcohol or washing hands with soap and water for 20 seconds.
- **Resources**
- [CDC Guidance for Institutions of Higher Education: Plan, Prepare, and Respond to Coronavirus Disease](#)
- [CDC Guidance for Schools, Workplaces & Community Location Communities Facilities to COVID-19](#)
- [CDC Hand washing Information](#)

FOR FITNESS FACILITIES, GYMS, STUDIOS & CLUBS: PROPER DISINFECTION OF AREAS WITH CONFIRMED/SUSPECTED CASES OF COVID-19

The following information provides guidance on environmental cleaning and disinfection for rooms and areas with exposure to suspected or confirmed cases of COVID-19. The objective of these guidelines are to reduce the survival of the novel coronavirus SARS-CoV-2 that may be present in the environment and minimize the risk of exposure to staff responsible for cleaning. The recommendations included in these guidelines have been adapted from the CDC guidelines for fitness facilities.

Ownership should immediately contact TrustedSafe at 631-975-2199 for tracking of incident reporting. Provide the locations within the facility that had potential COVID-19 exposure and contact information. These areas, with confirmed cases, will require enhanced cleaning.

When a confirmed case is reported the area should be vacated and secured, except for trained cleaning staff.

Gym staff cannot be considered trained when it comes to proper viral disinfection unless advanced education has taken place.

In the event commercial cleaning companies are not immediately available leaving the area unoccupied allows the virus to be removed via normal environmental exposure. This would require at least 48 – 72 hours. A restricted access sign should be placed on the door of the area that requires cleaning.

PRODUCT WE WILL USE:



Selectocide™ 12G

Product Data Sheet Disinfectant/Sanitizer/
Tuberculocide/Virucide Fungicide/Algaecide/
Slimecide/Deodorizer

