

Cleaning Protocols & Guidelines for Athletics, Student Athletes and Coaches



APPENDIX

Product for employee use:

Alcohol-based sanitizer spray and paper towels; hand sanitizer and hand soap; PPE (personal protective equipment) is not required.

Hand sanitizer will be made available as athletes transfer from station to station.

Student Athletes and Coaches procedures for sanitizing for strength and conditioning workouts:

- **Alcohol-based sanitizer spray**
 - Spray alcohol-based sanitizer on standard weight bar, weight bench, weight seat, weights (if there is a change of weight) after each athlete completes a set of reps. Then wipe with a paper towel and air dry.
 - Spray alcohol sanitizer on gym sport court flooring after direct skin contact with gym sport court flooring. Air dry.
 - Athletic field conditioning; hand sanitizer stations will be made available at field location.
- **Student athlete's responsibility:**
 - Athletes should shower and wash their workout clothes immediately after returning home.
 - Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment/surfaces.
 - Hand soap: Wash hands for 20 seconds using disinfecting soap. Use hand sanitizer as needed.

Custodial Day Staff disinfection procedures during strength and conditioning workouts:

Custodial day staff will be assigned to assist student athletes and coaches during strength and conditioning workouts. Custodial day staff will assist with sanitizing during strength and conditioning workouts as student athletes rotate stations.

Custodial day staff will periodically disinfect during the day with a hospital grade-EPA registered disinfectant in restrooms and all high touch surfaces in and between groups of student athlete reporting for strength and conditioning workouts.

Custodial Night staff procedures for disinfecting after strength and conditioning workouts are completed:

Custodial night staff will disinfect all athletic areas, hard surface floors, restrooms, high-touch surfaces, weights and associated equipment with a hospital grade-EPA registered disinfectant and wipe with a microfiber cloth. Fogging of strength and conditioning room will be utilized as needed.