

GBLE Cleaning and Infection Prevention Policy

Background

To improve the transparency and accountability of GBLE's cleaning procedures following the Covid-19 pandemic, we have adopted this Cleaning Policy in effect for Phase 3. A revised policy will be issued in Phase 4.

This policy is in place to reduce the risk of spread or contamination if any of our members develop symptoms by minimise contact areas and maximising cleaning efforts.

Policy

Every open area of the gym will be disinfected by GBLE staff with an anti-bacterial and anti-viral agent after each class. For an exhaustive list of areas included please see the cleaning checklist attached in Appendix 1.

The person cleaning the gym will be provided with appropriate personal protective equipment while cleaning to protect themselves from cross-contamination.

To keep the cleaning manageable some areas of the gym will be kept shut to members for the duration of Phase 3. These include the office, 1 toilet and kitchen area.

Hand sanitising gel will be available in key areas including the gym entrance, the mat entrance and inside the bathroom to promote good hand hygiene practices. World Health Organisation posters showing appropriate hand washing and hand sanitising motions will be placed at these stations and in the bathroom to promote good technique.

As part of these infection prevention and control measures and to minimise high-touch surfaces we will ask members to minimise use of changing rooms and toilet to when absolutely necessary only. For the full non-contact opening hygiene & distancing rules see Appendix 2.

The Covid and Infection Control point of contact at GBLE will be Michael Dean, Mark Kidd and Gretchen Zoeller whose responsibilities will include promoting good hygiene and ensuring this policy is implemented. This policy will be reviewed once live and revised when entering Phase 4.

Appendix 1 – Cleaning Checklist

CLEANING CHECKLIST

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Week beginning: Sunday |
|-------------------------------|--------|---------|-----------|----------|--------|----------|---------------------------|
| ENTRANCE + CORRIDOR | | | | | | | |
| Fridge | | | | | | | |
| Shelf | | | | | | | |
| Photos and canvas prints | | | | | | | |
| Hoover doormat | | | | | | | |
| Shelving unit | | | | | | | |
| Wipe & stock hand gel | | | | | | | |
| Floors | | | | | | | |
| Disinfect high touch surfaces | | | | | | | |
| CHANGING ROOMS | | | | | | | |
| Shelving unit | | | | | | | |
| Benches | | | | | | | |
| Window sills | | | | | | | |
| Trash cans | | | | | | | |
| Floors | | | | | | | |
| Disinfect high touch surfaces | | | | | | | |
| MAT AREA | | | | | | | |
| Flat surfaces | | | | | | | |
| Radiators and door frames | | | | | | | |
| Electronics | | | | | | | |
| Wall mounted items | | | | | | | |
| Disinfect high touch surfaces | | | | | | | |
| Disinfect dummies if used | | | | | | | |
| Mop mats | | | | | | | |
| TOILET | | | | | | | |
| All surfaces | | | | | | | |
| Disinfect toilet and sink | | | | | | | |
| Wipe all handles and lock | | | | | | | |
| Wipe all dispensers and stock | | | | | | | |
| Floors | | | | | | | |

Examples of high touch surfaces include door handles, light switches, taps, dispensers, stair railings.

Appendix 2

Phase 3 non-contact opening hygiene & distancing rules.

- A limited schedule will be in place with one class a day as we will be cleaning the whole gym after each class.
- Classes will have to be booked in advance, there will be a mix of morning and evening classes, movement/conditioning classes. Info on how to book will follow closer to opening.
- Only 13 people plus the instructor will be allowed on the mats at the one time. Sessions will only be open for Monthly and regular paying members. No new members allowed to join at this time.
- Please stagger coming into the gym if you see other members in the car park or outside. Keep 2 meters of distance between each other on the stairs up and in the corridor.
- All classes will be NoGi. To minimise use of changing rooms please come to the gym in your NoGi gear or with it already on under your clothes.

- Avoid using the changing rooms unless absolutely necessary.
- Bring only what is necessary to the gym: water, wallet, keys. Place everything in a small bag and keep that in the corner of your mat section to avoid going into the changing rooms and to keep all your things together in one place.
- As always leave your shoes outside the mats. When stepping on the mats pick a square and stick to it. Keep your bag in your square.
- Please use the hand sanitising gel provided after touching anything, before stepping onto the mats, and before leaving the mats. This is provided at the entrance, at the bathroom entrance and at the entrance to the mats.
- When class finishes please stagger leaving the gym one by one.

Please remember, these measures will hopefully be for phase 3 only. We will continue to review these in accordance with English Government and Sport England guidance.