



COVID Cleaning



Facility

- Hand Sanitizer at entrance, exit, bathrooms, and high use areas
- Schedule, designate ‘cleaner for the day’, document
This could be various staff but also athletes!
Door handles, countertops, seating areas
Bathrooms, eating areas, high use areas
- At opening and closing (maybe between classes) have a wipe down plan– equipment, balls, floors
- Signs at entrance reminding people to Mask, Wash, Distance
- Signs at front desk– reminding people to sanitize
- Signs in facility positive messages “We will get through this together! Social Distancing Today keeps us together Tomorrow!”
- Space seating out at least 6 feet apart
- In bathrooms close sinks that are too close (6 feet)
- In gym/facility– mark spots that athletes must be to distance (6 feet) during practice)

People

- Masks at entrance and in facility unless working out
- Sanitize at entrance and exit and at least hourly during practice
- If there is contact with someone– wash hands (and face if needed)
- Social distance throughout practice, in bathrooms, in waiting room (6 feet)
- Keep belongings in separate spots rather than locker room or “cubbies”
- Each person with their own drinking bottle– no sharing, and no drinking fountains
- Coaches with contact with athlete should be in mask, sanitize between athletes
- Document “pods” or groups each day that are together in case there is a positive case– this will be the “Blue Tracer group”- see form

Tools for Staying Clean

- Throw away cloths– don’t use more than 1 day (or bleach clean daily)
- Sprays for equipment (at least 60% alcohol or another chemical that kills COVID)
- Sanitizer for hands (at least 60% alcohol)
- Masks
- Tape to put on floor for social distancing spots (6 feet)
- Signs

Need help?

Email “Support” on coaches page at www.wellbodykc.com