



Gymnastics Australia Weekly Webinar Q&A  
Cleaning and Equipment Hygiene  
Wednesday 20 May 2020

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1. Any specific cleaning advice for trampoline beds?

- Prefer to have only one athlete by trampoline/session
- Cleaning the net, padding, touching steel part, material touched in case of a fall (floor mats, etc.) and the Spotter safety mats after each session/ change of gymnast.
- Clean with damp mop using detergent

2. What about during rotation when the kids change should we avoid the change

After each rotation:

- Create a direction of rotation that allows no/least contact between the gymnasts and small gymnasts' groups.
- Always respect the safety distances will help you avoid having to over-clean your equipment.
- Always clean the sensitive parts (most often touched with the hands (rails, rings, vaulting table)
- Always ventilate well when using disinfectant and cleaning products.

3. Any specific cleaning advice for RG floor surface which is 13m\*15m cleaning please

- Vacuum daily with a vacuum cleaner with a HEPA filter
- All apparatus to be provided by the individual athlete. No athlete is to share apparatus.

4. Does anyone have info on fogging machines?

- They are not necessary and can be quite expensive to use on an ongoing basis.

5. Are there other options for covering the pit that would be suitable? There was talk of resi-pit covers but they could be pricey

- The easiest option is to cover foam pits with a tarp (tucked in around the foam) with mats placed on top of the tarp to allow for proper cleaning.



## 5 tips for clubs to get gymnastics equipment hygienically clean prior to re-opening Russell Smart

1. Products with Quaternary Ammonium Compounds (QAC's) are best for disinfecting the facility and equipment.

Should the club have a case of COVID-19, a QAC product would be required, in all other cases a routine cleaning program with household products for the equipment is sufficient.

2. Remember to wash first, then disinfect the equipment – mechanical clean (wipe)
  - a. (Disinfectants cannot do their jobs properly if they are used on dirty surfaces — because dirt and oil will consume the disinfectant and protect the germs)
  - b. For Balance beam tops, Pommel tops, Vault top or laminated bar rails: Not recommending any treatment other than normal cleaning.
  - c. If disinfecting is required, and in lieu of a QAC product, household products like Dettol and Pine o Clean, used as per manufacturer's instructions may be used.
  - d. All products may have damaging effects on these surfaces
  - e. Do not use products containing bleach on these equipment surfaces.
3. Remove all matting or soft shapes that are torn as they cannot properly be sanitised.
4. Cover foam pits with a tarp (tucked in around the foam) with mats placed on top of the tarp to allow for proper cleaning.
5. Carpet strips and sprung floors can be steamed cleaned.

### *Effective and easiest way for clubs to clean gymnastics equipment in between classes and in between athletes using equipment*

#### Clean between classes:

- Sanitise frequently used items and surfaces on a regular basis; including matting/soft shapes, apparatus uprights or steps used to mount equipment.

#### Athletes:

- Gymnasts should bring and use their own chalk, water bottles, and recover program equipment when possible (TheraBand or resistance bands, etc)
- Provide hand sanitiser at entry/exit of the facility and at each station. Required use at entry and before each rotation.