

# **Gymnastics Australia – Returning to training in a COVID-19 environment.**

## **1. 5 tips for clubs to get gymnastics equipment hygienically clean prior to re-opening.**

- a. 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.

- b. Remember to wash first, then disinfect the equipment – mechanical clean (wipe)  
(Disinfectants can not do their jobs properly if they are used on dirty surfaces — because dirt and oil will consume the disinfectant and protect the germs)

### **For Balance beam tops, Pommel tops, Vault top or laminated bar rails:**

Not recommending any treatment other than normal cleaning.

If disinfecting is required, and in lieu of a QAC product, household products like Detol and Pine o clean, used as per manufacturer's instructions may be used.

All products may have damaging effects on these surfaces

**Do not use products containing bleach on these equipment surfaces.**

- c. Remove all matting or soft shapes that are torn as they cannot properly be sanitised.
- d. Cover foam pits with a tarp (tucked in around the foam) with mats placed on top of the tarp to allow for proper cleaning.
- e. Carpet strips and sprung floors can be steamed cleaned.

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

- a. Clean between classes:
  - i. Sanitise frequently used items and surfaces on a regular basis; including matting/soft shapes, apparatus uprights or steps used to mount equipment.
- b. Athletes:
  - i. Gymnasts should bring and use their own chalk, water bottles and recover program equipment when possible (TheraBand or resistance bands, etc)
  - ii. Provide hand sanitiser at entry/exit of the facility and at each station. Required use at entry and before each rotation.