

## GYM EQUIPMENT—ENHANCED DISINFECTION GUIDANCE

FS No. 98-004-0420



Provide hand sanitizer (at least 60% alcohol) throughout the facility (or fitness area) and require patrons/Soldiers to sanitize hands—

- At facility entrance, or before beginning their fitness activities if conducted outdoors.
- After using each piece of equipment.
- Upon completing their fitness routine and departing the fitness site.

Provide disinfecting wipes for individuals to wipe down equipment surfaces that are in direct contact with skin (or body) after each use. Surfaces include but are not limited to—

- Hand grips on cardio equipment such as treadmills, bicycles, ellipticals.
- Hand grips on dumbbells, weight bars, and other strength-training systems.
- Pads/cushioned components such as fitness mats, bike seats, lifting benches, and other cushioned components of strength training machines.
- Fitness balls, rope handles, and other fitness accessories.

Any U.S. Environmental Protection Agency (EPA)-registered antimicrobial (disinfecting) wipe is appropriate for conducting individual wipe-down between uses.

- When disposable wipes or other disinfecting products are not available, prepare a “sanitizing” chlorine dilution that is between 100-200 parts per million (ppm). Chlorine is corrosive to metal and at higher concentrations can present a skin hazard. Dilutions greater than 200 ppm will require a clear water rinse.
  - The act of cleaning—wiping a surface—will remove “soils” where germs can hide, which also removes some of the microbes from the surface.
  - Applying a sanitizing concentration of bleach will not kill all of the microbes on the surface, but it will reduce the number of microbes to a safe level if applied after each equipment user.
  - Chlorine solutions must be prepared fresh each day. The free available chlorine [FAC] concentration of the prepared solution should be verified using an appropriate test strip or paper.
- Bleach solutions and other disinfectants should be applied using a spray bottle and disposable paper towels.
- Treated surfaces must be allowed to air dry before next use.

### Preparing Bleach Solutions

Concentration	Bleach with 5 to 6% Sodium Hypochlorite	Bleach with 8.25% Sodium Hypochlorite
100-200 ppm	½ Tablespoon bleach per 1 gallon of water	1 teaspoon bleach per 1 gallon of water
500 ppm	¼ cup bleach per 1 gallon of water	1.5 Tablespoons bleach per 1 gallon of water
1000 ppm	1/3 cup bleach per 1 gallon of water	3 Tablespoons bleach per 1 gallon of water

Conduct thorough cleaning and disinfection of all skin-contact surfaces of equipment after final use during the day.

- Use EPA-registered disinfectants on List N: Disinfectants for Use Against SARS-CoV-2 (the virus that causes COVID-19), available at: <https://www.epa.gov/pesticide-registration/selected-epa-registered-disinfectants>.
- If a listed product is not available, prepare a chlorine bleach disinfecting solution at a dilution of 1000 ppm.
  - The Centers for Disease Control and Prevention recommends chlorine bleach dilutions at 1000 ppm with a 1-minute wet contact time.
  - Surfaces disinfected using chlorine bleach must be wiped with clean water after the 1-minute wet contact time to remove any residuals.
- When using other EPA-registered products for disinfection, you must follow the manufacturer's label information regarding preparation of a diluted concentration, wet contact time (dwell time) to achieve disinfection, and rinsing requirements after treatment.

NOTE: General sanitation controls and guidance for gymnasiums and fitness operations are provided in Technical Bulletin, Medical (TB MED) 531, Facility Sanitation Controls and Inspections, chapter 3. Resources for purchasing chlorine test strips or paper are presented in Appendix B. This TB MED can be downloaded from the Army Publishing Directorate website at: [https://armypubs.army.mil/epubs/DR\\_pubs/DR\\_a/pdf/web/ARN16903\\_tbmed531\\_FINAL.pdf](https://armypubs.army.mil/epubs/DR_pubs/DR_a/pdf/web/ARN16903_tbmed531_FINAL.pdf).