



# UAA CLEANING/DISINFECTING MANUAL

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## **STATEMENT OF PURPOSE**

**The purpose of this document is to establish cleaning and disinfecting standards within the UAA in order to assist in the prevention of community-acquired infections. The best way to prevent the spread of community-acquired infections is by regular handwashing with soap and water and practicing appropriate hygiene. The UAA has chosen to utilize a variety of products to achieve these standards of cleanliness throughout our facilities. The products selected kill a variety of bacteria and viruses and are all EPA approved disinfectants for use against SARS-CoV-2 (COVID-19). There may be substitutes to these products based upon availability of product due to higher than normal demand of disinfectants. The substitutes will be EPA-approved disinfectants for use against SARS-CoV-2.**



# CLEANING, SANITIZING AND DISINFECTING

**CLEANING:** Removes dust, debris and dirt from a surface by scrubbing, washing and rinsing.

**SANITIZING:** Reduces the bacteria identified on the product's label on surfaces and in laundry.

**DISINFECTING:** Destroys or inactivates both the bacteria and viruses identified on the products label (like influenza and rhinovirus) on hard, nonporous surfaces.

Disinfecting hard, nonporous surfaces is one of the most reliable ways to lower the risk of spreading germs from surface by touch. You should disinfect, not sanitize because disinfectants are the only products approved by the EPA to kill viruses on hard surfaces.



# DISINFECTING PRODUCTS AND USE INSTRUCTIONS

## A. CLOROX TOTAL 360 SYSTEM ELECTROSTATIC SPRAYER

- Enables for cleaning of up to 18,000 sq. feet per hour. Can clean hard to reach places, including the side, underside, and backside of surfaces.
- Preparing the spray area: Secure equipment and consider removing paper products from the area to be treated. Ensure the individuals without PPE are not present in the area to be treated. If needed, remove gross soil from surfaces. Place signs or warning indicators outside the treatment area to indicate cleaning is in progress.
- Wear the appropriate PPE: Recommended to use eyewear protection. When using with Total 360 Disinfectant Cleaner: Protective gloves recommended. For prolonged use, use N95 respirator when using through Total 360 Electrostatic Sprayer.
- Operating Instructions: Standing with the sprayer nozzle approximately 2-4 feet away from surfaces, spray individual surfaces and objects, working from high to low areas using a slow, side to side motion until surfaces are covered with disinfectant, showing visible wetness for the desired contact time. Wiping is not required to ensure surface disinfection: however, you may choose to wipe specific surfaces to polish them (e.g., mirrors) or to remove visible residue after the contact time is achieved. Bystanders can immediately enter the area after treatment is complete.
- **When used with Clorox Total 360 Disinfectant Cleaner (Kills COVID-19 in 5 minutes).** Kills 99.9% of bacteria in 5 seconds. Kills cold and flu viruses, MRSA and norovirus in 2 minutes or less. One-step disinfecting. Eliminates odors. Sanitizes soft surfaces. Inhibits the growth of mold and mildew for up to 7 days.
- **When used with Clorox Anywhere Hard Surface Sanitizing Spray (Does NOT kill COVID-19).** Kills 99.9% of bacteria on hard, nonporous surfaces. Sanitizes hard, nonporous surfaces in 1 minute. Sanitizes hard, nonporous food contact surfaces in 2 minutes. Eliminates odor. Kills odor-causing bacteria.

## B. CLOROX COMMERCIAL SOLUTIONS OR HEALTHCARE HYDROGEN PEROXIDE DISINFECTING CLEANER (SPRAY KILLS COVID-19 IN 1 MINUTE. WIPES KILLS COVID-19 IN 2 MINUTES)

- For cleaning of hard and soft surfaces. Kills most bacteria and viruses within 30 seconds to 1 minute.
- This product will be utilized to clean up any and all body fluids, while following OSHA guidelines.
- **To Disinfect:** Pre-clean surfaces prior to use. Spray 6-8 inches from surface until surface is thoroughly wet. Allow the surface to remain completely wet for 60 seconds and wipe clean.



# DISINFECTING PRODUCTS AND USE INSTRUCTIONS

- This should be the primary daily cleaner used for all tables, benches, and equipment in both the Athletic Training Rooms and the Weight Room.
- This should be used for Food Contact Surfaces (Coolers, water bottles, lids, blenders, and ice machines. Post rinse is required.
- Compatible Hard Surfaces: Baked enamel, chrome, formica, glass, glazed ceramic, glazed porcelain, glazed tile, laminated surfaces, painted surfaces, plastic, porcelain enamel, stainless steel, and vinyl.
- Compatible Soft Surfaces: Canvas, cotton, nylon, polyester, and polypropylene.
- Not Recommended For: Aluminum, copper, galvanized steel, natural stone, porous plastic, rubber, silver, wood.

## **C. CLOROX ANYWHERE HARD SURFACE SANITIZING SPRAY (DOES NOT KILL COVID-19)**

- For use on water fountains, water bottles, coolers, ice machines, and blenders and any other food contact surfaces.
- Kills 99.9% of common illness causing bacteria, including Salmonella, Staphylococcus, and Streptococcus within 2 minutes.
- Spray on surface until thoroughly wet. Let stand for 2 minutes. No rinsing is necessary.

## **D. CLOROX/PURELL HAND SANITIZER (KILLS COVID-19 IN 20 SECONDS)**

- For use on hands when soap and water is not available.
- Kills 99.99% of germs within 20 seconds.
- Apply sanitizer on palms of each hand while holding hand in a claw position.
- Shuffle fingertips in palm of wet hand for 3 seconds (repeat with other hand).
- Interlock fingers on both hands and move in and out for 3 seconds.
- Rub hands vigorously for 10 seconds.
- Refer to “4 Steps to Sanitizing Hands” Chart for visual instructions.



# DISINFECTING PRODUCTS AND USE INSTRUCTIONS

## **E. LYSOL NEUTRA AIR 2 IN 1, DISINFECTANT SPRAY (KILLS COVID-19 IN 30 SECONDS)**

- Kills 99.99% of viruses and bacteria on hard surfaces when used as directed.
- For Hard Surfaces: Garbage cans, sinks, refrigerator exteriors, showers, toilet seats, doorknobs/handles, and telephones.
- Pre-clean surfaces prior to use. Hold can upright 6-8" from surface. Spray 3 to 4 seconds until covered with mist.
- For Soft Surfaces: Couches, sofas, mattresses.
- **To Disinfect:** Surfaces must remain wet for 3 minutes (COVID-19: 30 Seconds) then allow to air dry.
- **To Sanitize:** Surfaces must remain wet for 10 seconds then allow to air dry.
- Eliminates odors and prevents mold, mildew, and viruses on most surfaces.

## **F. CLOROX 4-IN-ONE DISINFECTANT & SANITIZER AEROSOL (CLOROX HEALTHCARE CITRACE) (KILLS COVID-19 IN 5 MINUTES)**

- For Hard Surfaces: Garbage cans, light switches, telephones, elevator buttons, remote controls, doorknobs or handles, weights and sports equipment.
- For Soft Surfaces: Curtains, chairs, couches, mattresses, bedspreads, mats and rugs.
- **To Disinfect & Deodorize:** Hold can upright 6-8 inches from surface. Spray surface until thoroughly wet. Let stand for 5 minutes. Heavy soil must be removed prior to disinfecting. A potable water rinse is required for food contact surfaces.
- **To Sanitize:** Hold can upright 6-8 inches from surface. Spray surface until thoroughly wet. Let stand for 30 seconds. Heavy soil must be removed prior to sanitizing.

## **G. ALCOHOL WIPES - 70% ISOPROPYL ALCOHOL (KILLS COVID-19 IN 5 MINUTES)**

- For use on IT Devices (Keyboards, computer mouse, cellphones and land lines).
- Do NOT use on LCD monitors.
- Avoid getting moisture in any opening.



# DISINFECTING PRODUCTS AND USE INSTRUCTIONS

## H. CLOROX DISINFECTING WIPES (KILLS COVID-19 IN 4 MINUTES)

- Safe to use in offices, kitchens, break rooms, and conference rooms, and on sealed granite, finished hardwood, tubs and shower walls. Can be used on certain IT surfaces.
- Do NOT use on LCD monitors.
- **To Disinfect:** Use on hard, nonporous surfaces. Wipe surface to be disinfected. Use enough wipes for treated surface to remain visibly wet for 4 minutes. Let surface dry.
- **To Sanitize & Deodorize:** Use on hard, nonporous non-food contact surfaces. Wipe surface. Use enough wipes for treated surfaces to remain visibly wet for 10 seconds. Let surface dry.

## I. CLOROX CLEAN UP + BLEACH (KILLS COVID-19 IN 1 MINUTE)

- Used to remove grease, grime and soap scum. Eliminates stains and odors.
- Kills mold and mildew.
- Used on tile, porcelain, laminate, and stainless steel surfaces.
- Spray 4-6 inches from surface until thoroughly wet. Let stand for 1 minute. Wipe with wet cloth or sponge and rinse with water.

## J. BLEACH SOLUTION (KILLS COVID-19 IN 1 MINUTE)

- Use a bleach that is intended for disinfection. Some bleaches, such as those designated for safe use on colored clothing or for whitening may not be suitable for disinfection.
- Used for mopping.
- Unexpired bleach will be effective against COVID-19 when properly diluted.
- 5 tablespoons (1/3rd cup) bleach per gallon of water OR 4 teaspoons bleach per quart of water.
- Bleach solutions will be effective for disinfection up to 24 hours.



# QUICK REFERENCE GUIDE TO COVID-19 KILL TIMES

<b>NAME</b>	<b>COVID-19 KILL TIME</b>
CLOROX TOTAL 360 DISINFECTANT CLEANER (FOGGER)	5 MINUTES
CLOROX ANYWHERE HARD SURFACE (FOGGER & SPRAY)	N/A - SANITIZE FOOD SURFACES
CLOROX HYDROGEN PEROXIDE DISINFECTING CLEANER (SPRAY & WIPES)	1 MINUTE FOR SPRAY & 2 MINUTES FOR WIPES
CLOROX/PURELL HAND SANITIZER	20 SECONDS
LYSOL NEUTRA AIR 2 IN 1, DISINFECTANT SPRAY (AEROSOL)	30 SECONDS
CLOROX 4-IN-ONE DISINFECTANT & SANITIZER (AEROSOL) (CLOROX HEALTHCARE CITRACE)	5 MINUTES
ALCOHOL PREP PADS - 70% ISOPROPYL ALCOHOL (WIPE)	5 MINUTES
CLOROX DISINFECTING (WIPES)	4 MINUTES
CLOROX CLEAN UP + BLEACH	1 MINUTE
BLEACH SOLUTION (1/3 CUP PER GALLON OF WATER OR 4 TSP PER QUART)	1 MINUTE



# UAA/ELITE RETURN TO WORK PLAN

The purpose of this section is to distinguish the responsibilities of the UAA Staff and Elite Staff in the cleaning, disinfecting and maintenance of each of the UAA facilities. Below are the guidelines for each facility/venue. If there is a specific cleaning plan that a certain facility has, that goes above and beyond these guidelines, that should be documented by the facility and may be implemented as well.

## DAILY CLEANING

### 1. OFFICE SPACES (COACHES, ADMINISTRATION, HR, OPERATIONS, ACCOUNTING, COMMUNICATION, IT, GATOR BOOSTERS)

- **UAA Staff Assistance:** It is the responsibility of each individual to keep their office space clean. Each day, clean your personal work station (keyboard, mouse, and phone) with alcohol wipes. Clean your desk space, chair arm rests and door handles with Clorox Disinfecting wipes. When possible, prop open your door to reduce contact.
- **Elite EOD Clean:** Elite staff will vacuum, remove trash, and disinfect doorknobs/handles.
- **Office Used Placards:** As staff slowly re-integrates back into the office, we need to make it simple for Elite to identify where they should allocate resources. By providing everyone who uses an office a simple hanging doorknob placard (like you see for hotel privacy), Elite can easily identify who has occupied a space and focus their attention there. Rather than wasting time cleaning/disinfecting a room that was unused that day.
- **Communal Spaces:** Spaces like bathrooms, kitchens, waiting areas, etc. will be cleaned and disinfected daily. Including wiping handles, surfaces, doorknobs, toilet seats, sink faucets, and dispensers.



# DAILY CLEANING

## 2. CONFERENCE ROOMS

- **UAA Staff Assistance:** It is recommended that any conference room is used, staff assist with wiping down and disinfecting any areas that may have been touched. UAA will provide disinfectant wipes in each conference room for this purpose. Staff should assist wiping the table, chair, phone, computer/tv equipment, etc. that they may have touched.
- **Elite EOD Clean:** Elite staff will do a thorough wipe down and disinfect of all conference rooms at the end of the day, including table, chairs, doorknobs, common surfaces, etc.

## 3. EQUIPMENT ROOMS

- **UAA Staff Assistance:** The equipment staff will be responsible for cleaning and disinfecting their respective equipment rooms daily. Each day, the staff will remove the trash, vacuum/sweep and mop the floors, clean and disinfect all countertops. Each time dirty laundry has been removed from a bin/hamper the equipment staff will clean and disinfect the laundry bin/hamper. Elite Staff will not be responsible for cleaning these spaces.

## 4. LOCKER ROOMS

- **UAA Staff Assistance:** With this an area of high volume and the close quarters, these spaces will be essential to keep clean and disinfected. While Elite will make every effort to keep them disinfected, it will be beneficial if each team could provide weekly schedules when practices and games will take place. This will allow Elite staff to plan when they can get into locker room facilities when teams have cleared out. Each locker room will have hand sanitizer at the entrance for student-athletes and staff to use on their way in and out of the room. Each locker room will have disinfecting wipes for student-athletes to wipe down their personal spaces.
- **Elite Post Practice/EOD Clean:** Elite staff will vacuum, remove trash and do a thorough wipe down and disinfection of all locker rooms at the end of the day, including table, chairs, doorknobs, common surfaces, etc.
- **Shower Facilities/Restrooms:** End of day, Elite staff will spray down shower facilities with disinfectant and wipe down all shower handles, toilet seats, sink handles, etc.
- **Weekly Disinfectant Bombs/Clorox Total 360 Spray:** To address surfaces that may be carrying bacteria and viruses but are more difficult to disinfect by hand, it is recommended that Elite fumigate the space either using a disinfectant “bomb” or the Clorox 360 system. This should happen on a weekly basis when the space will be clear for at least 12 hours.



# DAILY CLEANING

## 5. VISITING TEAM LOCKER ROOMS

- **UAA Staff Assistance:** The Equipment staff will go through the visiting team locker room and clean up the towels and pick up any trash.
- **Elite:** Elite will vacuum, clean bathroom, and take out the trash. It is recommended that Elite fumigate the space either using a disinfectant “bomb” or the Clorox 360 system. In season, this should happen on a weekly basis when the space will be clear for at least 12 hours.

## 6. TEAM ROOMS

- **UAA Staff Assistance:** Like the locker rooms, if team operations staff can provide any scheduled team meetings, meals, gatherings, etc. in team rooms, that would be helpful to plan Elite cleanings. We also recommend that team personnel (managers, nutrition staff, ops staff, etc.) assist with wiping surfaces regularly throughout the day and immediately after team gatherings in these spaces.
- **Elite EOD Clean:** Elite staff will do a thorough wipe down and disinfection of all areas of all team rooms at the end of the day, including tables, chairs, doorknobs, fuel station countertops, the outside of cabinets, fridge handles, as well as any common surfaces, etc.

## 7. INDOOR PRACTICE FACILITIES (COURTS, IPF)

- **UAA Staff Assistance:** Team staff can assist by propping doors to indoor facilities on the way in to practices to limit what surfaces are touched by athletes, coaches, and staff. It will be helpful if UAA staff can assist wiping down more specific equipment (shot clock keyboards, audio visual equipment, pilons, dummies, basketball hoop rims, chairs, etc.) Again, providing practice schedules will help Elite to plan when they can follow up.
- **Elite Post Practice Clean:** Based on schedules or at end of day, Elite staff can come through and wipe down common surfaces (door knobs, water fountains, etc.) and clean/disinfect related bathrooms that may have been used during the practice time. Elite will also mop/clean courts as needed.



# DAILY CLEANING

## 8. WEIGHT ROOMS

- **UAA Staff Assistance:** Weight room staff, strength and conditioning coaches, interns and volunteers will need to assist with disinfecting and wiping down all shared equipment after each team has completed a workout. Disinfectant wipes should be provided at all cardio and weight areas of the facility and anyone using equipment should be required to wipe down their own equipment after every use. Hand sanitizers should be available upon entrance to all weight room facilities for use by athletes and staff when entering/leaving a weight room.
- **Elite:** Continue with ongoing weight room maintenance. Vacuum, mop, remove trash, and ensure the following areas have been thoroughly wiped down and disinfected at the end of the day. All common surfaces including door knobs, counter tops, storage cubbies, etc. **Weekly Disinfectant Bombs/Clorox Total 360 Spray:** To address surfaces that may be carrying bacteria and viruses but are more difficult to disinfect by hand, it is recommended that Elite fumigate the space either using a disinfectant “bomb” or the Clorox 360 system. This should happen on a weekly basis when the space will be clear for at least 12 hours.

## 9. ATHLETIC TRAINING FACILITIES

- **UAA Staff Assistance:** Sports Health staff will perform cleaning on a daily basis in each Athletic Training facility, including, but not limited to cleaning, sanitizing and disinfecting treatment tables, taping tables, modalities, rehabilitation equipment, physician offices, whirlpools, countertops, water bottles, coolers and common spaces. In the Treatment rooms, in the Lemerand Center, each treatment specialist will clean the surfaces and door handles in the room after each patient.
- **Elite:** Elite staff will vacuum, mop, remove trash and do a thorough wipe down and disinfection of Athletic Training facilities at the end of the day including: chairs, restroom (when applicable), doorknobs, common surfaces, etc. Elite staff will also clean, vacuum and disinfect the three treatment rooms in the Lemerand Center across from the Equipment Room.



# DAILY CLEANING

## 10. NUTRITIONAL FUELING STATIONS AND KITCHENS

- **UAA Staff Assistance:** Nutrition staff will perform cleaning on a regular basis in the Hawkins Center and Weight Room Nutrition areas, including but not limited to, cleaning and disinfecting countertops, fridge and freezer handles, and commonly touched surfaces before and after high-volume periods (9:20am, 10:40am, and 1:00pm). Wipes should be provided on tables in the lower level of the Hawkins Center for athletes to wipe down after use. Nutrition staff will perform cleaning on a daily basis in the office spaces of the Hawkins Center, including but not limited to, cleaning and disinfecting workstations, doorknobs, patient chairs, and common spaces.
- **Elite:** Elite staff will clean the Hawkins Fuel Bar area and the Weight Room Fuel Bar area after high-volume times, as well as at the EOD. High volume times may adjust related to schedules but for the time being will be identified as the following: 8am and 2pm in the weight room, and 10:40am in the Hawkins Center. In the weight room fuel bar, Elite will remove trash and do a thorough wipe down and disinfection of all countertops, door knobs, and fridge doors as well as mopping the floor. In the Hawkins Fuel Bar, Elite will remove trash and do a thorough wipe down and disinfection of all countertops, door knobs, and fridge doors, as well as all tabletops and chairs.

## 11. ACADEMICS - HAWKINS CENTER

- **UAA Staff Assistance:** To increase the frequency of disinfection when Elite is unavailable, daily, Hawkins Center staff will assist in the disinfection of common contact points: stair rails, elevator buttons, front entrance door handles, personal workspaces (keyboards and personal desk area), technology (screens, keyboards, mice, etc.), propping general doors whenever appropriate, propping restroom doors, as well as being diligent about office sanitation supply levels. Additionally, under future consideration is the elimination of the fingerprint scanners for access to the facility and check-in to the study hall on the third floor to eliminate additional contact points, if possible.
- **Elite:** Elite staff will perform daily cleaning of the Hawkins Center, which includes: offices, tutoring rooms, computer labs, Nutrition, players lounges, large atrium, biomechanics lab, Mental Health, and the UF side of Farrior Hall (Liberal Arts). This will include vacuuming, mopping, removing trash, cleaning glass, cleaning restroom areas, and other routine daily responsibilities at their regularly scheduled times. To assist with disinfecting, Elite will disinfect all common surfaces, door handles, stair rails, elevator buttons, workspaces,



# DAILY CLEANING

frequently used upholstery (Player's Lounge area), restrooms, etc. They will disinfect 2-3 times daily, when possible. **Weekly Disinfectant Bombs/Clorox Total 360 Spray:** To address surfaces that may be carrying bacteria and viruses but are more difficult to disinfect by hand, it is recommended that Elite fumigate the space either using a disinfectant "bomb" or the Clorox 360 system. This should happen on a weekly basis when the space will be clear for at least 12 hours.

## 12. GATOR ROOM, TOUCHDOWN TERRACE, CHAMPIONS CLUB

- **UAA Staff Assistance:** Those responsible for coordinating meetings, meals, gatherings, etc. in these venues will need to coordinate with Facilities to plan Elite cleanings. We also recommend that those coordinating these events assist with wiping surfaces, and discarding of trash immediately after gatherings in these spaces.
- **Elite:** Elite staff will perform cleaning, vacuum, and remove trash following all scheduled events, and given enough time to clean prior to another event starting.

## 13. VEHICLES

- **UAA Staff Assistance:** Any commonly shared UAA vehicle will be expected to remain clean after each use. Clorox Disinfecting Wipes and Clorox 4-in-1 Disinfectant Spray (Clorox Healthcare Citrace) will be kept inside each vehicle (Only wipes in Golf Carts and John Deere Gator) to disinfect common surfaces (Steering wheel, arm rests, seats, shifters, etc.) after each use. Elite staff is not expected to clean any UAA vehicles.



# ATHLETIC EVENT CLEANING

## 1. PRE-EVENT

- Check that all hand sanitizers are full (including those mounted on concourse)
- Wipe down common surfaces in restrooms
- Wipe down counters at concessions stands (concessions crew)

## 2. IN-GAME

- On site staff rotating through bathrooms constantly during game
- Wipe down common surfaces in restrooms
- Wipe down counters at concessions stands (concessions crew)

## 3. POST-EVENT

- Full clean, prep, and disinfection of facility for next day including:
- Wiping common surfaces throughout team facility, concourse bathrooms, press box, umpires'/officials' locker room, visiting team locker room
- Wipe down counters at concessions stands, disinfect common surfaces inside of stands like fridges, cash registers, etc. (concessions crew)



# DAILY CLEANING/DISINFECTING GUIDELINES

Beyond the additional cleaning and sanitizing efforts taken by the UAA's custodial vendors, we are asking that all UAA staff assist with additional precautionary measures in and around their office spaces. These measures, as outlined below, will help ensure a clean work environment for you and your fellow employees. Your department will pick up supplies from procurement. Please communicate any additional cleaning/disinfecting needs for Elite through Will Kraus.

## OFFICES SPACES - DAILY CHECKLIST

### 1. OPENING

- Limit what you touch! Use keys or other objects to push elevator buttons, keypads, etc. Use disabled push-buttons on applicable doors to limit touching of handles. Once inside, wash or disinfect hands.
- When opening an office suite, the first person to enter should prop common doors
- Open your office door and leave the door propped
- Clean your personal work station (Keyboard, Mouse, Phone) with alcohol wipes (Kill time = 5 Min.)
- Clean your desk, chair, door handle, and light switch with Clorox Disinfecting Wipes (Kill time = 4 Minutes)

### 2. HALLWAYS/OFFICE DOORS

- Hallways should be for foot traffic only; please do not stand and socialize in these spaces. Please stay on the right-hand side when walking down halls to make it easy to pass others.
- Do not congregate outside of an office door as it leads to leaning on or touching of someone else's doorframe



# OFFICES SPACES - DAILY CHECKLIST

## 3. OFFICE SPACES

- Offices should be limited as much as possible to the sole occupant of that space. Limiting meetings in office spaces is encouraged; but if needed the common surfaces should be disinfected after a guest has been inside. Remember to stay six feet apart.

## 4. CONFERENCE ROOMS

- Conferences will be limited to allow proper social distancing measures of six feet
- Clorox Disinfectant Wipes will be available in each Conference Room
- Post-meeting, please wipe all used seating areas, table surfaces, shared phones, remotes, wires, door handles, etc. with Clorox Disinfectant Wipes (Kill Time = 4 Minutes)
- Conference rooms should have at least a 15-minute buffer between meetings to allow disinfectants to work

## 5. KITCHENS

- Limit kitchen use to one person at a time
- Clorox Disinfectant Wipes will be available in each Conference Room
- Do not touch others food/containers in fridge or otherwise
- Highly encourage staff to not use shared appliances (coffee makers, toasters, etc.) but if you do, please disinfect surface you touch

## 6. CLOSING/LEAVING

- Unprop and secure your office door and last person in office should secure suite doors
- Please put a hang tag on your door to notify cleaning staff you were on site and your space needs cleaning
- Limit what you touch on the way out and sanitize your hands when you exit the facility



# STRENGTH & CONDITIONING - DAILY CHECKLIST

The Strength & Conditioning Staff(s), including interns/volunteer coaching staff members will perform daily cleaning in the SEZ, including but not limited to cleaning, sanitizing, and disinfecting surfaces, equipment, office spaces, and workout areas where athletes/teams have trained. Coaches will work collaboratively to ensure cleanliness of space pre/post training sessions. Weekly inventory will be taken for all cleaning/disinfecting supplies and PPE. These guidelines can be exceeded if necessary.

**SEZ Access:** Fall 2020, we will temporarily suspend UAA staff access to prioritize the health and safety of our student-athletes as we return to training. Student-Athletes are permitted to train only during scheduled team sessions, unless alternate training times are confirmed with their Strength Coach, and it doesn't interfere with team sessions.

## 1. OPENING

- Clean all doorknobs/handles and trash can lids with Lysol Neutra Air 2 in 1, Disinfectant Spray
- Clean your personal work station (Keyboard, Mouse, Phone) with alcohol/sanitizing wipes
- Clean your desk, chair, door handle, and light switch with Clorox Disinfecting Wipes or Hydrogen Peroxide Disinfecting Wipes
- Check levels of hand sanitizer and cleaning wipes in all locations

## 2. DOORS/ENTRANCE

- Prop entrance and exit door(s) to allow hands free movement in/out of SEZ
- Hand Sanitizer at all entrances/exits

## 3. PLATFORMS/RACKS

- Team effort to ensure efficiency of cleanliness procedures between training groups
- Staff and student-athletes are expected to sanitize areas used after each team session
- Designate an individual to spray (plates, bars, platforms) and let sit for 1 min.
- Another individual will follow and wipe equipment with cleaning towel



# STRENGTH & CONDITIONING - DAILY CHECKLIST

## 4. EQUIPMENT “ACCESSORIES”

- Disinfect after each use (Grids, Lacrosse Balls, Bands, Med. Balls, Sleds, Hurdles, etc.)
- *Out of Order*: Temporarily discontinue the use of weight vests

## 5. STORAGE CUBBIES

- Student-athletes will be asked to wipe individual storage cubbies immediately following training sessions, before taking personal items

## 6. GATORADE WATER COOLERS AND BOTTLES

- Clean all Gatorade coolers, water bottles, lids, and racks with Clorox Hydrogen Peroxide Spray
- Clean water bottles and lids after each workout group. Empty, clean and disinfect water coolers at the end of each day
- Spray and let sit for at least 60 seconds. Rinse and let air dry

## 7. USE OF TOWELS

- Towels used must be taken by the individual athlete Immediately following team sessions to a location determined by the equipment staff, where they can be efficiently transferred to the washing machine
- No used towel hamper will remain in the SEZ

## 8. CLOSING

- Disinfect all counter tops, individual work spaces using Clorox Hydrogen Peroxide Disinfectant Spray
- Doors will remain locked with the exception scheduled Elite staff for their responsibilities
- Mop, trash removal, etc.



# ATHLETIC TRAINING - DAILY CHECKLIST

Sports Health staff will perform cleaning on a daily basis in each Athletic Training Facility, including, but not limited to cleaning, sanitizing and disinfecting treatment tables, taping tables, modalities, rehabilitation equipment, physician offices, whirlpools, countertops, water bottles, coolers and common spaces. In the Treatment rooms, in the Lemerand Center, each treatment specialist will clean the surfaces and door handles in the room after each patient. Weekly inventory will be taken for all cleaning/disinfecting supplies and PPE. These are guidelines that can be exceeded if necessary in individual Athletic Training Facilities, which may include additional cleaning and additional spaces (Meeting rooms, conference rooms, accessory treatment rooms, etc.).

## 1. OPENING

- Disinfect all treatment/taping tables, stools, whirlpools, and countertops with Clorox Hydrogen Peroxide Disinfectant Spray

## 2. DOORS/ENTRANCE

- When possible, prop open doors entering and within Athletic Training Facility to reduce contact
- Hand sanitizer at all entrances/exits

## 3. TREATMENT TABLES/STOOLS

- Clorox Hydrogen Peroxide Disinfectant Spray at each table
- Clean after each athlete
- Spray and let sit for 1 min. then wipe with cleaning towel

## 4. REHAB AREA

- Clorox Hydrogen Peroxide Disinfectant Spray Bottle at Rehab area
- Disinfect after each use
- Spray and let sit for 1 min. then wipe with cleaning towel



# ATHLETIC TRAINING - DAILY CHECKLIST

## 5. MODALITY CARTS

- Gloves and hand sanitizer at each modality cart
- Clean modality attachments/equipment after each use (See Modality Cleaning Chart)

## 6. WET ROOM

- Clean all stainless-steel whirlpools with Clorox Hydrogen Peroxide Disinfectant Spray
- Disinfect after each use
- Spray and let sit for 1 min. then wipe with cleaning towel

## 7. WATER BOTTLES/RACKS/COOLERS

- Clean with Clorox Hydrogen Peroxide Spray
- Clean after each practice/workout/game
- Spray and let sit for at least 60 seconds. Rinse and let air dry

## 8. DOCTOR'S OFFICES (WHEN APPLICABLE)

- Clorox Hydrogen Peroxide Disinfectant Spray in Doctor's Office
- Clean exam table and countertop after each encounter
- Spray and let sit for 1 min. then wipe with cleaning towel

## 9. CLOSING

- Disinfect all tables and counter tops Clorox Hydrogen Peroxide Disinfectant Spray
- Emphasize importance of keeping ATR locked overnight to Elite staff to eliminate unknown traffic
- Mop we room/storage room with Bleach solution (1/3 Cup Bleach per Gallon of water)



# EQUIPMENT - DAILY CHECKLIST

The equipment staff will be responsible for the daily cleaning and disinfecting their respective equipment rooms. Each day, the staff will remove the trash, vacuum/sweep and mop the floors, clean and disinfect all countertops. Each time dirty laundry has been removed from a bin/hamper the equipment staff will clean and disinfect the laundry bin/hamper. Weekly inventory will be taken for all cleaning/disinfecting supplies and PPE. These are guidelines that may be exceeded if necessary in individual Equipment Rooms, which may include additional cleaning and additional spaces (Locker rooms, meeting rooms, player lounges, etc.).

## 1. OPENING

- Disinfect all countertops with Clorox Hydrogen Peroxide Disinfectant Spray
- Clean all doorknobs/handles and trash can lids with Lysol Neutra Air 2 in 1, Disinfectant Spray
- Clean your personal work station (Keyboard, Mouse, Phone) with alcohol wipes
- Clean your desk, chair, door handle, and light switch with Clorox Disinfecting Wipes or Hydrogen Peroxide Disinfecting Wipes
- Check levels of hand sanitizer in all locations and refill if empty

## 2. DOORS/ENTRANCE

- When possible, prop open doors entering and within Athletic Training Facility to reduce contact
- Hand sanitizer at all entrances/exits

## 3. DIRTY LAUNDRY/EQUIPMENT

- Always use gloves when handling dirty laundry/Equipment. Properly remove gloves and wash/sanitize hands after handling dirty laundry
- Disinfect laundry bins/hampers after each dirty load is emptied with Lysol 2 in 1 Neutra Air, Disinfectant Spray

## 4. PRACTICE/GAME EQUIPMENT

- Any padding or equipment used during athletic activity should be cleaned after practice with Clorox Hydrogen Peroxide Disinfectant Spray



# EQUIPMENT - DAILY CHECKLIST

## 5. STUDENT-ATHLETE INDIVIDUAL BINS

- Spray the outside of the individual combination lock bins with Lysol 2 in 1 Neutra Air, Disinfectant Spray once per day

## 6. WASHER AND DRYERS

- Washer and dryer handles and buttons should be cleaned and disinfected frequently throughout the day with Clorox Hydrogen Peroxide Disinfecting Wipes

## 7. COUNTERTOPS/WORK STATIONS

- Countertops and work stations where there is high volume of human traffic and dirty equipment should be cleaned/disinfected frequently throughout the day with Clorox Hydrogen Peroxide Disinfectant Spray

## 8. FLOORING

- Carpet will be vacuumed daily
- Tile and concrete will be swept daily

## 9. CLOSING

- Closing all countertops and work stations with Clorox Hydrogen Peroxide Disinfectant Spray
- Clean all doorknobs/handles and trash can lids with Lysol Neutra Air 2 in 1, Disinfectant Spray
- Take out the trash/recyclables
- Mop wet room/storage room with Bleach solution (1/3 Cup Bleach per Gallon of water)
- Clean all sinks/wash stations with Clorox Hydrogen Peroxide Disinfecting Spray
- Check levels of hand sanitizer and refill if empty



# NUTRITION - DAILY CHECKLIST

Nutrition staff will perform cleaning on a regular basis in the Hawkins Center, Football, and SEZ Weight Room Nutrition areas, including but not limited to, cleaning and disinfecting countertops, fridge and freezer handles, and commonly touched surfaces before and after high-volume periods (9:20am, 10:40am, and 1:00pm). Nutrition staff will perform cleaning on a daily basis in the office spaces of the Hawkins Center, including but not limited to, cleaning and disinfecting workstations, doorknobs, patient chairs, and common spaces. Weekly inventory will be taken for all cleaning/disinfecting supplies and PPE.

## 1. OPENING

- Disinfect countertops and commonly touched surfaces with Clorox Hydrogen Peroxide Disinfectant Spray
- Disinfect fridge and freezer handles with Clorox Hydrogen Peroxide Disinfectant Wipes
- Clean all doorknobs/handles and trash can lids with Lysol Disinfectant Spray, Neutra Air 2 in 1
- Clean your personal work station (Keyboard, Mouse, Phone) with alcohol wipes
- Clean your desk, chair, door handle, and light switch with Clorox Disinfecting Wipes or Hydrogen Peroxide Disinfecting Wipes
- Check levels of hand sanitizer in all locations and refill if empty
- Check levels of soap and paper towels in the Demo Kitchen hand washing station

## 2. DOORS/ENTRANCE

- The Nutrition Suite doors will remain propped open during open hours and when possible, individual office doors will remain open unless necessary to protect HIPAA
- Hand Sanitizer at all entrances/exits

## 3. FUEL STATION (HAWKINS)

- Clorox Hydrogen Peroxide Disinfectant Spray at each location
- Clean countertops at the following high-volume periods: 9:20am, 10:40am, and 1:00pm, as well as at the end of each volunteer shift
- Spray and let sit for 1 min. then wipe with cleaning towel



# NUTRITION - DAILY CHECKLIST

- Carefully avoid food contact on surfaces treated with disinfectant
- Clean Visi-Cooler handles using Clorox Hydrogen Peroxide Disinfecting Wipes
- Clean at the following high-volume periods: 9:20am, 10:40am and 1:00pm, as well as at the end of each volunteer shift

## 4. FUEL STATION (WEIGHT ROOM AND FUEL TRUCK)

- Clorox Hydrogen Peroxide Disinfectant Spray at each location
- Clean countertops after each team lift and at the end of each volunteer shift
- Spray and let sit for 1 min. then wipe with cleaning towel
- Carefully avoid food contact on surfaces treated with disinfectant
- Clean Visi-Cooler handles using Clorox Hydrogen Peroxide Disinfecting Wipes
- Clean after each team lift as well as after each volunteer shift
- Clean keys with alcohol wipes

## 5. FOOTBALL FUEL STATION

- Clean countertops, tables, and Gatorade cart using Clorox Hydrogen Peroxide Disinfectant Spray
- Clean every hour during open hours
- Spray and let sit for 1 min. then wipe with cleaning towel
- Carefully avoid food contact on surfaces treated with disinfectant
- Clean cooler handles, food warmer handles and other commonly touched surfaces using Clorox Hydrogen Peroxide Disinfecting Wipes
- Clean every hour during open hours
- Clean inside of food warmer using Clorox Hydrogen Peroxide Disinfecting Spray
- Clean at the end of each meal before the next delivery.
- Spray and let sit for at least 30 seconds then rinse and air dry.



# NUTRITION - DAILY CHECKLIST

## 6. NUTRITIONAL STORAGE AREAS (GATE 15, SEZ)

- Clean all door handles and fridge handles with Lysol Disinfectant Spray, Neutra Air 2 in 1
- Clean daily and after each delivery
- Request access to the nutrition storage area be limited to nutrition staff to eliminate high foot traffic throughout the day

## 7. NUTRITION OFFICES

- Clorox Hydrogen Peroxide Disinfectant Wipes Container at each office
- Disinfect chairs after each encounter
- Wipe and let sit for 2 min.

## 8. DEMO KITCHEN

- Clorox Hydrogen Peroxide Disinfectant Spray located near sink
- Countertops and stools cleaned after every use
- Spray and let sit for 1 min. then wipe with cleaning towel
- Carefully avoid food contact on surfaces treated with disinfectant.
- Clean kitchen utensils and equipment via dishwasher or the three-compartment sink using EcoLab Detergent and sanitizer
- Clean immediately after each use

## 9. GOLF CART

- Clorox Hydrogen Peroxide Disinfectant Wipes located in Gate 15 storage near golf cart keys
- Disinfectant golf cart seats, steering wheel, and keys after each use
- Wipe and let sit for 2 min.



# NUTRITION - DAILY CHECKLIST

## 10. CLOSING

- Disinfect all countertops, fridge and freezer handles and commonly touched surfaces with Clorox Hydrogen Peroxide Disinfectant Spray/Wipes
- For football, thoroughly clean the inside of the Gatorade cart as well as the food warmers using the Clorox Hydrogen Peroxide Disinfecting Spray.
- Mop fuel station, storage room, and demo kitchen with Bleach solution (1/3 Cup Bleach per Gallon of water)
- Take cleaning towels and laundry to SEZ equipment room



# HAWKINS CENTER - DAILY CHECKLIST

Hawkins Center staff will aid in the cleaning/sanitation of the Hawkins Center on a daily basis, including, but not limited to cleaning and disinfecting personal office spaces, main work spaces, highly trafficked areas, stair rails, elevator buttons, and main entrance door handles, sanitize/disinfect frequently used technology (screens, mice, keyboards, etc.). Weekly inventory will be taken for all cleaning/disinfecting supplies and PPE. These guidelines will be employed in the Hawkins Center and can be exceeded as needed.

## 1. OPENING

- Clean all doorknobs/handles/elevator buttons with Clorox 4-in-One Disinfectant Spray (Clorox Healthcare Citrace)
- Clean your personal work station (Keyboard, Mouse, Phone) with alcohol wipes
- Clean your desk, chair, door handle, and light switch with Clorox Disinfecting Wipes or Hydrogen Peroxide Disinfecting Wipes
- Check levels of hand sanitizer in all locations. Refill if empty.

## 2. DOORS/ENTRANCE

- When possible, prop open main corridor/bathroom/entrance doors within the Hawkins Center to mitigate points of contact
- Hand Sanitizer stations at all main concourses.

## 3. ELEVATOR

- Limit what you touch! Use keys or other objects to push elevator buttons, keypads, etc.
- Clorox 4-in-One Disinfectant Spray (Clorox Healthcare Citrace) to clean elevator buttons each hour.

## 4. PERSONAL OFFICES/CONFERENCE ROOMS

- Clorox Disinfecting Wipes
- Sanitize/disinfect personal workspace (surfaces, door handles, etc.) after each interaction with a student, or extended interaction with other staff members



# HAWKINS CENTER - DAILY CHECKLIST

## 5. RECEPTION DESKS

- Clorox Disinfecting Wipes
- Disinfect personal workspace after each extended interaction with a student as needed, or extended interaction with other staff members as needed

## FIRST FLOOR MAIN AREAS OF CONCERN

### 1. RECEPTION DESK/PRINT STATION

- Clorox Disinfecting Wipes
- Sanitize/disinfect personal workspace after each extended interaction with a student as needed, or extended interaction with other staff members as needed
- Sanitize/disinfect surfaces and technology in Print Station (alcohol wipes on all technology, except for LCD screens)

### 2. PLAYERS LOUNGE

- Clorox Hydrogen Peroxide Disinfectant Spray on surfaces/upholstery
- Clean once every 30-60 minutes pending frequency of use
- Spray and let sit for 1 min. then wipe with cleaning towel

### 3. AUDITORIUM

- Clorox Hydrogen Peroxide Disinfectant Spray common surfaces
- Disinfect after each event - refer to auditorium calendar to determine frequency of disinfecting thereafter

### 4. RESEARCH SUITE/MENTAL HEALTH SUITE

- Communicate with Stacey Higgins and Kathleen Joseph to determine frequency of use of these spaces and disinfect as frequently as needed using the approved cleaners



# HAWKINS CENTER - DAILY CHECKLIST

## SECOND FLOOR AREAS OF CONCERN

### 1. UAA/UF SHARED ENTRYWAY

- Emphasize importance of keeping entryway locked overnight to eliminate unknown traffic at each entryway to Elite Staff

### 2. STAFF LOUNGE

- Clorox Disinfecting Wipes
- Sanitize/disinfect all common surfaces

### 3. CONFERENCE ROOM

- Clorox Disinfecting Wipes
- Sanitize/disinfect all common surfaces, door handles, etc., after each meeting - refer to Conference Room calendar to determine frequency of meetings/disinfecting needs

## THIRD FLOOR AREAS OF CONCERN

### 1. RECEPTION DESK

- Clorox Disinfecting Wipes
- Sanitize/disinfect personal workspace after each extended interaction with a student as needed, or extended interaction with other staff members as needed

### 2. PERSONAL OFFICES

- Clorox Disinfecting Wipes
- Sanitize/disinfect personal workspace (surfaces, door handles, etc.) after each interaction with a student, or extended interaction with other staff members



# HAWKINS CENTER - DAILY CHECKLIST

## 3. STAFF LOUNGE

- Clorox Disinfecting Wipes
- Sanitize/disinfect all common surfaces

## 4. TUTORING ROOMS/COMPUTER LABS

- Clorox Disinfecting Wipes
- Sanitize/disinfect common surfaces and door handles following each tutoring appointment, or frequent use of computer labs
- Observe scheduled tutoring appointments to be diligent about disinfecting utilized spaces as often as they're used

## HAWKINS CENTER TECHNOLOGY

### 1. TV/COMPUTER SCREENS

- Alcohol Wipes/Towels
- Hawkins Center staff will be solely responsible for the disinfecting and sanitation of all Hawkins Center technology
- Screens will be wiped down with approved microfiber towels and 70% isopropyl alcohol

### 2. KEYBOARDS/MICE

- Hawkins Center staff will use alcohol wipes to disinfect keyboards/mice after each use in conjunction with disinfecting each tutoring room



# HAWKINS CENTER - DAILY CHECKLIST

## 3. CLOSING

- Clean all doorknobs/handles/elevator buttons with Clorox 4 in One Disinfectant Spray.
- Clean your personal work station (Keyboard, Mouse, Phone) with alcohol wipes.
- Check levels of hand sanitizer in all locations and refill if empty.

\*Hawkins Center staff will be solely responsible for the disinfecting and sanitation of all Hawkins Center technology - a point of emphasis relayed to Elite staff

\*\*Any cleaners used on Hawkins Center technology must be approved by Matt Vincent



# QUICK REFERENCE DISINFECTANT GUIDE

Reference the Products and Techniques Document for full description of products, uses, and cleaning techniques.

## STRENGTH & CONDITIONING

PRODUCT & WHAT SURFACES TO USE DISINFECTANT	TIME SURFACE NEEDS TO REMAIN WET
<b>CLOROX COMMERCIAL SOLUTIONS HYDROGEN PEROXIDE DISINFECTING CLEANER</b> <i>BENCHES, DUMBBELLS, BARS, CUBBIES, DESKS, COUNTERTOPS</i> <i>WIPES ON PUNCH CODE DOORS, GOLF CARTS/JOHN DEERE GATORS</i>	1 MINUTE (SPRAY) / 2 MINUTES (WIPES)
<b>CLOROX 4-IN-ONE DISINFECTANT &amp; SANITIZER AEROSOL (CLOROX HEALTHCARE CITRACE)</b> <i>RUBBER PLATES AND BANDS, OFFICE CHAIRS, ARM RESTS</i>	5 MINUTES
<b>LYSOL NEUTRA AIR 2 IN 1 - DISINFECTANT SPRAY</b> <i>TOWEL/LAUNDRY BINS, TRASH CAN LIDS, DOORKNOBS/HANDLES</i>	30 SECONDS
<b>CLOROX TOTAL 360 DISINFECTANT CLEANER (N-95 MASK &amp; PROTECTIVE EYE WEAR REQUIRED)</b> <i>END OF DAY CLEANING OF ENTIRE WEIGHT ROOM</i>	5 MINUTES
<b>CLOROX DISINFECTING WIPES</b> <i>DESKS, CHAIR, DOOR HANDLE, AND LIGHT SWITCH, GOLF CARTS/JOHN DEERE GATORS</i>	4 MINUTES
<b>CLOROX/PURELL HAND SANITIZER</b> <i>LOCATED AT ENTRANCE OF WEIGHT ROOMS &amp; THROUGHOUT SEZ</i>	20 SECONDS
<b>ALCOHOL PREP PADS - 70% ISOPROPYL ALCOHOL</b> <i>KEYBOARDS, MOUSE, OFFICE PHONE, CELL PHONE</i>	5 MINUTES



# QUICK REFERENCE DISINFECTANT GUIDE

## ATHLETIC TRAINING

PRODUCT & WHAT SURFACES TO USE DISINFECTANT	TIME SURFACE NEEDS TO REMAIN WET
<b>CLOROX COMMERCIAL SOLUTIONS HYDROGEN PEROXIDE DISINFECTING CLEANER</b> <i>TREATMENT/TAPING TABLES, REHAB EQUIPMENT, NORMATEC SLEEVES, DESKS, COUNTERTOPS, GATORADE CARTS, GATORADE COOLERS, BOTTLES, LIDS, AND RACKS ,WIPES ON PUNCH CODE DOORS, GOLF CARTS/JOHN DEERE GATORS</i>	1 MINUTE (SPRAY) / 2 MINUTES (WIPES)
<b>CLOROX 4-IN-ONE DISINFECTANT &amp; SANITIZER AEROSOL (CLOROX HEALTHCARE CITRACE)</b> <i>RUBBER PLATES AND BANDS, FABRIC CHAIRS</i>	5 MINUTES
<b>LYSOL NEUTRA AIR 2 IN 1 - DISINFECTANT SPRAY</b> <i>MODALITIES, TOWEL BINS, TRASH CAN LIDS, DOORKNOBS/HANDLES</i>	30 SECONDS
<b>CLOROX TOTAL 360 DISINFECTANT CLEANER (N-95 MASK &amp; PROTECTIVE EYE WEAR REQUIRED)</b> <i>END OF DAY/WEEK CLEANING OF ENTIRE ATHLETIC TRAINING FACILITY</i>	5 MINUTES
<b>CLOROX DISINFECTING WIPES</b> <i>DESKS, CHAIR, DOOR HANDLE, AND LIGHT SWITCH, WORK STATIONS, GOLF CARTS/JOHN DEER GATORS</i>	4 MINUTES
<b>CLOROX/PURELL HAND SANITIZER</b> <i>LOCATED AT ENTRANCE OF WEIGHT ROOMS &amp; THROUGHOUT SEZ</i>	20 SECONDS
<b>ALCOHOL PREP PADS - 70% ISOPROPYL ALCOHOL</b> <i>KEYBOARDS, MOUSE, OFFICE PHONE, CELL PHONE</i>	5 MINUTES



# QUICK REFERENCE DISINFECTANT GUIDE

## EQUIPMENT

PRODUCT & WHAT SURFACES TO USE DISINFECTANT	TIME SURFACE NEEDS TO REMAIN WET
<b>CLOROX COMMERCIAL SOLUTIONS HYDROGEN PEROXIDE DISINFECTING CLEANER</b> COUNTERTOPS, WORK STATIONS, SINKS/WASH STATIONS, DESKS, PADDING/PRACTICE EQUIPMENT, WIPES ON WASHER/DRYER DOORS & PUNCH CODE DOORS	1 MINUTE (SPRAY) / 2 MINUTES (WIPES)
<b>LYSOL NEUTRA AIR 2 IN 1 - DISINFECTANT SPRAY</b> LAUNDRY HAMPERS/BINS, TRASH CAN LIDS, DOORKNOBS/HANDLES, STUDENT-ATHLETE COMBINATION LOCKER BINS	30 SECONDS
<b>CLOROX DISINFECTING WIPES</b> DESKS, CHAIR, DOOR HANDLE, AND LIGHT SWITCH, WORK STATIONS, GOLF CARTS/JOHN DEERE GATORS	4 MINUTES
<b>CLOROX/PURELL HAND SANITIZER</b> LOCATED AT ENTRANCE OF EQUIPMENT ROOM	20 SECONDS
<b>ALCOHOL PREP PADS - 70% ISOPROPYL ALCOHOL</b> KEYBOARDS, MOUSE, OFFICE PHONE, CELL PHONE	5 MINUTES



# QUICK REFERENCE DISINFECTANT GUIDE

## NUTRITION

PRODUCT & WHAT SURFACES TO USE DISINFECTANT	TIME SURFACE NEEDS TO REMAIN WET
<b>CLOROX COMMERCIAL SOLUTIONS HYDROGEN PEROXIDE DISINFECTING CLEANER</b> SPRAY, COUNTERTOPS, TABLES, STOOLS, GATORADE CART, DESKS, FUEL STATIONS, FUEL TRUCK. WIPES ON CHAIRS, VSI-COOLERS HANDLES, COOLER HANDLES, FOOD WARMER HANDLES, REFRIGERATOR/FREEZER HANDLES, PUNCH CODE DOORS, GOLF CARTS/JOHN DEERE GATORS	1 MINUTE (SPRAY) / 2 MINUTES (WIPES)
<b>CLOROX 4-IN-ONE DISINFECTANT &amp; SANITIZER AEROSOL (CLOROX HEALTHCARE CITRACE)</b> FABRIC CHAIRS, ARM RESTS	5 MINUTES
<b>LYSOL NEUTRA AIR 2 IN 1 - DISINFECTANT SPRAY</b> LAUNDRY HAMPERS/BINS, TRASH CAN LIDS, DOORKNOBS/HANDLES	30 SECONDS
<b>CLOROX TOTAL 360 DISINFECTANT CLEANER (N-95 MASK &amp; PROTECTIVE EYE WEAR REQUIRED)</b> END OF DAY/WEEK CLEANING OF ENTIRE ATHLETIC TRAINING FACILITY	5 MINUTES
<b>CLOROX DISINFECTING WIPES</b> DESKS, CHAIR, DOOR HANDLE, AND LIGHT SWITCH, WORK STATIONS	4 MINUTES
<b>CLOROX/PURELL HAND SANITIZER</b> LOCATED AT ENTRANCE OF EQUIPMENT ROOM	20 SECONDS
<b>ALCOHOL PREP PADS - 70% ISOPROPYL ALCOHOL</b> KEYBOARDS, MOUSE, OFFICE PHONE, CELL PHONE	5 MINUTES



# QUICK REFERENCE DISINFECTANT GUIDE

## HAWKINS CENTER

PRODUCT & WHAT SURFACES TO USE DISINFECTANT	TIME SURFACE NEEDS TO REMAIN WET
<b>CLOROX COMMERCIAL SOLUTIONS HYDROGEN PEROXIDE DISINFECTING CLEANER</b> SPRAY PLAYERS' LOUNGE HARD SURFACES, AUDITORIUM COMMON SURFACES, CONFERENCE ROOM TABLES, WIPES ON DESKS, CHAIRS, WORK STATIONS, RECEPTION DESKS, PUNCH CODE DOORS, GOLF CARTS/JOHN DEERE GATORS	1 MINUTE (SPRAY) / 2 MINUTES (WIPES)
<b>CLOROX 4-IN-ONE DISINFECTANT &amp; SANITIZER AEROSOL (CLOROX HEALTHCARE CITRACE)</b> ELEVATOR BUTTONS, FABRIC CHAIRS	5 MINUTES
<b>LYSOL NEUTRA AIR 2 IN 1 - DISINFECTANT SPRAY</b> DOORKNOBS/HANDLES	30 SECONDS
<b>CLOROX TOTAL 360 DISINFECTANT CLEANER (N-95 MASK &amp; PROTECTIVE EYE WEAR REQUIRED)</b> END OF DAY/WEEK CLEANING OF ENTIRE ATHLETIC TRAINING FACILITY	5 MINUTES
<b>CLOROX DISINFECTING WIPES</b> DESKS, CHAIR, DOOR HANDLE, AND LIGHT SWITCH, WORK STATIONS, RECEPTION DESKS, STAFF LOUNGE, TUTORING ROOMS, COMPUTER LABS, GOLF CARTS/JOHN DEERE GATORS	4 MINUTES
<b>CLOROX/PURELL HAND SANITIZER</b> LOCATED AT EACH MAIN CONCOURSE & NEXT TO ELEVATOR ON EACH FLOOR	20 SECONDS
<b>ALCOHOL PREP PADS - 70% ISOPROPYL ALCOHOL</b> KEYBOARDS, MOUSE, OFFICE PHONE, CELL PHONE SCREENS WITH MICROFIBER TOWEL/70% ISOPROPYL ALCOHOL	5 MINUTES



# ATHLETIC TRAINING MODALITY CLEANING GUIDELINES

This is a list of the guidelines to use for cleaning/disinfecting Athletic Training Modalities. These are common devices in most Athletic Training facilities. There may be additional modalities in different Athletic Training facilities that will need to be cleaned/disinfected.

## 1. NORMATEC UNIT & BOOTS

- Clean NormaTec unit with Clorox Hydrogen Peroxide Disinfecting Wipes
- Clean hose and boots with Clorox Hydrogen Peroxide Disinfecting Spray.

## 2. GAME READY/THERM-X UNITS & SLEEVES

- Clean Game Ready/Therm-X unit with Clorox Hydrogen Peroxide Wipes
- Clean Sleeves with Hydrogen Peroxide Disinfecting Wipes
- Game Ready outer sleeve can also be washed and let air dry

## 3. THERAGUN/HYPERVOLT

- Clean unit and attachments with Clorox Hydrogen Peroxide Disinfecting wipes

## 4. HYDROTHERM/HYDROCOLLATOR UNITS & PADS

- Clean handles and tongs with Hydrogen Peroxide Disinfecting Wipes
- For HydroTherm, towels used for hot packs will be put in dirty laundry after use
- For Hydrocollator pads, use towel in between pad and body. Put pads in laundry daily to be washed.

## 5. BFR

- Clean BFR unit with Hydrogen Peroxide Disinfecting Wipe after each use
- Cut and label compressionette for each individual to reuse with BFR

## 6. DIATHERMY

- Clean buttons and drum/pad with Hydrogen Peroxide Disinfecting Wipe after each use



# ATHLETIC TRAINING MODALITY CLEANING GUIDELINES

## 7. ELECTRIC STIM/ULTRASOUND UNITS (COMPEX, BIOWAVE, TENS, ETC.)

- Clean each unit and cables with Hydrogen Peroxide Disinfecting Wipes after each use

## 8. HIVAMAT

- Each Athletic Trainer should be assigned their own Hivamat E-stim pad
- Clean e-stim pad with alcohol wipe after each use
- Clean handle and cord with Hydrogen Peroxide Disinfecting Wipes after each use

## 9. E-STIM PADS

- Clean stim pads with alcohol wipe after each use.
- When possible. assign each Student athlete a set of E-stim pads to use when using e-stim



# 4 STEPS TO SANITIZING HANDS



**STEP 1: CLAW**

**APPLY SPRAY ON PALMS OF EACH HAND WHILE HOLDING HAND IN A CLAW POSITION**



**STEP 2: SHUFFLE**

**SHUFFLE FINGERTIPS IN PALM OF WET HAND FOR 3 SECONDS (REPEAT WITH OTHER HAND).**



**STEP 3: DOVETAIL**

**INTERLOCK FINGERS ON BOTH HANDS AND MOVE IN AND OUT FOR 3 SECONDS.**



**STEP 4: RUB**

**RUB HANDS VIGOROUSLY FOR 10 SECONDS.**



# DISINFECTING AND SANITIZING PRODUCTS



**CLOROX HYDROGEN  
PEROXIDE  
DISINFECTING  
CLEANER (SPRAY)**

## **SPRAY AND LET SIT FOR 1 MIN. THEN WIPE WITH TOWEL**

- Treatment/Taping Tables
- Benches
- Stools
- Rehab, Weight Room, Practice Equipment
- Stainless Steel Tubs
- Countertops

## **USED FOR FOOD CONTACT SURFACES (POST RINSE REQUIRED)**

- Water Bottles and Lids
- Gatorade Coolers
- Blenders
- Ice Machines



**LYSOL NEUTRA AIR  
2 IN 1, DISINFECTANT  
SPRAY (AEROSOL)**

## **CLEAN SURFACE PRIOR TO USE. SPRAY UNTIL SURFACE IS THOROUGHLY WET, ALLOW TO SIT FOR 30 SECONDS. AIR DRY.**

- Garbage cans
- Sinks
- Refrigerator Exteriors
- Showers
- Toilet Seats
- Doorknobs/handles
- Telephones
- Ice Machines



# DISINFECTING AND SANITIZING PRODUCTS



**CLOROX 4-IN-ONE  
DISINFECTANT  
& SANITIZER  
(AEROSOL) (CLOROX  
HEALTHCARE  
CITRACE)**

**CLEAN SURFACE PRIOR TO USE. SPRAY UNTIL SURFACE IS THOROUGHLY WET, ALLOW TO SIT FOR 30 SECONDS. AIR DRY.**

- Garbage Cans
- Light switches
- Chairs
- Elevator Buttons
- Remote Controls
- Doorknobs/ Handles
- Rehab, Weight Room, Practice Equipment



**ALCOHOL PREP PADS  
- 70% ISOPROPYL  
ALCOHOL (WIPE)**

**WIPE AND LET DRY FOR 5 MIN.**

- Keyboards
- Computer Mouse
- Cellphones
- Land Lines



# DISINFECTING AND SANITIZING PRODUCTS



**CLOROX DISINFECTING  
(WIPES)**

**WIPE SURFACE AND ALLOW TO REMAIN VISIBLY WET FOR 4 MIN.  
LET AIR DRY.**

- Offices
- Countertops
- Conference Rooms
- Kitchens
- Break Rooms



**CLOROX HYDROGEN  
PEROXIDE  
DISINFECTING  
CLEANER (WIPES)**

**SAME AS SPRAY ABOVE, EXCEPT KILL TIME IS 2 MIN. LET AIR DRY.**

- Tables
- Benches
- Stools
- Countertops
- Visi-Cooler Handles
- Rehab, Weight Room, Practice Equipment



# DISINFECTING AND SANITIZING PRODUCTS



**CLOROX CLEAN-UP +  
BLEACH**

**CLEAN SURFACE PRIOR TO DISINFECTING/ SPRAY AND REMAIN WET FOR 1 MIN. AND WIPE WITH WET CLOTH OR SPONGE. RINSE WITH WATER.**

- Tile
- Porcelain
- Laminate
- Stainless Steel



# DISINFECTING AND SANITIZING PRODUCTS

<b>NAME</b>	<b>COVID-19 KILL TIME</b>
CLOROX TOTAL 360 DISINFECTANT CLEANER (FOGGER)	5 MINUTES
CLOROX ANYWHERE HARD SURFACE (FOGGER & SPRAY)	N/A - SANITIZE FOOD SURFACES
CLOROX HYDROGEN PEROXIDE DISINFECTING CLEANER (SPRAY & WIPES)	1 MINUTE FOR SPRAY & 2 MINUTES FOR WIPES
CLOROX/PURELL HAND SANITIZER	20 SECONDS
LYSOL NEUTRA AIR 2 IN 1, DISINFECTANT SPRAY (AEROSOL)	30 SECONDS
CLOROX 4-IN-ONE DISINFECTANT & SANITIZER (AEROSOL) (CLOROX HEALTHCARE CITRACE)	5 MINUTES
ALCOHOL PREP PADS - 70% ISOPROPYL ALCOHOL (WIPE)	5 MINUTES
CLOROX DISINFECTING (WIPES)	4 MINUTES
CLOROX CLEAN UP + BLEACH	1 MINUTE
BLEACH SOLUTION (1/3 CUP PER GALLON OF WATER OR 4 TSP PER QUART)	1 MINUTE



## N-95 RESPIRATOR USE & CARE

- Used with the Clorox Total 360 System (These instructions are not for Healthcare uses).
- It is recommended that each person using the Clorox Total 360 System with the Clorox Total 360 Disinfectant Cleaner use a NIOSH approved N-95 Respirator.
- Follow the manufacturer's user instructions, including conducting a user seal check.
- Wash your hands with soap and water before and after use.
- Pack or store respirators between uses so that they do not become damaged or deformed.
- Hang used respirators in a designated storage area or keep them clean in a breathable container such as a paper bag between uses.
- Store respirators so they do not touch each other. (Storage containers should be disposed of or cleaned regularly.)
- Label the respirator so the person using the respirator is clearly identified.
- Discard any respirator that is obviously damaged or becomes hard to breathe through.
- Discard respirator contaminated with blood. Respiratory or nasal secretions, or other bodily fluids.





**UAA CLEANING/DISINFECTING MANUAL**