

Hygiene and cleaning

- Adopt good [hand hygiene practices](#).
- Ensure hand sanitiser is accessible at the venue entry and throughout the facility or ground.
- Ensure bathrooms are well stocked with hand soap and paper towels.
- Provide [visual aids](#) above hand wash basins to support effective hand washing.
- Encourage participants to bring their own water bottle, snacks, towels, exercise mats etc. and encourage eating outside if practical. Avoid shared food and drinks.
- No self-serve buffet style, or service staff carrying trays. If food is provided or share-style, one person should be allocated to serve food and practice [hand hygiene](#) before and after service.
- Clean cutlery and tableware with detergent and hot water, or with a commercial grade dishwasher if available.
- Clean frequently used indoor hard surface areas, including children's play areas, at least daily; first with detergent and water, and then disinfect. Clean frequently touched areas and surfaces, including in communal facilities, several times per day.
- Clean areas used for high intensity cardio classes with [detergent and disinfectant](#) after each use.
- Reduce sharing of equipment (including hire equipment) where practical and ensure these are cleaned with [detergent and disinfectant](#) between use.
- Maintain proper disinfectant levels and pH of pools and spas.
- Clean steam rooms with a [detergent and disinfectant](#) several times per day, should the facility choose to open them for use.
- Ensure there is accessible [detergent/disinfectant](#) and gloves for visitors to use, should they wish.
- Disinfectant solutions need to be maintained at an appropriate strength and used in accordance with the manufacturers' instructions.
- Staff are to wear gloves when cleaning and wash hands thoroughly before and after with soap and water.
- Encourage contactless payment options.