



SPIETH Gymnastics Equipment

RECOMMENDATION FOR  
CLEANING OF APPARATUS  
AND MATS

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If you have any questions please don't hesitate to contact us. We will be happy to advise you!

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## RECOMMENDED GUIDELINES DURING INFECTIOUS PERIODS

### General Remark

This is an information for owners and users of SPIETH Gymnastics materials. It is intended to be informative. It comes as an supplement and under no circumstances replaces the rules of official authorities.

### Disclaimer

This guide is believed to be accurate and represents the best information currently available to us. However, we make no warranty of merchantibility or any warranty, express or implied, with respect to such information, and we assume no liability resulting from its use. Users should make their own investigations to determine the suitability of the information from their particular purpose. In no event shall SPIETH be liable for any claims, losses or damage of any third party or for lost profits or any special, indirect, incidental, consequential or exemplary damages, howsoever arising, even if SPIETH has been advised of the possibility of such damages.

### Guidelines during infectious periods:

This material is for owners and users of SPIETH Gymnastics equipment. It is intended as an informative supplement and in no way replaces the rules and regulations of official authorities.

### Reminder

Before carrying out the disinfection and before starting to use your SPIETH equipment again, please first refer to and follow all the rules prescribed by the official authorities which have sanitary regulations such as, but not limited to, the authorities below mentioned (list not limitative, in your case there may also be other important authorities):

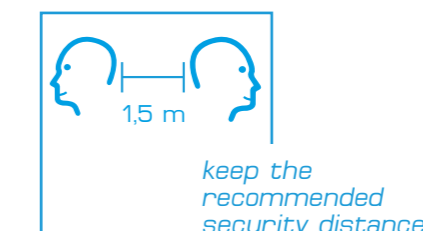
- + Follow general rules of the WHO (World Health Organisation):  
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/technical-guidance>
- + Follow all the national governing rules, ministry of health
- + Follow local authorities rules (states/provinces)

We remind you that all the international and national recommendations (see above), are applicable before any practice on apparatus. **Our recommendations are, under no circumstance, an absolute certainty/guarantee of not spreading viruses or diseases.** In any case, SPIETH Gymnastics shall not be held responsible for the deterioration of the equipment nor virus contamination. Please be aware that the use of disinfectants can have an influence on the lifetime and/or the quality of the equipment and/or materials, which

may decrease. Disinfectants are **not suitable for the following materials, including but not limited to: natural and synthetic leather.** Wear and tear of the different materials can increase and SPIETH Gymnastics shall not take over any guarantee nor liability for any damages on equipment, mats nor their materials. If you are unsure please check with your SPIETH Gymnastics representative.

### Further guidelines

- + Taking the body temperature before entering the sport facility.
- + Prohibit access for anyone who is feeling sick, coughing or shows other flu-like symptoms.
- + Venues need to be clean and cleaned before the arrival of users: Especially places with a lot of traffic such as: corridors, locker rooms, toilets.
- + All users need to have clean disinfected hands when entering the gym by using hand sanitizer for example.
- + Keep the recommended security distances between all people in the gym at all time.



## TRAINING PRACTICES - CLEANING ROUTINES AND DISINFECTION OF SPIETH APPARATUS

### 1. Before the arrival of the gymnast/coach

- + As long as there is a risk of oral or surface contamination, the entire gym should be cleaned and disinfected (more detail point 3 below).

### 2. During each rotation

In order to avoid too much use of disinfectant and unnecessary cleaning, we propose :

- + One gymnast should remain on one apparatus as long as possible during the rotation.
- + It may be necessary to disinfect all parts used/affected by the gymnast(s) before another gymnast starts its routine (parts most often touched with the hands (for example: rails, rings, vaulting table, ...) Please be aware: Equipment can be affected directly, for example by touching, and indirectly, for example through sweat or saliva. This should be considered during cleaning / disinfecting.
- + Spray the disinfection on the affected and potentially affected parts (directly or indirectly). A spray distance of approx. 30 cm seems appropriate. The rules of use of the chosen product need to be respected and read carefully before application.
- + On the PVC and the metal parts: remove the excess of disinfectant with a soft cotton cloth.
- + Allow area to dry before use and ventilate the room.

### 3. After each rotation

- + Create a rotation schedule in which movements of gymnasts are as far as possible in one direction, so gymnasts (or small groups) do not encounter each other.
- + Always respect the safety distances.
- + Always clean the sensitive parts (most often touched with the hands (rails, rings, platforms, ...)).
- + Always ventilate well when using disinfectant and cleaning products.

### 4. After the full training session / end of the day

- + Carry out a complete cleaning of all the equipment of the gymnasium (disinfection) and ventilate properly.
- + Do not leave any objects lying around that may have been touched in previous sessions. Clean them and put them away (weights, training aids,...).
- + Use apparatus cover where applicable
- + The small materials of physical preparation like grips, straps (ex: Elastic, slider, ...) are personal and will be managed by the athletes themselves.

## 5. General Considerations

### Rhythmic Gymnastics

- + All RG-equipment has to be provided by the individual athlete (ribbons, balls, hoops, ropes, clubs).
- + Equipment must not be shared.
- + Please see cleaning instructions for carpets on page 16.

### Trampoline/DMT/TU

- + Prefer to have only one athlete by trampoline/session
- + Cleaning the net, padding, steel parts touched by athletes, material touched in case of a fall (floor mats, ...) and the spotter safety mats after each session / change of gymnast.

### Acrobatics force blocks

- + No athlete is allowed to share it.
- + Need to be disinfected before every change of gymnast.

### Magnesia chalk

- + It is recommended that all athletes use their own magnesia chalk and no longer share the same magnesia chalk stand. Individual chalk bags are recommended (see page 10)
- + We generally recommend to use Magnesia Chalky Cream in order to increase hand cleanliness and to avoid dust in the gym (see page 10)
  - contains 40% alcohol and therefore supports disinfection of hands
  - thicker than conventional liquid magnesia
  - ensures even distribution
  - ensures a perfect grip
- + For all other equipment (including toys, etc) clean according to the surface as outlined above and depending on the composition of the product.

### TIPS

- Divide the gym in different apparatus zones and mark walkways - it will allow you to
- + better control their access/exit
  - + limit the risk of conflict/contact
  - + reduce cleaning

EXAMPLE ON  
PAGE 25

## CLEANING PROCESSES

Every gymnastics facility should have a cleaning system in place. Going forward we suggest that this system should be documented and monitored carefully. This will help to ensure cleaning is done in an efficient systematic way and nothing requiring cleaning is missed.

We recommend cleaning schedules including the frequency, method and detailed cleaning procedure for each group of apparatus. To make this easier we suggest to use:

- Cleaning checklists by apparatus or area (see page [26](#) ff.)
- Cleaning logs (timing & frequency cleaning list (see page [28](#) ff.)
- Cleaning logs with detailed Standard Operating Procedures (SOP) for each group of equipment (see "CLEANING PRACTICES" page [12](#) ff.)

We believe it is important to set aside a space to store and prepare for cleaning and to store the cleaning supplies, products and equipment. Having a clean organized area will help show the importance of cleaning and disinfecting while making it easy to store things safely and helping to manage inventory. It must be ensured that the chemicals are stored safely out of the reach of children and persons that are not in charge of using those products. We suggest to keep chemicals in a locked cabinet to be only available for persons that are allowed to use them.

Please remember to keep a copy of the Material Safety Data Sheet (MSDS) of your disinfection and cleaning solution close to the product accessible to persons who require that information. A binder next to the equipment helps accomplish this. Containers must be clearly labelled with what the contents are. We would suggest chemicals be kept in a locked cabinet.

There are a lot of good cleaners on the market and not all are available in all areas. We recommend to choose a product that follows the recommendations and specifications from the World Health Organization (WHO). **Please note: Disinfectant can modify colour and/or the surface of the apparatus where it is sprayed upon.**

We have created standard cleaning documents for SPIETH Gymnastics equipment, cleaning checklists and logs to assist gymnastics facilities. You can find those documents in the attachment. SPIETH Gymnastics will also have all the cleaning documents available online. Please visit our website [www.spieth-gymnastics.com](http://www.spieth-gymnastics.com) or reach out to the [SPIETH Gymnastics team](#).

## TOP TEN RECOMMENDED CLEANING ROUTINES

1. Use **checklists** to ensure all steps are followed.
2. Use **cleaning logs** as records to verify cleaning.
3. Wear all recommended safety equipment (PPE - Personal Protective Equipment) as recommended with user instructions of your products, refer to MSDS (Material Safety Data Sheet) of your products and SOP's (Standard Operating Procedures) in your gym. Check with your supervisor if you are unsure.
4. Clean towards the exit.
5. Clean areas that are highly frequented or touched more frequently.
6. Clean from the top down to the bottom and from cleanest to dirtiest.
7. Start in one corner and move around the item being cleaned, be systematic to ensure you clean everything.
8. Never shake cleaning cloth or mop. This could spread droplets of dust and dirt.
9. Mop and wipe in a circular motion or figure eight motion to capture the most dirt.
10. Change mop heads and cleaning cloth as often as needed, micro fiber cloth and mops work well to contain dirt.

## FEATURED PRODUCTS FOR SUCCESSFUL CLEANING PRACTICES



### APPARRATUS COVERS

for example Vaulting table  
**Ref: 1407203** (for Ergojet & Ergojet Rio)

- + Quick and easy to fit with elastic straps
- + PVC covers help to keep aparatus clean after practice
- + Please ask for more apparatus covers



### "FIBERFLEX" RAILS

Available for competition **Ref: 2204830**  
 and club **Ref: 2204825**

- + Fiberglass with the new hard-wearing natural fiber veneer
- + Long lasting
- + Surface easy to clean
- + Requires less chalk



### MAGNESIA CHALKY CREAM

150 ml **Ref: 1389200**  
 250 ml **Ref: 1389201**

- + Reduces dust in gym
- + Based on alcoholic solution
- + Product size suitable per person for individual use



### REMOVABLE BEAM COVER

**Ref: 1490060**  
 for Soft Touch **Ref: 1414905**

- + Protects your beam
- + Easy to install and change
- + Great for renewing your beam and for an initial cleaning of the gym



### REMOVABLE VAULTING TABLE ERGOJET COVER

**Ref: 4510269** (Ergojet Rio)  
**Ref: 4510260** (Ergojet)

- + Protects your Vaulting table
- + Great for renewing your vaulting table and for an initial cleaning of the gym
- + Simple to fit and remove



### SPIETH BASIC LANDING MATS

**Ref: 2241002** - 300X200X20cm

- + PVC cover is easy to clean
- + Quality manufacturing with double stitched covers
- + Custom sizes available
- + Replacement covers available



## VAULT TABLE CLEANING PRACTICES

### How to clean an Ergojet:

- + Tidy up the area to eliminate any hazards.
- + Brush down the top of the vault gently (if necessary) with a soft cloth.
- + Vacuum the vault area including the landing mats or steam clean with light detergent.
- + Vacuum the vault runway and vault board tops or steam clean with light detergent.
- + Wipe the vault top down with a damp cloth.
- + Clean the vault column and vault base with a damp cloth.
- + As you clean the Vault, note any problems or missing parts and report any issues.
- + Clean Vault mats with disinfectant spray to disinfect if necessary.
- + Allow area to dry before use and ventilate the room.
- + Cover Vault with PVC cover after being cleaned.
- + Fill in cleaning log.
- + Magnesia cream can help to disinfect the gymnasts hands before each vault.
- + Disinfectant shall be used at your own risk and liability. It is not recommended to use on, amongst other thing, natural and synthetic leather because it can affect the apparatus.
- + If you are unsure please check with your SPIETH representative.



ERGOJET VAULT TABLE

Ref: 1407210



PVC COVER FOR ERGOJET RIO

Ref: 1407203  
(for Ergojet & Ergojet Rio)

- + helps to keep the apparatus clean after practice



REMOVABLE VAULTING TABLE ERGOJET COVER

Ref: 4510269

- + Protect your Vaulting table Ergojet
- + Increase the absorption
- + Easy to install and clean



"HAPPY LANDING" MATS

Ref: 1540505 - 400x200x10cm  
Advice : Use it to increase your landing comfort - easy to clean

## UNEVEN BAR CLEANING PRACTICES

It is important to watch out when cleaning bars. Uneven bar rails are a fiber-glass core covered by veneer. This can be the latest natural fiber (Fiberflex), the older wooden ones or the junior rails. The vast majority of chalk dust in a gym is created at bars so cleaning will generally take a little longer. Gymnastics apparatus with cables has the ability to shift when the cables are released and can be shaky. Gymnastics apparatus may have releases that will move quickly, drop or snap if loosened incorrectly. If you have not adjusted the apparatus you are cleaning or are not sure ask for help. You could hurt yourself or someone else if you are not careful. If you are unsure please check with your SPIETH Gymnastics representative.



### How to clean SPIETH Gymnastics Uneven Bars:

- + Tidy up the area to eliminate hazards.
- + Spray the rails, the spacer and any other parts that may have been touched with disinfectant (+ training blocks and/or Coaching platform).
- + Remove the excess with a soft cloth.
- + Sweep or vacuum chalk from mat and floor and steam clean with light detergent. Consider to apply disinfectant.
- + As you clean the Uneven Bars note any problems or missing parts and report any issues.
- + Allow area to dry before use and ventilate the room.
- + Cover rails with PVC cover after being cleaned.
- + Fill in cleaning log.



UNEVEN BARS BERN EXCLUSIVE

Ref: 1383210



CLEANABLE "FIBERFLEX" RAILS

- + available for competition
  - + and club
- Ref: 2204830  
Ref: 2204825



MAGNESIA CHALKY CREAM

Ref: 1414190  
+ reduces dust in the air  
+ based on alcoholic solution



"HAPPY LANDING" MATS

Ref: 1540505 400x200x10cm  
Advice : Use it to increase your landing comfort - easy to clean

## BALANCE BEAM CLEANING PRACTICES

It is important to note that SPIETH beams are not all manufactured the same way. All materials covering beams are different from one to another. We suggest testing any cleaner on the bottom edge of the beam cover to see if it will react in any negative way with the beam material and/or adhesive. Be advised that some old models of competition beams are made with a material that can be damaged by water. If you are unsure please check with your SPIETH Gymnastics representative.

### How to clean SPIETH Gymnastics Balance Beam

- + Tidy up the area to eliminate any hazards.
- + As you clean the beam note any problems with the beam or missing parts. Things to look for are missing end caps, footpads. Any tears in the beam covers or mats should be noted and reported.
- + A soft cloth works well to remove a lot of the dirt and chalk from the beam top.
- + Vacuum the area cracks around the mats beam legs, the joint on the beam leg where the brace tube attaches holds chalk and dust it is a good idea to vacuum there. For the mats, you can steam clean it with light detergent.
- + For all the beams, **DO NOT USE LIQUID** on the beam top. A light rub with a damp micro fiber cloth coated in a disinfectant solution is all that can be done to disinfect the beam.
- + Change beam covers regularly



- + Using a clean cloth apply cleaning solution to all the steel of the beam legs.
- + Allow area to dry before use and ventilate the room.
- + Use PCV cover to protect the beam after being cleaned.
- + Fill in the cleaning log.
- + Disinfectant shall be used at your own risk and liability. It is not recommended to use on, amongst other thing, natural and synthetic leather because it can affect the product.



SOFT TOUCH BALANCE BEAM

Ref: 1414210



REMOVABLE BEAM COVER

Ref: 1490060  
(For all beams)



"HAPPY LANDING" MATS

Ref: 1540505  
400x200x10cm  
Advice : Use it to increase your landing comfort - easy to clean



PVC LANDING MAT BASIC

Ref: 2241002  
300X200X20cm



PROTECTIVE PADDING

Ref: 1414085 100cm width  
Ref: 1414086 200 cm width

## FREE EXERCISES FLOOR / TUMBLING CLEANING PRACTICES

We suggest applying a small amount of cleaner / disinfectant to a spot on the carpet that is out of sight in advance to ensure the product will not damage the carpet. This can be accomplished easily with carpet bonded foam by lifting Velcro and apply a small amount of cleaner there. By following this procedure, you can avoid bigger damages on your apparatus. If you are unsure please check with your SPIETH Gymnastics representative.

### How to clean a Moscow Floor/ Tumbling Spiethway/ Tumbling Track Moscow:

- + Tidy up the area to eliminate any hazards.
- + Vacuum carpeted surface.
- + Watch for and note any splits or excessive wear and report any issues.
- + Steam clean carpet using a light detergent.
- + If you plan on using disinfectant on the floor, test it in the above mentioned manner and wait for the result.
- + Clean all mats and Velcro with a light detergent and disinfect surface with a soft cloth.



- + Clean floor skirt with a damp cloth.
- + Allow area to dry before use and ventilate the room.
- + Fill in the cleaning log.



MOSCOW EXERCISE FLOOR  
Ref: 1790750

TUMBLING TRACK MOSCOW  
Ref: 1790766 (14m)



MAGNESIA CHALKY CREAM

Ref: 1414190

- + reduces dust in the air
- + based on alcoholic solution



"HAPPY LANDING" MATS

Ref: 1540510 200X200X10cm  
Ref: 1540515 200X200X5cm  
Ref: 1540505 400x200x10cm  
Advice : Use it to increase your landing comfort - easy to clean



AIRTRACK MAXIMUM

Ref: 1740124 15m, 20cm height



## RHYTHMIC FLOOR CLEANING PRACTICES

We suggest applying a small amount of cleaner / disinfectant to a spot on the carpet that is out of sight in advance to ensure the product will not damage the carpet. By following this procedure, you can avoid bigger damages on your apparatus. If you are unsure please check with your SPIETH Gymnastics representative.

### How to Clean a Spieth Gymnastics Rhythmic Floor:

- + Tidy up the area to eliminate any hazards.
- + Vacuum carpeted surface.
- + Watch for and note any splits or excessive wear and report any issues.
- + If you plan on using disinfectant on the floor, test it in the above mentioned manner and wait for the result.
- + Allow area to dry before use and ventilate the room.
- + Fill in the cleaning log.



RHYTHMIC GYMNASTICS COMPETITION FLOOR BEIJING  
**Ref: 1790580**



TRANSPORT TROLLEY FOR RG-CARPET  
**Ref: 2511232**

## POMMEL HORSE CLEANING PRACTICES

It is important to note that SPIETH pommel horses and training aids are made of real leather which will be affected by any kind of liquid or disinfectant. Do not use those kind of products on the leather surface. There will be some material you can access under the pommel top if you want to try disinfectant on an invisible spot anyway. Please be aware that it can affect your product! If you are unsure of how to clean your Pommel Horse, please check with your Spieth Gymnastics representative. Disinfectant shall be used at your own risk and liability. It is not recommended to use on, amongst other thing, natural and synthetic leather because it can affect the product.

### How to clean SPIETH Gymnastics Pommel Horse:

- + Tidy up the area to eliminate any hazards.
- + As you clean the Pommel Horse note any problems or missing parts and report any issues.
- + Use a soft cloth and brush down the top of the Pommel Horse.
- + Vacuum the Pommel Horse area or steam clean with light detergent.
- + Clean the feet and chains with a damp cloth and disinfectant.
- + Clean the pommels with disinfectant.



- + Cover Pommel Horse with PVC cover.
- + Allow area to dry before use and ventilate the room.
- + Fill in cleaning log.



COMPETITION POMMEL HORSE  
**Ref: 1406104**



MAGNESIA CHALKY CREAM

**Ref: 1414190**

- + reduces dust in the air
- + based on alcoholic solution



PVC LANDING MAT BASIC

**Ref: 2241002**  
300X200X20cm



MUSHROOM

**Ref: 1395014** (without pommel)  
**Ref: 1395018** (with pommel)

## STILL RINGS CLEANING PRACTICES

It is important to watch out when cleaning Rings. Note that the rings and straps are made of different materials and must be cleaned in different ways. Rings are very high and it will be very difficult to wipe down the entire apparatus. Concentrate on areas frequently touched. The use of a pole with an extension will help clean higher areas on the frame and cables. Gymnastics apparatus with cables have the ability to shift when the cables are released and can be shaky. Gymnastics apparatus may have releases that will move quickly, drop or snap if loosened incorrectly. If you have not adjusted the apparatus you are cleaning or are not sure ask for help. You could hurt yourself or someone else if you are not careful.

If you are unsure please check with your SPIETH Gymnastics representative.

### How to clean SPIETH Gymnastics Still Rings:

- + Tidy up the area to eliminate hazards.
- + Ring tension should not be loosened during cleaning.
- + Sweep or vacuum chalk from mat and floor or steam clean with light detergent.
- + Wipe down apparatus and tie down system as high as safely possible with disinfectant (+ training blocks and/or coaching platform).
- + Wipe down rings with a disinfectant.



- + Straps can be cleaned with a damp cloth (they are made of real leather and disinfection is on your own risk).
- + As you clean the Rings note any problems or missing parts and report any issues.
- + Allow area to dry before use and ventilate the room.
- + Fill in cleaning log.



"BERLIN" RING FRAME

Ref: 1384034



MAGNESIA CHALKY CREAM

Ref: 1414190

- + reduces dust in the air
- + based on alcoholic solution



PVC LANDING MAT BASIC

Ref: 2241002

300X200X20cm



"HAPPY LANDING" MATS

Ref: 1540510 200X200X10cm

Advice : Use it to increase your landing comfort - easy to clean

## PARALLEL BARS CLEANING PRACTICES

It is important to note Parallel Bars have different adjustments for achieving height and also different types of rails. Be very careful that the fixing mechanism is securely locked because if it is not the case it could cause the rail to fall unexpectedly. Use caution and if you are not sure ask for help or check with your SPIETH Gymnastics representative.

### How to clean SPIETH Gymnastics Parallel Bars:

- + Tidy up the area to eliminate any hazards.
- + Wipe rails with damp cloth with disinfectant.
- + Wipe down the Parallel bars uprights with damp cloth with disinfectant.
- + Vacuum the Parallel Bars mats area or steam clean with light detergent.
- + As you clean the Parallel Bar area note any problems or missing parts and report any issues.
- + Allow area to dry before use and ventilate the room.
- + Use PVC cover for rails.
- + Fill in cleaning log.



MELBOURNE PARALLEL BARS

Ref: 1403110



MAGNESIA CHALKY CREAM

Ref: 1414190

- + reduces dust in the air
- + based on alcoholic solution



PVC COVER FOR RAILS

Ref: 1760306 (140cm length)



"HAPPY LANDING" MATS

Ref: 1540510 200X200X10cm

Advice: Use it to increase your landing comfort - easy to clean



## HORIZONTAL BAR CLEANING PRACTICES

It is important to watch when cleaning bars. High bar rails are stainless steel and can be cleaned. The vast majority of chalk dust in a gym is created at bars so cleaning will generally take a little longer. Gymnastics apparatus with cables have the ability to shift when the cables are released and can be shaky. Gymnastics apparatus may have releases that will move quickly, drop or snap if loosened incorrectly. If you have not adjusted the apparatus you are cleaning or are not sure ask for help. You could hurt yourself or someone else if you are not careful. If you are unsure please check with your SPIETH Gymnastics representative.

### How to clean SPIETH Gymnastics High Bars:

- + Tidy up the area to eliminate hazards.
- + High Bar tension should not be loosened during cleaning.
- + Wipe the rail with damp cloth with disinfectant.
- + Wipe down apparatus and tie down system with disinfectant.
- + Sweep or vacuum chalk from mat and floor or steam clean with light detergent.
- + As you clean High Bar note any problems or missing parts and report any issues.
- + Remove the excess of disinfectant with a cloth.
- + Allow area to dry before use and ventilate the room.
- + Use PVC cover for the rail.
- + Fill in cleaning log.



STUTTGART HORIZONTAL BAR

Ref: 1384214



MAGNESIA CHALKY CREAM

Ref: 1414190

- + reduces dust in the air
- + based on alcoholic solution



PVC COVER FOR RAIL

Ref: 1760301



"HAPPY LANDING" MATS

Ref: 1540505 400X200X10cm

Advice : Use it to increase your landing comfort - easy to clean

## CLEANING PRACTICES FOR OPEN PITS

It is important to note that all gymnastics pits are not all manufactured the same way. They differ in depth and size and are a real challenge to clean. It is really not reasonable to think a pit can be completely disinfected. The volume of foam would make it very difficult to ensure that.

We recommend to exchange the old foam filling with a new foam filling from time to time and to work almost exclusively with a "Happy Landing" mat on the pit surface. It will keep a very good reception quality and will be easier to disinfect.

### How to clean SPIETH Gymnastics Open pits:

- + Tidy up the area to eliminate any hazards.
- + We recommend wearing a mask while cleaning out the pit.
- + Empty the foam cubes from the pit. Placing a tarp or sheet of plastic will help keep the area the cubes are piled clean.
- + Sweep pieces of foam too big for the vacuum.
- + Wipe down or spray the pit area with disinfectant.
- + As you clean the foam pit area note any problems or missing parts and report any issues.
- + If the pit edge padding is made of PVC, clean with disinfectant.
- + Clean the Happy Landing mats with disinfectant.
- + Lightly spray the cubes with a disinfectant before the foam cubes are returned to the pit.
- + It is recommended to exchange the filling with new cubes to replace the old ones.
- + Ask your SPIETH representative for assistance.
- + Allow the disinfectant to dry before filling the pit.
- + Allow area to dry before use and ventilate the room.
- + Fill in the cleaning log.



+ For refurbishments of your pits please contact your SPIETH representative



"HAPPY LANDING" MATS

Ref: 1540505 400X200X10cm

Advice : Use it to increase your landing comfort - easy to clean

## CLEANING PRACTICES FOR CLOSED PITS

It is important to note not all gymnastics pits are made the same. They differ in depth and size and are a real challenge to clean. It is really not reasonable to think a pit can be completely disinfected. The volume of foam would make it very difficult to ensure that.

We recommend working almost exclusively with a "Happy Landing" mat on the pit surface. It will keep a very good reception quality and will be easy to disinfect

### How to clean SPIETH Gymnastics Closed Pits:

- + Tidy up the area to eliminate any hazards.
- + Vacuum the pit area.
- + You can wipe down or spray the pit area with disinfectant.
- + As you clean the foam pit area note any problems or missing parts and report any issues.
- + If the pit edge padding is made of PVC, clean with disinfectant.
- + Clean the Happy Landing mats with disinfectant.
- + Allow area to dry before use and ventilate the room.
- + Fill in the cleaning log.



+ For refurbishments of your pits please contact your SPIETH representative



"HAPPY LANDING" MATS  
**Ref: 1540505** 400X200X10cm  
Advice : Use it to increase your landing comfort - easy to clean

## CLEANING PRACTICES FOR COMMON TRAINING AREAS AND EQUIPMENT

It is important to note many gymnastics clubs have preschool equipment, training equipment, wall bars, climbing ropes, and in some cases homemade or altered equipment. Due to safety reasons SPIETH Gymnastics does not promote the use of home-made or altered equipment but recognizes it is in gyms. Gym clubs that choose to use homemade or altered equipment must accept total responsibility for that choice. It is important that all equipment is clean and safe.

To clean the Just for Kids equipment and training equipment the steps listed for the competitive equipment will be very adaptable. If you have questions regarding the equipment or are not sure about the handling, ask for assistance or check with your SPIETH Gymnastics representative.

### How to clean Common Areas and Equipment:

- + Tidy up the area to eliminate hazards.
- + Spray the desired parts with disinfectant.
- + Don't forget to spray the anchors, chains and cables with disinfectant.
- + For all the landing mats, you can steam clean carpet using a light detergent. (Please follow the mats recommendation.)
- + If necessary, remove the excess with a soft cloth.
- + Sweep or vacuum mats and floor.
- + As you clean the equipment note any problems or missing parts and report any issues.
- + Allow area to dry before use and ventilate the room.
- + Fill in cleaning log.





## OVERVIEW TABLE: WHICH CLEANING SUPPLIES ARE POSSIBLE TO USE ON WHICH MATERIAL/PART

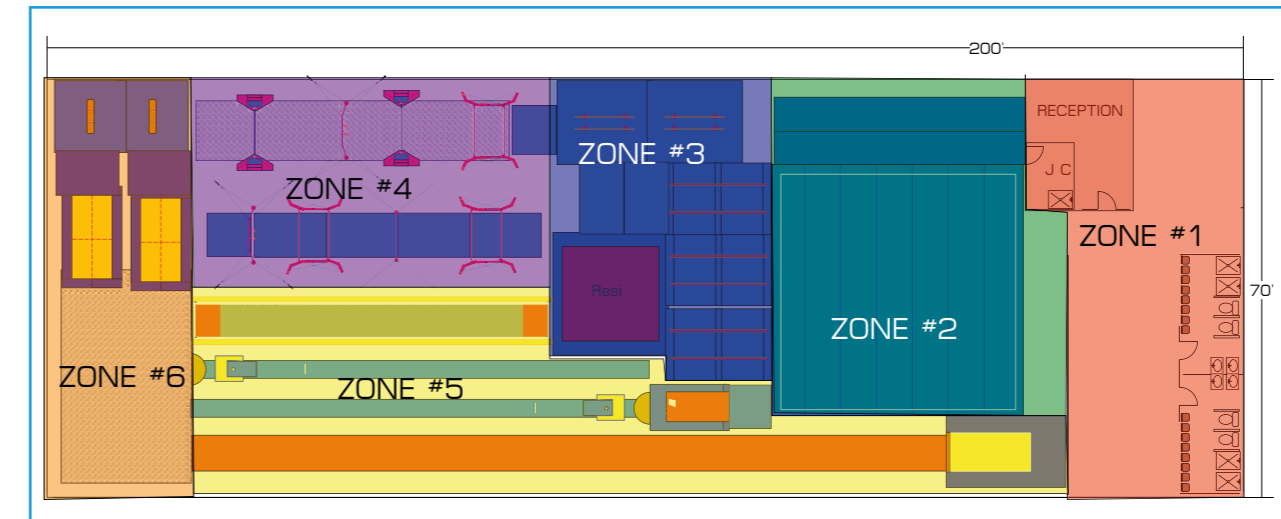
MATERIAL / CONSTITUTION PART	WATER AND NON-AGGRESSIVE PRODUCT/ DETERGENT (SOAP) + DAMP CLOTH	DISINFECTANT WITH DAMP CLOTH OR SPRAY PUMP [DEPENDING ON APPARATUS TYPE]	VACUUM WITH HEPA FILTER	STEAM CLEAN
Wood	X	X	X	
Steel	X	X	X	
PVC	X	X	X	
Needle felt	X	X	X	X
Foam	X	X		
Stretch cover	X	X	X	
Wooden rail	X	X		
Natural fiber	X	X		
Plastics / Rubber	X	X		
Natural leather	X			
Synthetic leather	X			

## FACILITY ZONE CLEANING EXAMPLE

It is recommended to Divide the gym in different apparatus zones and mark walkways - it will allow you to better control their access/exit, limit the risk of conflict/contact and reduce cleaning. Most gymnastics clubs are easy to zone. We normally divide the gym space by station or apparatus and this allows for natural breaks forming zones.

You can see in the example below:

- ZONE 1: OFFICE AND LOBBY
- ZONE 2: FLOOR AREA
- ZONE 3: BEAM AREA
- ZONE 4: BAR AREA
- ZONE 5: VAULT AND TUMBLING
- ZONE 6: TRAMPOLINES



Most gymnastic clubs already have a layout showing the evacuation plan. This drawing can be copied and used to map the zones quite easily.

## CLEANING CHECKLIST: FLOOR (EXAMPLE)

	CLEANING STEPS	STATUS	COMMENTS
1	Tidy up the area to eliminate any hazards	<input checked="" type="checkbox"/>	
2	Vacuum carpeted surface	<input checked="" type="checkbox"/>	
3	Watch for and note any splits or excessive wear and report any issues	<input type="checkbox"/>	
4	Steam clean carpet using a light detergent	<input type="checkbox"/>	
5	Clean all mats and Velcro with a light detergent and disinfect surface with a soft cloth	<input type="checkbox"/>	
6	Clean floor skirt with a damp cloth	<input type="checkbox"/>	
7	Allow area to dry before use and ventilate the room	<input type="checkbox"/>	
8	Fill in the cleaning log	<input type="checkbox"/>	

Date:	Time:	Name:	Signature:
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Prepare similar checklists for yourself for each apparatus or training zone, whatever suits you best. You can use the steps described on the previous pages, list them in individual steps and include checkboxes. Following these step-by-step instructions it will become easy to clean without missing anything. Afterwards fill in the cleaning log to have a documented overview of the cleaning status of the gym.

## CLEANING CHECKLIST (INDIVIDUAL EXAMPLE)

	CLEANING STEPS	STATUS	COMMENTS
1		<input type="checkbox"/>	
2		<input type="checkbox"/>	
3		<input type="checkbox"/>	
4		<input type="checkbox"/>	
5		<input type="checkbox"/>	
6		<input type="checkbox"/>	
7		<input type="checkbox"/>	
8		<input type="checkbox"/>	
9		<input type="checkbox"/>	
10		<input type="checkbox"/>	
11		<input type="checkbox"/>	
12		<input type="checkbox"/>	
13		<input type="checkbox"/>	

Date:	Time:	Name:	Signature:
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## CLEANING LOG (EXAMPLE)

DATE	TIME	ZONE 1: VAULT	ZONE 2: UNEVEN BARS	ZONE 3: BALANCE BEAM	ZONE 4: FLOOR / TUMBLING	ZONE 5: POMMEL HORSE	ZONE 6: STILL RINGS	ZONE 7: PARALLEL BARS	ZONE 8: HORIZON- TAL BAR	ZONE 9: PITS	ZONE 10: COMMOM TRAINING AREAS	CLEANERS INITIALS

## CLEANING LOG (INDIVIDUAL EXAMPLE)

DATE	TIME	ZONE 1:	ZONE 2:	ZONE 3:	ZONE 4:	ZONE 5:	ZONE 6:	ZONE 7:	ZONE 8:	ZONE 9:	ZONE 10:	CLEANERS INITIALS



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