

CLEANING CHECKLIST FOR GYM OWNERS

kleen.

CLEAN CARE FOR ACTIVE BODIES.

A CLEAN GYM IS A SAFE GYM.

CONSISTENT CLEANING PROTECTS YOUR ATHLETES AND YOUR REPUTATION.

AREA	WHAT TO CLEAN	HOW OFTEN	✓
 MATS	- Sweep or vacuum to remove dirt and debris - Mop with mat-safe disinfectant - Allow to air dry completely	 AFTER EVERY CLASS Deep clean daily	☐
 SHARED GEAR	- Wipe down pads, shields, gloves, kettlebells, and all shared equipment - Use appropriate disinfectant - Allow to air dry	 AFTER EVERY CLASS	☐
 CHANGING ROOMS	- Clean and disinfect benches, lockers and floors - Wipe down high-touch areas (handles, taps, switches) - Restock soap and paper towels	 DAILY	☐
 SHOWERS & BATHROOMS	- Scrub and disinfect showers, toilets, sinks and floors - Check drains and remove hair/debris - Refill soap, shampoo and toilet paper	 DAILY	☐
 HIGH-TOUCH SURFACES	Wipe and disinfect door handles, light switches, railings, fridges, water taps, remotes, etc.	 MULTIPLE TIMES DAILY	☐
 TOWELS & LINENS	- Wash all towels, cleaning cloths and linen - Use hot water and appropriate detergent - Dry completely before use	 DAILY	☐
 BINS	- Empty all bins - Clean and disinfect bins - Replace liners	 DAILY	☐
 DISINFECTANT STOCK	- Check and restock all cleaning products and supplies - Ensure disinfectant is in date and effective	 WEEKLY	☐



CONSISTENCY IS KEY.
CLEAN TODAY,
PROTECT TOMORROW.

REMEMBER:

- ✓ Clean mats and equipment = less infections
- ✓ Good hygiene = better performance
- ✓ Your athletes trust you to keep them safe
- ✓ A clean gym shows pride and professionalism



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TOGETHER WE BUILD
A STRONGER COMMUNITY.