

Ronin Grappling Cleaning and Infection Prevention Policy

Background

To improve the transparency and accountability of Ronin Grappling's cleaning procedures following the Covid-19 pandemic, we have adopted this Cleaning Policy in effect until full contact training is allowed. A revised policy will be issued once things start returning to normal.

This policy is in place to reduce the risk of spread or contamination if any of our members develop symptoms by minimise contact areas and maximising cleaning efforts.

Policy

Every open area of the gym will be disinfected by Ronin Grappling staff with an anti-bacterial and anti-viral agent after each class. For an exhaustive list of areas included please see the cleaning checklist attached in Appendix 1.

The person cleaning the gym will be provided with appropriate personal protective equipment while cleaning to protect themselves from cross-contamination.

To keep the cleaning manageable some areas of the gym will be kept shut to members. These include the double toilets and kitchen area at the end of the corridor near the fire exit, and the space to the left of the main entrance. The shower room will remain accessible to provide members access to a toilet and wash-room facilities.

Hand sanitising gel dispensers will be mounted in key areas including the gym entrance, the mat entrance and outside both bathrooms to promote good hand hygiene practices. World Health Organisation posters showing appropriate hand washing and hand sanitising motions will be placed at these stations and in the bathroom to promote good technique.

As part of these infection prevention and control measures and to minimise high-touch surfaces we will ask members to minimise use of changing rooms, shower and toilet to when absolutely necessary only. For the full non-contact opening hygiene & distancing rules see Appendix 2.

The Covid and Infection Control point of contact at Ronin Grappling will be *Cristiana Theodoli* whose responsibilities will include promoting good hygiene and ensuring this policy is implemented. In her role as a registered Adult nurse with the Nursing and Midwifery Council, Cristiana has also received infection control training and understands the importance of working to NHS standards of hygiene.

This policy will be reviewed once live and revised regularly.

Issued: 11/06/2020
Reviewed: 10/12/2020
Reviewed: 25/03/2021

Appendix 1 – Cleaning Checklist

RONIN GRAPPLING CLEANING CHECKLIST

Week beginning:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ENTRANCE + CORRIDOR							
Fridge							
Shelf							
Photos and canvas prints							
Hoover doormat							
Shelving unit							
Wipe & stock hand gel							
Floors							
Disinfect high touch surfaces							

CHANGING ROOMS

Shelving unit							
Benches							
Window sills							
Trash cans							
Floors							
Disinfect high touch surfaces							

MAT AREA

Flat surfaces							
Radiators and door frames							
Electronics							
Wall mounted items							
Disinfect high touch surfaces							
Disinfect dummies if used							
Mop mats							

TOILET

Shower							
All surfaces							
Disinfect toilet and sink							
Wipe all handles and lock							
Wipe all dispensers and stock							
Floors							

Examples of high touch surfaces include door handles, light switches, taps, dispensers, stair railings.

Appendix 2

Non- contact hygiene & distancing rules.

- A limited schedule will be in place as we will be cleaning the whole gym after each class.
- Individual slots – or when permitted, classes - will have to be booked in advance, there will be a mix of morning and evening classes, movement/conditioning and dummies classes. Please register on the booking and technique portal <https://roningrappling.instruct.today/>
- Only 10 people plus Giles will be allowed on the mats at the one time.
- Please stagger coming into the gym if you see other members in the car park or outside. Keep 2 meters of distance between each other on the stairs up and in the corridor. We will check everyone's temperature on arrival.
- All classes will be NoGi. To minimise use of changing rooms please come to the gym in your NoGi gear or with it already on under your clothes.
- Avoid using the changing rooms unless absolutely necessary.
- Bring only what is necessary to the gym: water, wallet, keys. Place everything in your bag

and keep that in the corner of your mat section to avoid going into the changing rooms and to keep all your things together in one place.

- As always leave your shoes outside the mats. When stepping on the mats pick a square and stick to it. Keep your bag in your square.
- Please use the hand sanitising gel provided after touching anything, before stepping onto the mats, and before leaving the mats. This is provided at the entrance, at the bathroom entrance and at the entrance to the mats.
- The shower can only be used in exceptional circumstances and only on prior agreement with Giles, please do not plan to use the shower in phase 3.
- The double toilet will **NOT** be used during phase 3 to keep daily cleaning manageable. Please use the toilet in the shower room and ensure to wash your hands. There will also be a hand sanitising gel dispenser outside the bathroom to double down on hand hygiene.
- When class finishes please stagger leaving the gym one by one.

We will continue to review these in line with Scottish Government & Sport Scotland guidance.

Plan of how the mats will be divided.

*Please note the red lines are not to scale, each individual section will be 2.75m in width by 2m in height for a total area of 5.5m² per person.

