

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 – updated for Level 0.

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.

As the dummies won't be in use anymore and we will be training in full contact, all toilets and changing rooms will be re-opened. These will be cleaned at the end of each sessions along with the mat and corridor areas. We will leave a shower cleaner in the bathroom and ask members to please spray it and rinse the shower before/after each use.

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 and prevent cross contamination from outside sources (for instance work, shops etc). 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.

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 beyond level 0.

Revised: 15/07/2020

Appendix 1 – Cleaning Checklist

RONIN GRAPPLING CLEANING CHECKLIST							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ENTRANCE + CORRIDOR							
Fridge							
Shelf							
Photos and canvas prints							
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							
Mop mats							
TOILET							
Shower							
All surfaces							
Disinfect toilet and sink							
Wipe all handles and lock							
Wipe all dispensers and stock							
Floors							

Appendix 2

Back to contact sports hygiene & contact tracing adjustments.

- While we are back to our normal schedule, spots for classes will have to be booked in advance, there are a mix of morning and evening classes, open mats and yoga sessions. Please register on the booking and technique portal <https://roningrappling.instruct.today/>
- Changing rooms are open again, as we will all be rolling with each other changing room can be used as normal, we will clean these after each session.
- As always leave your shoes outside the mats, **no shoes on the mats** and **no bare feet off the mats**. Covid is not the only infection in the world and tracking stuff from the ground is still a risk.
- Please wash your hands or use the hand sanitising gel provided before before stepping onto the mats. This ensures anything contaminated any of us may have touched outside of the gym is washed off (for instance at work, in the supermarket etc). We will endeavor to continue cleaning all surfaces after each class.
- The shower is back in use, we will leave a shower cleaner in the bathroom, please spray it and rinse the shower before/after each use.
- The double toilet near the fire exit will be back in use along with the toilet in the shower

room. As always please ensure to wash your hands and leave the toilets the way you found them. There will also be a hand sanitising gel dispenser outside the bathroom to double down on hand hygiene.

- **As numbers are fairly high in Scotland we ask that everyone is careful and please do regular lateral flow tests to ensure that the club isn't wiped out. Whilst most of us have been fully vaccinated, there is still a risk to folk who've not been dosed yet. Lateral flow tests can be ordered for free [*here*](#) or accessed for free at most pharmacies. If you develop symptoms or feel unwell please stay home until a negative test. Most of us can't work from home so please act responsibly.**

We will continue to review these in accordance with Scottish Government and Sport Scotland guidance.