

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 and Infection Prevention Policy*.

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 thoroughly cleaned 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 session 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.

A skin infections health information campaign will be run continuously to try and prevent breakouts of common skin infections in grappling with recurrent discussions with members and information posters to be placed in both changing rooms and both bathrooms. There will be a strong focus on health promotion in the gym both on and off the mats following solid, evidence based recommendations by recognised and established health organisations.

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 yearly or at a time of any changes in guidance.

Last revision: 22/01/22

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

Covid 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.
- Changing rooms are open again, as we will all be rolling with each other - changing rooms 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, we are working to add a second shower.
- 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.
- **While numbers are still high and Flu A is also on the rise, lateral flow tests are getting harder to**

find so while we appreciate it's getting difficult to test every day when training we ask students to please test as regularly as you can and use your common sense, do not attend with any respiratory symptoms until you feel better - we have students who are immunocompromised or who are carers, and many members have elderly, frail or immunocompromised family members and it's about protecting them as much as it is protecting ourselves.

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