

**TABLE 5.3 Sampling of Recommended Cleaning and Disinfecting Procedures for Fitness and Group Exercise Zones**

Facility area	Cleaning activity	Frequency
Fitness floor (gym)	Remove trash. Dust all horizontal surfaces. Clean and disinfect vinyl pads on equipment. Clean and disinfect equipment frames. Vacuum carpets and clean stains. Spot-clean mirrors. Wash and disinfect hard floor surfaces, including all rubber floor surfaces. Clean heating, ventilation, and air-conditioning (HVAC) vents. Clean and disinfect showers, drinking fountains, sinks, accessories Clean light fixtures. Vacuum and clean under all equipment. Fully clean mirrors and glass surfaces. Clean carpets. Clean wall surfaces thoroughly.	Daily Daily Daily Daily Daily Daily Daily Monthly Monthly Monthly Monthly Quarterly or annually Annually
Group exercise studio	Remove trash. Dry-mop wood floors. Dust all horizontal surfaces. Spot-clean mirrors and glass surfaces. Clean mirrors thoroughly. Wet-mop wood floors. Clean and disinfect exercise tools (e.g., balls, mats, steps) Clean HVAC ducts. Clean light fixtures. Clean audio equipment. Wash solid walls. Refinish wood floor surfaces.	Daily Daily Daily Daily Daily Daily Daily Monthly Monthly Monthly Monthly Monthly Annually

**TABLE 5.4 Sampling of Recommended Cleaning and Disinfecting Procedures for Gymnasiums and Sports Courts**

Facility area	Cleaning activity	Frequency
Gymnasium or sports court	Remove trash.	Daily
	Dry-mop and dust floors.	Daily
	Dust all horizontal surfaces.	Daily
	Spot-clean all glass surfaces.	Daily
	Clean all glass surfaces thoroughly.	Weekly
	Tack or wet-mop wood floors.	Weekly
	Clean HVAC filters.	Monthly
	Clean light fixtures.	Monthly
Refinish wood floors.	Every 2 years as needed	