



ACTIVE...HAPPY...STRONG...TOGETHER

CA COVID-19 Cleaning & Disinfecting Products and Use at CA.

1 - **Bioesque** - Disinfectant - used in between scheduled sessions with a Fine Mist Sprayer and at the end of EACH DAY with a cold thermal fogger to distribute disinfect over all porous and non porous surfaces in CA's building.

- <https://bioesquesolutions.com/botanical-disinfectant-solution/>

2 - **In-Cide** - Disinfectant - used in between scheduled sessions with a Fine Mist Sprayer to disperse disinfect covering all porous and non porous surfaces.(all matting, carpeted area surfaces in the gym between practices and at the end of the day.) This is the same product that CA's janitorial supply company Cintas uses as well.

- <https://www.cintas.com/facilityservices/disinfectant-services-sanitizer-spray/>

3 - **CleanCide Wipes** - Provided by Cintas, CA's janitorial service - used on non porous surfaces as a no rinse cleaner & disinfectant. Included at all sanitizing stations throughout the gym for immediate use by all coaches and athletes.

- <https://www.wexfordlabs.com/disinfectants/cleancide-wipes/>

4 - **Clorox Cleanup - Cleaner & Disinfectant** is used on all bathroom surfaces and a clorox/lysol cleaner for all high touch surfaces throughout the business.

- <https://clorox.ca/assets/Uploads/218142.030-CCU-Wrap-946mL4.png>

5 - **Simple Green** - Cleaner used prior to disinfection on all non porous surfaces.

- <https://simplegreen.com/products/all-purpose-cleaner/>

6 - **Dawn Soap & Water** - used for cleaning prior to disinfecting.

- https://www.pg.com/productsafety/msds/professional_line/professional_line/Dawn_Professional_Dish_Detergent.pdf

7 - **70% alcohol and water solution** in a fine mist spray is used on the uneven bars and balance beams.

8 - **Lysol Liquid** - Concentrate that is used in part with water as a disinfectant on non porous high use areas.

- <https://www.lysol.com/products/multi-purpose-cleaners/lysol-clean-fresh-multi-surface-cleaner-sparkling-lemon-sunflower/>

9 - **Lysol Spray & Clorox 4in1 Spray** for Air & Surface Disinfection -

- <https://www.lysol.com/products/disinfectant-spray/lysol-disinfectant-spray-crisp-linen/>
- https://www.thecloroxcompany.com/wp-content/uploads/2020/06/CloroxPro%C2%AE-Clorox%C2%AE-4-in-One-Disinfectant-and-Sanitizer_Multilingual1.pdf

10 - Cleaning Safety:

Here is cleaning safety information from CDC that CA is following as a guide for our Cleaning Protocols, Disinfectant use and warnings and information to reduce triggers associated with cleaning for staff and students with asthma:

<https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>

- Wear disposable gloves to clean and disinfect.
- Clean surfaces using cleaner and water, then use disinfectant.
- Practice routine cleaning of frequently touched surfaces.
 - More frequent cleaning and disinfection may be required based on level of use.
 - Surfaces and objects in public places cleaned and disinfected before each use.
- High touch surfaces include:
 - Equipment Handles & Cables, tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.
- CA has a professional cleaning service which follows CDC cleaning protocols for COVID-19 prevention and risk reduction.
- Cintas is our janitorial supply service service who is supplying all EPA approved disinfecting products and following CDC cleaning protocols.

6 Steps for Safe & Effective Disinfectant Use



Step 1: Check that your product is EPA-approved
Find the EPA registration number on the product. Then, check to see if it is on EPA's list of approved disinfectants at: [epa.gov/listn](https://www.epa.gov/listn)





Step 2: Read the directions
Follow the product's directions. Check "use sites" and "surface types" to see where you can use the product. Read the "precautionary statements."

Step 3: Pre-clean the surface
Make sure to wash the surface with soap and water if the directions mention pre-cleaning or if the surface is visibly dirty.





Step 4: Follow the contact time
You can find the contact time in the directions. The surface should remain wet the whole time to ensure the product is effective.

Step 5: Wear gloves and wash your hands
For disposable gloves, discard them after each cleaning. For reusable gloves, dedicate a pair to disinfecting COVID-19. Wash your hands after removing the gloves.





Step 6: Lock it up
Keep lids tightly closed and store out of reach of children.

coronavirus.gov

Cleaning and Disinfecting your Building or Facility if someone is Sick:

1. **Close off areas used by the person who is sick.**
 - Companies do not necessarily need to close operations, if they can close off affected areas.
2. **Open outside doors and windows to increase air circulation in the area.**
3. **Wait 24 hours before you clean or disinfect. If 24 hours is not feasible, wait as long as possible.**
4. **Clean and disinfect all areas used by the person who is sick, such as offices, bathrooms, common areas, shared electronic equipment like tablets, touch screens, keyboards, remote controls, and ATM machines.**
5. **Vacuum the space if needed. Use a vacuum equipped with high-efficiency particulate air (HEPA) filter, if available.**
 - Do not vacuum a room or space that has people in it. Wait until the room or space is empty to vacuum, such as at night, for common spaces, or during the day for private rooms.
 - Wear disposable gloves to clean and disinfect. For soft (porous) surfaces such as carpeted floors or rugs, clean the surface with detergents or cleaners appropriate for use on these surfaces, according to the textile's label. After cleaning, disinfect with an appropriate EPA-registered disinfectant on [List N: Disinfectants for use against SARS-CoV-2](#)
 - [external icon](#)
 - . Soft and porous materials, like carpet, are generally not as easy to disinfect as hard and non-porous surfaces. EPA has listed a limited number of products approved for disinfection for use on soft and porous materials on List N. Follow the disinfectant manufacturer's safety instructions (such as wearing gloves and ensuring adequate ventilation), concentration level, application method and contact time. Allow sufficient drying time if vacuum is not intended for wet surfaces.
 - Temporarily turn off in-room, window-mounted, or on-wall recirculation HVAC to avoid contamination of the HVAC units.
 - Do NOT deactivate central HVAC systems. These systems tend to provide better filtration capabilities and introduce outdoor air into the areas that they serve.
 - Consider temporarily turning off room fans and the central HVAC system that services the room or space, so that particles that escape from vacuuming will not circulate throughout the facility.
6. **Once an area has been appropriately disinfected, it can be opened for use.**
 - Workers without close contact with the person who is sick can return to work immediately after disinfection.
7. **If more than 7 days since the person who is sick visited or used the facility, additional cleaning and disinfection is not necessary.**
 - Continue routine cleaning and disinfection. This includes everyday practices that businesses and communities normally use to maintain a healthy environment.