

## BC Public Service Employee Gyms and Exercise Areas

**Gym use should be monitored by the worksite for adherence to good hygiene practices.**

### Hygiene Plan

A hygiene plan should be in place, posted and reviewed by all users. The plan should include:

- Cleaning/sanitizing hands upon entering and exiting the gym.
- A cleaning station consisting of hard surface disinfecting wipes or spray, hand sanitizer (pump/wipes), and paper towels. Regular household cleaning products are effective against most germs and viruses.
- All cleaning materials must be labelled with their hazards and instructions for safe use.
- Training stations/weights/equipment must be wiped down prior to and after each use.
- Used cleaning materials should be disposed of in a no touch, plastic bag lined garbage container, which should be emptied when no more than ½ full.
- No personal items are to be left on counters or around sinks in gym/change room areas.

### Monitoring

The gym must be inspected regularly to ensure cleanliness, to ensure that adequate supplies are present, and to ensure compliance with the hygiene plan. Inspections should be documented noting the name of the person who completed the inspection, as well as the date and time.