

DISINFECTANTS

in Public Places/Spaces – Gyms and Fitness Centers

Antimicrobial products, such as disinfectants, are critical to reducing the transmission of disease-causing pathogens, particularly in public places where a wide variety of people traverse or congregate.

Gyms and fitness centers are public places where germs can be easily transmitted, with many people passing through in close spaces every day. Fitness centers should provide sanitizing wipes or sprays for use in free-weight areas, fitness classrooms, equipment, and surfaces in other communal areas. The Centers for Disease Control recommends that facilities conduct regular disinfection of frequently touched surfaces and objects (free weights, exercise equipment, cardio machines, time clocks, break room tables and chairs, locker rooms, vending machines, railings, and door handles, countertops, doorknobs, toilets, tables, light switches, phones, faucets, sinks, and floors). Many types of bacteria and viruses can live on surfaces for long periods of time. Frequent use of antimicrobial disinfectants and sanitizers can help reduce and kill these germs, preventing the spread of disease and keeping gym members healthy.

