

Campus Recreation and Wellness Procedures for Infectious Disease Control

The following pages detail the protocols used by Campus Recreation & Wellness for the prevention of infectious diseases including Methicillin-resistant Staphylococcus aureus (MRSA)

Products Used at Campus Recreation & Wellness Facilities

Most of the housekeeping products used in the Student Recreation Center and other CRW facilities are supplied through the Sodexo contract. Sodexo utilizes a national branding company "Ecolab Products". The following Ecolab disinfectants and hand soaps meet the MRSA EPA claim and are used by Campus Recreation and Wellness at the Student Recreation Center and in other CRW facilities.

- Hand washing in restrooms - EpiSoft Antibacterial hand soap
- Toilet bowl cleaner - CBC Plus non-acid bowl Cleaner
- Floor cleaner - 456N used in conjunction with Neutral Cleaner
- Shower surface cleaners - Ajax and/or sodium hypochlorite-bleach
- Mats, various weight training and cardiovascular gym equipment, racquetball, and swimming eyewear - Omega QC with Georgia Pacific SofPull wipes supplied for individual/single use with cleaner
- Laundry (including team jerseys and towels) – Solar Brite laundry detergent and Tri Star Advanced Sour Sanitizer (disinfectant agent)
- Food prep counter areas - 456N
- Coolers and ice chests and blood spills - 456N and/or sodium hypochlorite-bleach

Hand Sanitizing stations are located on both floors to allow participant use as desired. The sanitizer uses alcohol as an active ingredient for sanitizing and disinfecting.

Weight Room/Fitness Area

Cleaning and Sanitation Initiatives

- **Fitness Area Brochures** detailing fitness area policies and fitness area etiquette are available at the Fitness Desk and in the SRC Main Office.
- Two **Bulletin Boards** located downstairs are devoted exclusively to policies and etiquette for the fitness area.
- **Small signs** have been placed above water fountains in the fitness areas reminding customers of basic sanitation and frequently overlooked practices of etiquette.
- A large sign is located above the fitness desk detailing **Fitness Area Policies**.
- **Paper Towel Service** is available in the fitness areas for customer use.
- **Omega QC** is the cleaning disinfectant used in the SRC. Fifteen to eighteen bottles are available and placed throughout the fitness area for customer use. The bottles are located in portable 13 caddies and on select Cybex machines.
- **Cloth towels** are available at the Fitness Desk and in the portable caddies.
- **Upholstery** is monitored weekly and changed out (semester) as needed.

Schedule for cleaning and sanitation

6:00AM – 9:00AM

- All upholstery is wiped down with Omega QC every morning.
- Handles on selectorized equipment are cleaned with Omega QC.
- Cubbies are wiped out each morning with Omega Q3.

9:00AM – 12:00PM

- Cloth towels are replaced in the caddies.
- Displays and handles on all cardio equipment are cleaned.
- Seats on bikes are cleaned with Omega QC.
- All upholstery is wiped down with Omega QC.

12:00PM – 4:00PM

- The Omega QC bottles are filled/replaced.
- Dirty towels are removed from the fitness areas.
- Caddies are monitored and refreshed with clean cloth towels.

3:00PM – 8:00PM

- Ab Benches, Weight Benches and Black Exercise Mats are cleaned with Omega QC.
- Cloth towels are replaced in all caddies.
- Omega QC bottles are monitored for fill.

8:00PM – 11:30PM

- Elliptical trainers and Bikes are cleaned including displays and handles.
- Treadmill displays and motor guards are cleaned with Omega QC.
- All cloth towels are replaced in caddies.
- Dirty towels are removed and washed.
- Paper towel dispensers are filled as needed.
- Upholstery on all equipment is wiped with Omega QC prior to close.

10:15PM – 11:45PM (Sun – Thurs)

- An additional employee comes in to assist with cleaning equipment, maintaining caddies, and complete a final cleaning on all cardio equipment with Omega QC.

**Constant – employees are trained to monitor the condition of the equipment throughout each shift and treat specific problem areas as needed or as requested.*

***Weekends and Holidays have an abbreviated schedule to reflect operational hours.*

****Staff team members are trained and encouraged to remind customers to clean up after use and return equipment to appropriate locations.*

Adventure Center and Equipment

Coolers: Used for carrying food and drinks for adventure-based trips and events.

1. Coolers are hosed out immediately after use to release and flush particulate matter.
2. Coolers are then given a bleach/water solution rinse and wiped clean and allowed to air dry before storage.

Boats: All canoes and kayaks are given a soap and water washing after each use and allowed to air dry. Boats that are used indoors at the swimming pool are given a thorough bleach/water solution bath and wiped clean and allowed to air dry. After pool use boats are emptied and allowed to air dry.

Cooking Utensils (Pots, Pans, Forks and Knives): After each use in the field all utensils are given a three step cleaning: Cold water rinse, Warm water wash, and Bleach/water sanitizing. After each trip all cooking supplies are washed in our dishwasher with high heat. If utensils are extra dirty they are given a pre-wash and then sanitized in the dishwasher. Open air storage allows for thorough air drying.

On all trips each individual provides and is responsible for cleaning any and all personal eating utensils, plates, cups, etc. Sharing of utensils is discouraged.

Tents: Are swept and air dried after every trip. If there is excessive dirt they are given a soap and water sponge bath. All tents are air dried after washing and are stored DRY.

Sleeping Bags: Sleeping bags are washed in the commercial washer after each use Solar Brite laundry detergent and Tri Star Advanced Sour Sanitizer. All sleeping bags are air-dried.

Intramural Sports

Team identification jerseys are often required to be worn by opposing teams during intramural activities, primarily the traditional sports. Special precautions are taken to ensure jerseys are clean and free from contamination.

- All players must wear their own shirt under a jersey when playing
- All personnel wear gloves when handling jerseys
- All jerseys are washed in a commercial washer using Tri Star Advanced Sour Sanitizer and Solar Brite laundry detergent.
- Any jerseys that are soiled with blood are placed into a bio-hazard container for disposal
- Spills/Injuries
 - i. All body fluid spills (indoor and outdoor) are treated with the 456-N (formerly A-428)
 - ii. Coolers designated “Not For Human Consumption” are used to transport ice used for injuries. Ice provided for injuries is sealed in a plastic bag.

Team Training Center/Challenge Course

The ECU Challenge Course program follows procedures to prevent the transmission of MRSA and other infectious diseases.

Drinking Containers (coolers) are washed with a solution of clean water and sodium hypochlorite bleach after use in order to sanitize them. They are then dried and stored in doors in the Blount field house. Participants have access to sanitary disposable cups for consuming liquids. Used cups are disposed of in proper trash receptacles.

Challenge Course staff members receive Blood-Borne Pathogen training and are currently certified in 1st aid and CPR. Staff members are trained to use barrier devices to minimize passage of disease. Any items soiled by bodily fluids are placed in an appropriate Biohazard receptacle for disposal.

