

## Gymnastics Equipment Cleaning Processes

Every Gymnastics facility has a cleaning system in place. Going forward we suggest these systems be documented and monitored. This will help ensure cleaning is done in an efficient systematic way and nothing requiring cleaning is missed. There are a lot of clubs already with very detailed procedures in place; Spieth America believes this is now going to be the norm moving forward.

We recommend cleaning schedules including the frequency, method and detailed cleaning procedure for each apparatus family. To make this easier we suggest clubs use:

- Cleaning Check Lists by apparatus or area
- Cleaning logs
- Detailed SOP for each family of equipment

We believe it is important that a space is set aside to store and prepare for cleaning and to store the cleaning supplies, products and equipment. Having a clean organized area will help show the importance of cleaning and disinfecting while making it easy to store things safely and helping to manage inventory. Please remember to have MSDS sheets close for any product requiring them. A binder next to the equipment helps accomplish this and containers must be clearly labeled with what the contents are. We would suggest chemicals be kept in a locked cabinet.

There are a lot of good cleaners on the market and not all are available in all areas. We are offering TRUCE cleaner and disinfectant. They offer two products, one is for removing chalk and the other is disinfectant. We suggest checking with the WHO and/or the CDC to find what products and specifications are suggested.

We have created standard cleaning documents for Spieth America equipment and cleaning checklists and logs to assist gymnastics facilities. Spieth America will have all the cleaning documents available on line. Please visit our web site [www.spiethamerica.com](http://www.spiethamerica.com) or reach out to your Spieth America representative.

## Top Ten Recommended Cleaning Practices

1. Use checklists to ensure all steps are followed.
2. Use cleaning logs as records to verify cleaning.
3. Wear all recommended safety equipment (PPE) and refer to MSDS (Material Safety Data Sheet) sheets and SOP's (Standard Operating Procedures) if you are unsure of anything. Check with your supervisor if you are still unsure of anything.
4. Clean towards the exit.
5. Clean areas that are high traffic or touched often more frequently.
6. Clean from the top down to the bottom and from cleanest to dirtiest.
7. Start in one corner and move around the item being cleaned, be systematic to ensure you clean everything.
8. Never shake cleaning clothes or mops, this could spread droplets of dust and dirt.
9. Mop and wipe in a circular motion or figure eight motion to capture the most dirt.
10. Change mop heads and cloths as often as needed, micro fiber cloths and mops work well to contain dirt.

## Vault Table Cleaning Practices



It is important to note all Vaults are not made the same. Spieth Canada has produced a number of vaults and some will be easier to clean than others. If you are unsure of how to clean your vault please check with your Spieth America representative.

### How to Clean a Spieth America Vault:

- Tidy up the area to eliminate any hazards.
- Brush down the top of the vault.
- Vacuum the vault area.
- Vacuum the vault runway and vault board tops.
- Steam clean the vault runway and vault boards.
- Wipe the vault top down with a damp cloth and disinfectant.
- Wash the vault column and vault base.
- As you clean the Vault note any problems or missing parts and report any issues.
- Wash Vault mats with TRUCE chalk remover or a similar product.
- Allow area to dry before use.
- Cover apparatus at night. Wipe down cover and store when coming in prior to workout
- Fill in cleaning log.

Ergojet Vault Table  
[1407210]



Vault Table Cover  
[129]



TRUCE All Purpose &  
Chalk Remover Cleaners  
[TRUCE-APIGPP]  
[TRUCE-CRIGCI]



## Uneven Bar Cleaning Practices



It is important to watch when cleaning bars. Uneven bar rails are a veneer over fiberglass core, fiber coating over fiberglass core or wood if you have really old bars, or are looking at some of the junior bars. The vast majority of chalk dust in a gym is created at bars so cleaning will generally take a little longer. Gymnastics apparatus with cables has the ability to shift when the cables are released and can be shaky. Gymnastics apparatus may have releases that will move quickly, drop or snap if loosened incorrectly. If you have not adjusted the apparatus you are cleaning or are not sure ask for help. You could hurt yourself or someone else if you are not careful.

### How to Clean a Spieth America Uneven Bars:

- Tidy up the area to eliminate hazards.
- Wipe rails with damp cloth with TRUCE disinfectant or similar product
- Sweep or vacuum chalk from mat and floor.
- Wipe down apparatus, tie down system with TRUCE disinfectant or similar product.
- Apply TRUCE chalk remover or similar product to all matting using a sprayer or microfiber mop or cloth.
- As you clean the Uneven Bars note any problems or missing parts and report any issues.
- Remove Truce chalk remover or similar product with Truce Disinfectant or a similar product.
- Allow area to dry before use.
- Fill in cleaning log.

All-American Uneven Bars  
[5101-130]



Cleanable Natural Fiber Rails  
[available in pin-style & clevis]



TRUCE All Purpose &  
Chalk Remover Cleaners  
[TRUCE-APIGPP]  
[TRUCE-CRIGCI]



## Balance Beam Cleaning Practices



It is important to note all beams are not made the same. All materials covering beams are not the same. We suggest testing any cleaner on the bottom edge of the beam cover to see if it will react in any negative way with the beam material or adhesive. Some Spieth German balance beams and old Spieth America beams are made with a material that will be damaged by water. The new darker brown beams can be cleaned.

### How to Clean a Spieth America Balance Beam:

- Tidy up the area to eliminate any hazards.
- A scrub brush works well to remove a lot of the dirt and chalk from the beam top.
- Vacuum the area cracks around the mats beam legs, the joint on the beam leg where the brace tube attaches holds chalk and dust it is a good idea to vacuum there.
- If the beam is newer and has the darker cover you can wash the beam top or steam clean it with an upholstery attachment. A light detergent is recommended.
- If you have an older lite colored beam DO NOT USE LIQUID on this beam top. A light rub with a damp micro fiber cloth coated in a disinfectant solution is all that can be done to disinfect this beam.
- Using a clean cloth apply cleaning solution to all the steel of the beam legs. Watch for grease on the crank beams.
- As you clean the beam note any problems with the beam or missing parts. Things to look for are missing end caps, footpads. Any tears in the beam covers or mats should be noted and reported.
- Clean the matting using TRUCE chalk remover or a similar product.
- Allow area to dry before use.
- Cover apparatus at night. Wipe down cover and store when coming in prior to workout
- Fill in the cleaning log.

Soft Touch Balance Beams  
[1414210]



Removable Beam Cover  
[GN3652]



Balance Beam Cover  
[223]



TRUCE All Purpose & Chalk Remover Cleaners  
[TRUCE-APIGPP]  
[TRUCE-CRIGCI]



## Floor Cleaning Practices



It is important to note not all floors are made the same. Carpets from different suppliers may react differently to different cleaners. We suggest applying a small amount of cleaner to a spot on the carpet that is out of sight to ensure the cleaner will not damage the carpet. This can be accomplished easily with carpet bonded foam by lifting Velcro and apply a small amount of cleaner there. If you have a floor with exposed foam we would recommend installing a floor skirt or replacing the foam perimeter with a floor extension.

### How to Clean a Spieth America Floor:

- Tidy up the area to eliminate any hazards.
- Vacuum carpeted surface.
- Watch for and note any splits or excessive wear and report any issues.
- Steam clean carpet using a light detergent.
- Wash all mats and Velcro with a light detergent.
- Wash floor skirt.
- Allow area to dry before use.
- Fill in the cleaning log.

Moscow Floor  
[1790750]



TRUCE All Purpose &  
Chalk Remover Cleaners  
[TRUCE-APIGPP]  
[TRUCE-CRIGCI]



## Pommel Horse Cleaning Practices



It is important to note pommel horses are not all made the same. Some are leather and some have synthetic tops. Pommel Horses from different suppliers may react differently to different cleaners. We suggest applying a small amount of cleaner to a spot on the Pommel Horse that is out of sight to ensure the cleaner will not damage the material. Generally there will be some material you can access under the pommel top. If you are unsure of how to clean your Pommel Horse or what the material is please check with your Spieth America representative.

### How to Clean a Spieth America Pommel Horse:

- Tidy up the area to eliminate any hazards.
- Brush down the top of the vault.
- Vacuum the vault area.
- Vacuum the vault runway and vault board tops.
- Steam clean the vault runway and vault boards.
- Wipe the vault top down with a damp cloth and disinfectant.
- Wash the vault column and vault base.
- As you clean the Vault note any problems or missing parts and report any issues.
- Wash Vault mats with TRUCE chalk remover or a similar product.
- Allow area to dry before use.
- Cover apparatus at night. Wipe down cover and store when coming in prior to workout
- Fill in cleaning log.

Competition Pommel Horse  
[1406104]



Pommel Horse Cover  
[128]



TRUCE All Purpose &  
Chalk Remover Cleaners  
[TRUCE-APIGPP]  
[TRUCE-CRIGCI]



## Ring Tower Cleaning Practices

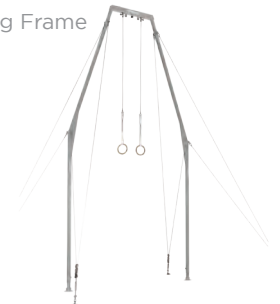


It is important to watch when cleaning Rings. The rings and straps are made from different materials and can be cleaned. It does remove the chalk but they can be cleaned. Rings are very high and it will be very difficult to wipe down the entire apparatus. Concentrate on high touch areas and the use of a pole with an extension will help clean higher on the frame and cable. Gymnastics apparatus with cables has the ability to shift when the cables are released and can be shaky. Gymnastics apparatus may have releases that will move quickly, drop or snap if loosened incorrectly. If you have not adjusted the apparatus you are cleaning or are not sure ask for help. You could hurt yourself or someone else if you are not careful.

### How to Clean a Spieth America Ring Tower:

- Tidy up the area to eliminate hazards.
- Ring tension should not be loosened during cleaning.
- Sweep or vacuum chalk from mat and floor.
- Wipe down apparatus and tie down system as high as safely possible with TRUCE disinfectant or similar product.
- Wipe down rings and straps with a TRUCE disinfectant or similar product.
- As you clean the Rings note any problems or missing parts and report any issues.
- Apply TRUCE chalk remover or similar product to all matting using a sprayer or microfiber mop or cloth.
- Remove Truce chalk remover or similar product with Truce Disinfectant or a similar product.
- Allow area to dry before use.
- Fill in cleaning log.

"Berlin" Ring Frame  
[1384034]



TRUCE All Purpose &  
Chalk Remover Cleaners  
[TRUCE-AP1GPP]  
[TRUCE-CR1GCI]





## Parallel Bars Cleaning Practices



It is important to note Parallel Bars have different adjustments for achieving height. Be very careful as turning the wrong handle could cause the rail to fall unexpectedly. A lot of old style Parallel Bars have a pinch point caused as the adjusting tube slides into the upright. Use caution and if you are not sure ask for help or direction or check with your Spieth America representative.

### How to Clean a Spieth America Parallel Bars:

- Tidy up the area to eliminate any hazards.
- Wipe rails with damp cloth with TRUCE disinfectant or similar product.
- Wipe down the Parallel bar uprights with damp cloth with TRUCE disinfectant or similar product.
- Vacuum the Parallel Bar area.
- As you clean the Parallel Bar area note any problems or missing parts and report any issues.
- Wash Parallel Bar mats with TRUCE chalk remover or a similar product.
- Allow area to dry before use.
- Fill in cleaning log.

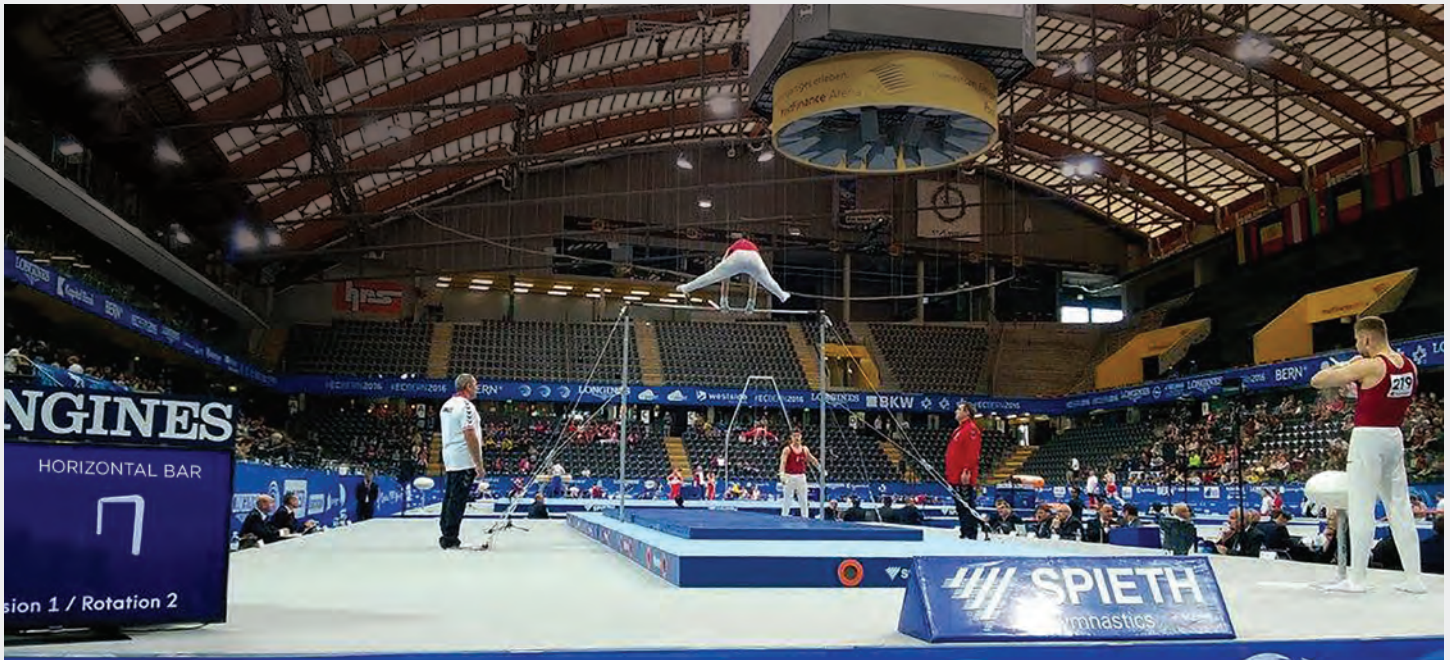
Melbourne Parallel Bars  
[1403110]



TRUCE All Purpose &  
Chalk Remover Cleaners  
[TRUCE-APIGPP]  
[TRUCE-CRIGCI]



## High Bar Cleaning Practices



It is important to watch when cleaning bars. High bar rails are stainless steel and can be cleaned. It does remove the chalk but they can be cleaned. The vast majority of chalk dust in a gym is created at bars so cleaning will generally take a little longer. Gymnastics apparatus with cables has the ability to shift when the cables are released and can be shaky. Gymnastics apparatus may have releases that will move quickly, drop or snap if loosened incorrectly. If you have not adjusted the apparatus you are cleaning or are not sure ask for help. You could hurt yourself or someone else if you are not careful.

### How to Clean a Spieth America High Bar:

- Tidy up the area to eliminate hazards.
- High Bar tension should not be loosened during cleaning.
- Wipe rails with damp cloth with TRUCE disinfectant or similar product.
- Sweep or vacuum chalk from mat and floor.
- Wipe down apparatus and tie down system with TRUCE disinfectant or similar product.
- As you clean the Pommel High Bar note any problems or missing parts and report any issues.
- Apply TRUCE chalk remover or similar product to all matting using a sprayer or microfiber mop or cloth.
- Remove Truce chalk remover or similar product with Truce Disinfectant or a similar product.
- Allow area to dry before use.
- Fill in cleaning log

Stuttgart Horizontal Bar  
[1384214]



TRUCE All Purpose &  
Chalk Remover Cleaners  
[TRUCE-APIGPP]  
[TRUCE-CR1GCI]



## Cleaning Practices for Free Foam Pits



It is important to note not all gymnastics pits are made the same. They differ in depth and size and are a real challenge to clean. Pits can be cube foam suspended on trampoline beds, enclosed foam, cube foam on top of enclosed foam pit modules, fabric stretched over foam structures, air bags or a mix of different styles. It is really not reasonable to think a pit can be completely disinfected in most cases. The volume of foam would make it very difficult to ensure it was completely disinfected.

### How to Clean a Spieth America Free Foam Pits:

- Tidy up the area to eliminate any hazards.
- Vacuum carpeted surface.
- We recommend wearing a mask while cleaning out the pit.
- Empty the foam cubes from the pit. Placing a tarp or sheet of plastic will help keep the area the cubes are pile clean.
- Sweep pieces of foam to big for the vacuum.
- You can wipe down or spray the pit area with TRUCE disinfectant or a similar product.
- As you clean the foam pit area note any problems or missing parts and report any issues.
- If the pit edge padding is made from carpet bonded foam steam clean the pit edge with TRUCE disinfectant or a similar product.
- If the pit edge padding is made from Vinyl wash with TRUCE disinfectant or a similar product.
- Let the area dry completely and fill the pit with the foam cubes.
- Lightly spray the cubes with a TRUCE disinfectant or similar product before the foam cubes are returned to the pit.
- Allow the disinfectant to dry before filling the pit.
- Once the cubes are returned to the pit you can spray the cubes lightly with TRUCE disinfectant or a similar product.
- Allow area to dry before use.
- Fill in the cleaning log.

TRUCE All Purpose &  
Chalk Remover Cleaners  
[TRUCE-APIGPP]  
[TRUCE-CR1GCI]



## Cleaning Practices for Enclosed Foam Pits



It is important to note not all gymnastics pits are made the same. They differ in depth and size and are a real challenge to clean. Pits can be cube foam suspended on trampoline beds, enclosed foam, cube foam on top of enclosed foam pit modules, fabric stretched over foam structures, air bags or a mix of different styles. It is really not reasonable to think a pit can be completely disinfected in most cases. The volume of foam would make it very difficult to ensure it was completely disinfected.

### How to Clean a Spieth America Enclosed Foam Pits:

- Tidy up the area to eliminate any hazards.
- Vacuum carpeted surface.
- We recommend wearing a mask while cleaning out the pit.
- Vacuum the pit area
- You can wipe down or spray the pit area with TRUCE disinfectant or a similar product a damp micro fiber mop works well for this.
- As you clean the foam pit area note any problems or missing parts and report any issues.
- If the pit edge padding is made from carpet bonded foam steam clean the pit edge with TRUCE disinfectant or a similar product.
- If the pit edge padding is made from Vinyl wash with TRUCE disinfectant or a similar product.
- Allow area to dry before use.
- Fill in the cleaning log.

TRUCE All Purpose &  
Chalk Remover Cleaners  
[TRUCE-APIGPP]  
[TRUCE-CR1GCI]



## Cleaning Practices for Common Training Areas and Equipment



It is important to note most gymnastics clubs have preschool equipment, training equipment, wall bars, climbing ropes, and in some cases homemade or altered equipment. Spieth America does not promote the use of home made or altered equipment but recognizes it is in gyms. Gym clubs that choose to use homemade or altered equipment must accept total responsibility for that choice. It is important that all equipment is clean and safe. If a gym club has homemade or altered equipment it is important the equipment be finished in a way it can be cleaned and disinfected. If you have any questions regarding and equipment ask your Spieth America representative and they will be able to answer or help you find the answers you need.

To clean the pre school equipment and training equipment the steps listed for the competitive equipment will be very adaptable. If we you have questions or are not sure ask for help or check with your Spieth America representative.

### How to Clean Common Areas and Equipment:

- Tidy up the area to eliminate hazards.
- Wipe rails with damp cloth with TRUCE disinfectant or similar product.
- Sweep or vacuum mat and floor.
- Wipe down apparatus and tie down system with TRUCE disinfectant or similar product.
- As you clean the equipment note any problems or missing parts and report any issues.
- Apply TRUCE chalk remover or similar product to all matting using a sprayer or microfiber mop or cloth.
- Remove Truce chalk remover or similar product with Truce Disinfectant or a similar product.
- Allow area to dry before use.
- Fill in cleaning log.

TRUCE All Purpose &  
Chalk Remover Cleaners  
[TRUCE-APIGPP]  
[TRUCE-CR1GCI]



## Featured Products for Successful Cleaning Practices



### Spieth Landing Mats

- Easy to clean
- Quality manufacturing with double stitched covers
- Custom sizes available
- Replacement covers available



### Cleanable Natural Fiber Rails [*available in pin-style & clevis*]

- Long lasting
- Easily cleaned
- Requires less chalk



### Removable Beam Cover [GN3652]

- Protects your beam
- Fits any competition beam
- Easy to install and clean



### Beam Surface Expander with Washable Cover [189W]

- Two will cover any competition beam
- Easy to install and remove
- Washable and easy to clean



### Equipment Covers [129]

- Helps protect equipment when stored or moved
- Keeps equipment clean and dust free
- Clearly shows when equipment is not in use



### TRUCE All Purpose & Chalk Remover Cleaners [TRUCE-APIGPP] & [TRUCE-CR1GCI]

- Non-toxic
- Safe to use on mats and apparatus
- California compliant



### Personal Chalk Bag [129]

- Eliminates the need for chalk bowls
- Allows for individual chalk use
- Helps keep the bar are cleaner
- Custom colors and branding available