

Cleaning vs. Disinfecting vs. Sterilization

- Cleaning is the *removal* of dirt, impurities, and germs. There are many useful products that can successfully clean surface areas. “Cleaning” is not classified to *kill* germs; however, it is useful *in removing* the germs dirt and impurities and by doing such lowering the risk or spread of impurities and germs.
- Disinfecting is the *killing* of germs dirt and impurities using EPA registered chemicals. Disinfecting chemicals are extremely successful in the removal of all bodily fluids, and are categorized as a combination of Virucide, Sanitizer, Fungicide, Bactericide, Mildewstat- Mold. Disinfecting chemicals are effective against a broad spectrum of bacteria including MRSA, Staph, salmonella, HIV-1 the aids virus, HBV, HCV, herpes simplex, human corona virus, rotavirus, athletes foot virus, and sars associated corona virus to name a few.
- Sterilization destroys microorganisms on surfaces. Our mode of sterilization differs from a hospital / surgery room in that the sterility assurance levels (SAL) are not being implemented on surgery instruments such as scalpels. Currently we use a combination of sterility methods including steam, uvc lighting, and fogging. Steam, uvc light, and foggers differ from the disinfecting chemicals in that the heat can penetrate barriers like biofilm, tissue(skin), blood, to attain the organism and kill. Whereas only using a liquid cannot adequately penetrate these barriers. This is extremely useful in our industry on our uneven bars where athletes often rip and have skin and blood exposed to the bar. There are many chemicals that can be added to fogging machines for use to sterilize, however most of these products can be toxic (such as formaldehyde). We use Hydrogen Peroxide with a hint of organic essential oils in our foggers.

OUR PROCESS

Each morning at 5am the deep disinfecting of our entire facility begins followed by the sterilization. This includes spraying/misting the disinfecting chemicals on every inch of the building, from light switches to training mats, mopping all hard floors, and vacuuming all rugs, and wiping all surfaces. Then repeating that process with a mister, steam, and foggers. This process takes around 4 hours.

During the day when there are activities this is when we utilize our cleaning format. After each event, the areas are wiped, mopped, sprayed. We are careful in our product selection as to not have harmful chemicals being used while the building is occupied. Frequent cleaning in high traffic areas such as bathrooms cubbies and equipment is a high priority.

We are constantly looking for more advanced ways to keep our facility disinfected for the safety of our athletes and staff. We incorporate all 3 levels of the above listed modes of cleaning. Our products are used on a rotation as virus's can often build immunity to the same product used consistently.

The list of just some of our current products we are using are:

Cleaning:

Lysol

Windex

Clorox

All-purpose / Surface cleaner

ZEP products

Disinfecting:

Mediclean

Clorox Bleach

Lemon Lance

Nobel Orange Peel

Odo Ban

R-141 RTU

ZEP products

Sterilization

Fogging

Steam / UVC light

Hydrogen Peroxide

Essential oil diffusers are also used throughout the building

Hand Sanitizer

Botani Clean is one step detergent which cleans disinfects and deodorizes it is a hospital grade disinfectant and can be used as a hand sanitizer as it is not harmful. Botani clean is a germicide - Tuberculocide- fungicide- virucide- and the best part is this is an all-natural organic product with the active ingredient of Thymol (the herb THYME). It is not the best smelling so we add a drop of essential oil and makes it very pleasant as a hand sanitizer that won't dry or sting your skin.

Hand Washing

We implement hand washing into our curriculum for our athletes after each event and we have plenty of bathrooms and working sinks to accommodate. We use a variation of antimicrobial and antibacterial hand soaps.