Spieth America, provider of Rhythmic carpets to Gymnastics Canada National events, recommends the following sanitization methods for Rhythmic Gymnastics carpets.

**Please note***: There are inherent risks with all methods of sterilization products and equipment. RGA recommends that all clubs inform themselves of the benefits and risks of each. \*\*****It is not permissible for athletes to operate UV Light equipment or apply disinfectant products****. Sanitization procedures must only be carried out by* ***trained and informed*** *staff members/appointed, adult volunteers.*

1. **Steam Cleaning**

Carpets should be steam cleaned before or after each practice or between cohorts of 50 participants.

◻ Please see the Speith America Cleaning for detailed instructions and recommendations

◻ <https://online.flippingbook.com/view/107701/8/>

1. **UV Light Applicator**

◻ <https://www.thesterilaser.com/floorunit>

RGA recognizes that daily steam cleaning may not be possible in your facility and that the purchase of a UV Sterilizer may be challenging financially for some clubs at this time. If these methods are not feasible, RGA requires that clubs adhere to the following protocols in conjunction with all participant hygiene requirements, screening protocols and cohort guidelines.

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| **MINIMUM GUIDELINES** |
| ◻ Carpet should be vacuumed, ideally with a vacuum containing a HEPA filter, then sprayed with an approved disinfectant after every cohort (maximum of 50 people per cohort) or at the end of each day, if less than 50 people have been on the carpet.  ***\*\*HEPA filters mitigates the risk of the virus dispersing into the air during vacuuming. It is recommended that a mask should be worn by the vacume operator if the vacume does not have a HEPA filter.***  » These are the minimum requirements. RGA strongly advised sanitizing between each training group (mini cohorts) if possible.  » Additional measures can be taken such as rotating strips of carpet that are used in practice over 24 -48-hour periods to allow the virus to deplete or die before next use. The Health Authority was unable to advise us how long the virus can stay on carpet, but current research suggest that it lives or no more than 24 hours on other soft, porous surfaces. *(See Appendix A: How Long Can COVID-19 Survive on Surfaces?)* |

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