

## MEMBER COVID CLEANING TRAINING

To satisfy the state COVID regulations for operating a Vermont fitness center, members will be listed technically as “employees” of the Pierce Hall Community Fitness Center (FC). Members will need to complete the following two mandatory training modules prior to using the FC.

### 1. Vermont Occupational Safety and Health Administration (VOSHA) (10 min online)

Complete Protecting the Safety and Health of Workers - VOSHA training:

- <http://labor.vermont.gov/vosha>
- Once completed, **bring your VOSHA Online Training CERTIFICATE** to the FC

### 2. CDC (Center for Disease Control) and State Cleaning Requirements (in-person at FC)

How to clean the FC before and after each use

- Use alcohol wipes to wipe down
  - areas touched while in the FC and its entryway  
i.e.: door handles, walls, door surfaces, stair railings, etc
  - areas touched in the restroom  
i.e. toilet handles, toilet seats, sinks, faucet, etc

**(PLEASE DO NOT USE ALCOHOL WIPES ON GYM EQUIPMENT!!)**

- Use gym wipes to wipe down
  - gym equipment wherever it was touched and breathed upon
- Use floor cleaner (in the spray bottle) and paper towels
  - to wash sweat droplets accumulated on the floor

**Clean your way in and clean your way out!!**

Excessive cleaning is most welcome 😊