

British Wrestling
Deep Cleaning Guidance
June 2020, Version 1

Phase 1: Lockdown phase

- Strongly recommend that on a **weekly basis** all water outlets (taps / showers etc) are run for a minimum of a minute for the duration of the lock down. This will prevent Legionella!
- Any wrestling suits, clothing, washable equipment should be removed and washed to prevent mould. Once washed, if they need to be returned to the wrestling club, please bag up individually wherever possible.
- It is highly unlikely that COVID 19 is on any surfaces of a wrestling club that has been closed for a week or more. The virus does not survive over a prolonged period of time, in these instances please refer to government guidance.

Phase 2: Deep clean prior to the opening of wrestling clubs

Self-care

Please use appropriate Personal Protective Equipment (PPE), Disposable Gloves and a spare set of clothes.

Post clean you must remove clothing and place into a bin liner and tie.

Wash hands and face thoroughly and change into fresh clothes. Dirty clothes should be washed immediately when home.

1. Hoover all carpets and the wrestling mat cover (brushing often disperses dust into the air which will then settle post clean).
2. Using a damp mop, mop the wrestling mat cover to collect the remainder of the dust. Please ensure as much dust as possible is removed as you will be introducing moisture to the area.

3. Open any windows and doors-this will allow quicker drying time for the Disinfectant.
4. Using a solution of household thin bleach and water- 3 full caps to a litre of water should be enough to kill any bacteria, germs. Wipe down all hand contact point, remember, door handles, hand rails, tables, doors, vending machines, showers, toilets, sinks, seating, window ledges, etc
5. Once cleaning is complete, pour away remainder of solution as this will be none effective approximately 6-12 hours later. Always use fresh each day.
6. As wrestling clubs have now been empty for many weeks, you may start to see mould spores growing on walls and surfaces. It is imperative these are cleaned as a build-up will be harmful to the wrestling mat and any equipment. This would also effect the lungs of anyone in proximity to the club.
7. Please do not use bleach on your wrestling mats or dummies as regular use of Chlorine will corrode surfaces.
8. Using a pump spray, dilute a solution of disinfectant in water as per recommendations/instructions for dilution on your disinfectant brand.
9. Using a pump spray, starting at the furthest point from entry. Evenly coat your wrestling area with the solution.
10. Best practice is to keep the nozzle 18 inches from the surface and ensure the nozzle is turned to mist. This will aid even distribution.
11. Exit Wrestling Club and allow to dry. Your Club will now be ready for a session.



Phase 3: Post session clean

1. Ensure all hand contact points are wiped with the chlorine solution
2. Using a clean damp mop and disinfectant, mop the club wrestling area

Repeat steps 11 & 12 after the final session of the day.

You are relying on club members to be honest about whom they have come into contact with but in the eventuality that a member is infected then at least the wrestling club will remain clear. I would recommend, if clubs open to allow drop off and pick up (perhaps develop a procedure).

No spectators to remain in club.