

# GymValet<sup>®</sup>

## **Holder for Sanitizer Spray Bottles and Towels**

The active sanitizing ingredient used in the equipment cleaning solution we represent and sell is called Quaternary Ammonium (Quat.). Quats. were originally developed for sanitizing hard, non-porous, surfaces in the hospital environment. So, please be assured that the solution is a hospital grade sanitizer that cleans and sanitizes the hard, non-porous, surfaces of equipment (all equipment, not just “machines”) in the fitness center setting. Quats. are considered to be broad-spectrum sanitizers, meaning that they are effective against a broad variety of viruses, germs, and bacteria that could be, or are, present in the fitness industry. Knowing the broad sanitizing effectiveness of Quats., the assumption could be made that the COVID-19 (also known as SARS-CoV-2 and *Coronavirus*) would fall under that umbrella. You should be relieved to know that virus particles are very easy to neutralize on hard surfaces! Virus particles are not “living things;” in-tact, they have all of the elements needed to start their viral functioning when they attach to host cells in the body. But, once they’re broken down chemically and “ripped apart” mechanically (wiped up with a towel) they can’t function--ever!! Quats. are very good at chemically breaking down viral particles. Please note: Health and fitness club members, owners and managers should not, in all fairness and reasonability, be questioning/questioned if a given solution will specifically “kill” COVID-19. The COVID-19 “strain” is new to the viral spectrum, and, as of late September 2020, no solutions on the market have been tested specifically for their effectiveness in dealing with the *Coronavirus*. Only a few have been (successfully) tested against *SARS* which is in the same “family” as SARS-CoV-2.

Also very important in this discussion is the other “active ingredient” that is vital to having and maintaining a safe workout environment, in this unique period of time (and beyond), is the human ingredient. The best solution in the world cannot be effective if it isn’t used! By whatever method of regular equipment surface cleaning/sanitizing that is used/provided in any fitness setting—member driven, member and staff driven, or staff driven—equipment surfaces should ideally be cleaned both before and after use. The sanitizing solution should be sprayed/applied to cover the full surface of the body-contacted parts of the equipment, left to sit (if possible) for at least 30-60 seconds, and then wiped off. In the Pilates and TRX studio settings, the straps should be lightly sprayed and wiped down after use. It is incumbent on fitness center owners and managers to optimize/maximize the possibility that regular equipment cleaning is achieved; give the human cleaners—members and/or staff—the best chance to sanitize the equipment by placing the cleaning supplies in direct proximity of the equipment. Every extra step that the human has to take to access the sanitizing supplies minimizes the chance that the equipment can or will be cleaned before and after use. Guaranteed; that’s human nature!

In summary, the equipment sanitizing solution that is provided for your use is a high-grade, broad spectrum, sanitizer that should be fully capable of effectively dealing with the *Coronavirus*, in addition to the other pathogens it encounters. When used properly and continually, exercisers can have the confidence that they are working out on equipment that is clean and safe to use. Obviously, other cleanliness and hygienic practices and procedures should be done in conjunction with regular equipment cleaning. Most importantly, exercisers should refrain from touching their eyes, nose and mouth while exercising, they should regularly be washing their hands with soap and water, and they should be coughing or sneezing into their arm or a tissue. Used tissues should be thrown away immediately, and the user should wash their hands ASAP.