

GymValet®

Holder for Sanitizer Spray Bottles and Towels

TWO ACTIVE INGREDIENTS IN EQUIPMENT SANITIZING

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 enveloped viruses such as COVID-19, or *Coronavirus*, (a variant in the SARS-CoV-2 virus “family”) that we are so concerned about right now, would fall under that umbrella. You should be relieved to know that enveloped 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/or “ripped apart” mechanically (wiped up with a towel) they can’t function--ever!! Quats. are very good at chemically breaking down viral particles. That’s why sanitizing equipment surfaces before and after each use is so important in winning the war against COVID-19; destroy the particles on the outside before they have the chance to “destroy” your members on the inside! The exciting new news is that very recent research on Quats.’ effectiveness in inactivating enveloped viruses from the SARS-CoV-2 virus family in the “real world” setting—i.e., not complying with EPA certification standards for 1) pre-cleaning surfaces, and 2) using non-hard water to dilute the Quat.— showed that complete inactivation of the virus occurred within 15 seconds of contact. Now, the new best practice recommendation for equipment sanitizing in the fitness center setting should/can be: Spray on, count to 15, wipe off. No need to enforce a “10 minute dwell time” when using Quats. in regards to COVID-19 neutralization; inactivating enveloped viruses on hard surfaces is easy and fast with Quats!

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 for optimum, safe, sanitizing (per the reasons mentioned above). The sanitizing solution should be sprayed/applied to cover the full surface of the body-contacted parts of the equipment, left to sit for about seconds 15 (per recent research mentioned above) 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 sanitizers are 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.