

Safety Checklist for Maintenance and Cleaning of Weightlifting Gym and Equipment

Facility

- A. Flooring
 - a. Inspected maintained and cleaned weekly
 - b. Platforms free of splinters, holes, protruding nails and screws
 - c. No moisture or chalk accumulation
 - d. Mats free of tears and arranged so as not to represent a safety hazard
 - e. Fixed equipment attached securely to the floor
- B. Walls
 - a. Wall surfaces cleaned as required.
 - b. Walls free of protruding apparatuses
 - c. Mirrors, shelves notice boards securely fixed to walls
 - d. Mirrors and windows cleaned regularly
 - e. Mirrors placed a minimum of 51 cm off floor
 - f. Cracked or broken mirrors or glass replaced immediately
- C. Ceilings
 - a. All ceiling fixtures cleaned and dusted regularly
 - b. Guttering cleaned 3 regularly
- D. Environmental factors
 - a. Volume of stereo system set low enough to allow clear communication between coach and lifter, spotter and lifter
 - b. Ventilation systems working properly.
 - c. Facility well lit and free of dark areas
 - d. Exit sign well lit
 - e. Extension cords routed, secured and grounded and large enough for electrical load
 - f. All safety, regulation and policy signs posted in clear view
 - g. Heaters maintained and serviced regularly.

Equipment

- A. **Lifting Platforms**
 - a. Platform has 90 – 120 cm of perimeter space for safety
 - b. All equipment returned to storage after use
 - c. Bases of squat racks secure and level
 - d. Olympic bars rotate properly and are, maintained and lubricated and tightened
 - e. Bent bars replaced, knurling free of debris
 - f. Collars functioning
 - g. Sufficient chalk available to lifters
 - h. Wrist straps, belts, knee wraps available and stored properly
 - i. Benches, chairs and boxes kept a safe distance from platforms
 - j. Areas kept swept to remove chalk and debris

- k. Ceiling space sufficient for overhead lifts and free of low-hanging apparatuses.

B. Free weight area

- a. Proper spacing of racks and weight standards to allow access at all times
- b. All equipment returned after use to avoid obstruction
- c. Safety equipment used and returned
- d. Protective padding free of cuts and tears
- e. Workout surfaces that contact human skin cleaned and disinfected daily
- f. Securing bolts and apparatus parts tightly fastened
- g. Non functional or broken equipment removed or locked out of service

C. Stretching Area

- a. Mats free of weights, benches and equipment
- b. Mats free of tears
- c. No gaps between mats
- d. Area swept and disinfected daily
- e. Stretching sticks, medicine balls and Swiss balls properly stored after use

D. Resistance machine area

- a. Easy access to each workstation
- b. Area free of loose bolts, screws, cables and chains
- c. Proper pins used
- d. Securing straps functional
- e. Parts and surfaces properly lubricated and cleaned 2 – 3 times pw
- f. Protective padding free of cracks or tears
- g. Surfaces that contact human skin cleaned and disinfected daily
- h. All parts smooth functioning and lubricated regularly
- i. No protruding screws, or parts that need tightening or removal
- j. Belts, chains and cables aligned with machine parts
- k. No worn parts (frayed cables, loose chains, worn belts, cracked joint screws).

E. Body weight resistance apparatus

- a. Apparatus properly lubricated
- b. Surfaces that contact human skin cleaned and disinfected daily
- c. Protective padding free of cracks or tears
- d. Securing straps and apparatus functional
- e. Properly padded floor areas around plyometric boxes.

Cleaning Supplies

- Disinfectant
- Window cleaner
- Lubrications sprays
- Cleaning sprays
- Spray bottles

- Paper towels
- Cloth towels and hand rags
- Sponges
- Broom and dust pan
- Vacuum cleaner
- Vacuum cleaner bags
- Mop and bucket
- Gum and stain remover
- Items locked in cabinet, inventoried and replenished weekly

Maintenance supplies

- File
- Hammer
- Pliers (standard and needle nose)
- Screwdrivers (standard and Phillips)
- Allen wrench set
- Crescent wrench
- Rubber mallet
- Carpet knife
- Cable splicer parts and appropriate tools
- Chain splicer and appropriate tools
- Heavy duty stapler
- Nut, bolts, nails, screws in various sizes
- Heavy duty glue
- Transparent tape
- Masking tape
- Duct tape
- Drill and drill bit set
- Lubricant spray
- Socket set
- Vise grips

Daily

- Inspect all flooring (carpet wood, rubber mats, lifting platforms for damage and wear)
- Clean and disinfect drinking fountain
- Inspect fixed equipments connection to the floor
- Clean and disinfect surfaces that contact skin
- Inspect mirrors for damage
- Inspect all equipment for damage, wear, loose or protruding bolts or screws, cables, chains, insecure or non functions straps, improper use of pins attachments or other apparatus.
- Inspect all protective padding for cracks and tears
- Inspect non slip material and mats for proper placement, damage and wear
- Remove trash and garbage
- Clean light covers, fans, air vents, clocks and speakers
- Monitor sound levels
- Monitor air circulation
- Monitor illumination levels
- Ensure safety, regulation and policy signage is posted

- Ensure that equipment is properly returned and stored after use.

Two to three times per week:

- Clean and lubricate guide rods on machines

Twice per week

- Inventory and replenish cleaning and maintenance supplies

One per week

- Clean all flooring
- Clean and disinfect upholstery
- Clean ceiling fixtures and attachments
- Clean mirrors
- Clean windows
- Clean and lubricate moving parts of all equipment

As Needed

- Replace light bulbs
- Clean walls
- Replace damaged or missing tiles
- Clean roof gutters, pipes and ducts
- Remove broken equipment
- Resupply chalk boxes
- Clean bar knurling
- Monitor humidity levels
- Monitor air circulation
- Clean rust from floor, plates, bars and equipment