



**ITEC**



**VTCT**

# **UIP5** - Infection Prevention (COVID-19) for Sport and Fitness Sessions

LO6 Understand decontamination and waste management processes relevant to sports and fitness sessions

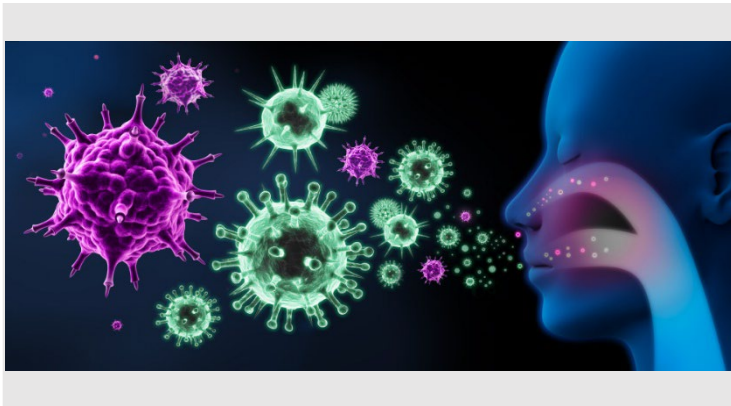
# Decontamination of the sports and fitness environment

## Contamination

- The process of making something impure by exposure to or addition of a poisonous or polluting substance such as a microorganism

## Decontamination

- The removal of pathogens and other substances from tools and surfaces



# Decontamination of the sports and fitness environment

## The three stages of environmental decontamination:

- **Cleaning/sanitising** – the physical removal of foreign material including dust, soil and organic material such as blood, excretions, secretions and microorganisms. It physically removes rather than kills microorganisms with water, detergent and mechanical action. Cleaning is always essential prior to disinfection or sterilisation (WHO)
- **Disinfection** – is the inactivation or killing of most microorganisms on surfaces and items. It usually involves chemicals, heat or ultraviolet light (WHO)
- **Sterilisation** – A validated process used to render an object free from viable microorganisms including viruses and bacterial spores (WHO)



# Decontamination of the sports and fitness environment

- Types of chemicals, equipment and processes to meet relevant national standards of the country therein
- Management of contaminated, clean and sterile items
- Appropriate PPE for staff performing cleaning
- 2 step cleaning process
- Manufacturers' instructions/Safety Data Sheets – suitability, safe use and disposal of cleaning solutions
- Use of disposable cleaning equipment
- Use of reusable cleaning equipment
- Cleaning schedules



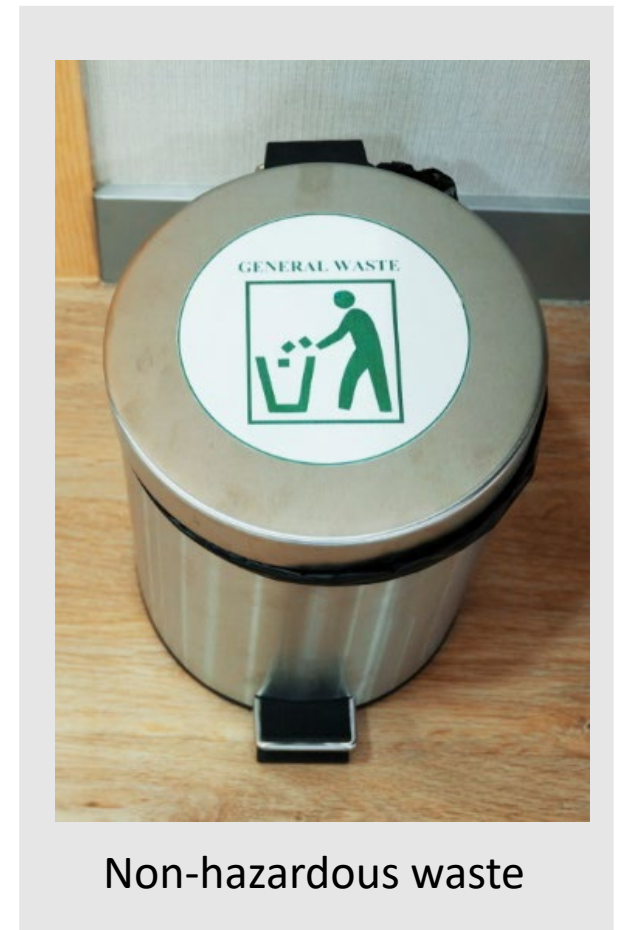
# Management of laundry in a sports and fitness environment

- Single-use
- Re-usable
- Handling
- Appropriate PPE
- Transport
- Processing
- Labelling
- Washing temperatures
- Drying
- Storage



# Waste management procedures

- The importance of waste management
- Disposal of waste materials in accordance with local and national regulations/current guidance of the country therein
- Waste management procedures
- Types of waste, for example, non-hazardous, hazardous
- Colour coding for waste in accordance with the regulations of the country therein
- Storage, removal and destruction of waste
- The risks associated with waste management





# Waste management procedures

## Disposal of contaminated/hazardous waste:

- In accordance with local and national regulations and current guidance of the country therein
- Use of lined, enclosed, foot-pedal controlled waste bins
- Double-bag as appropriate
- Colour-coding/labelling
- Professional removal/destruction as appropriate

