

Disinfection/cleaning of dojo and equipment



GOOD TO KNOW

- Surfaces that are frequently touched with the hands are more likely to be contaminated.
- The virus causing COVID-19 survives on surfaces from a few hours to a few days.



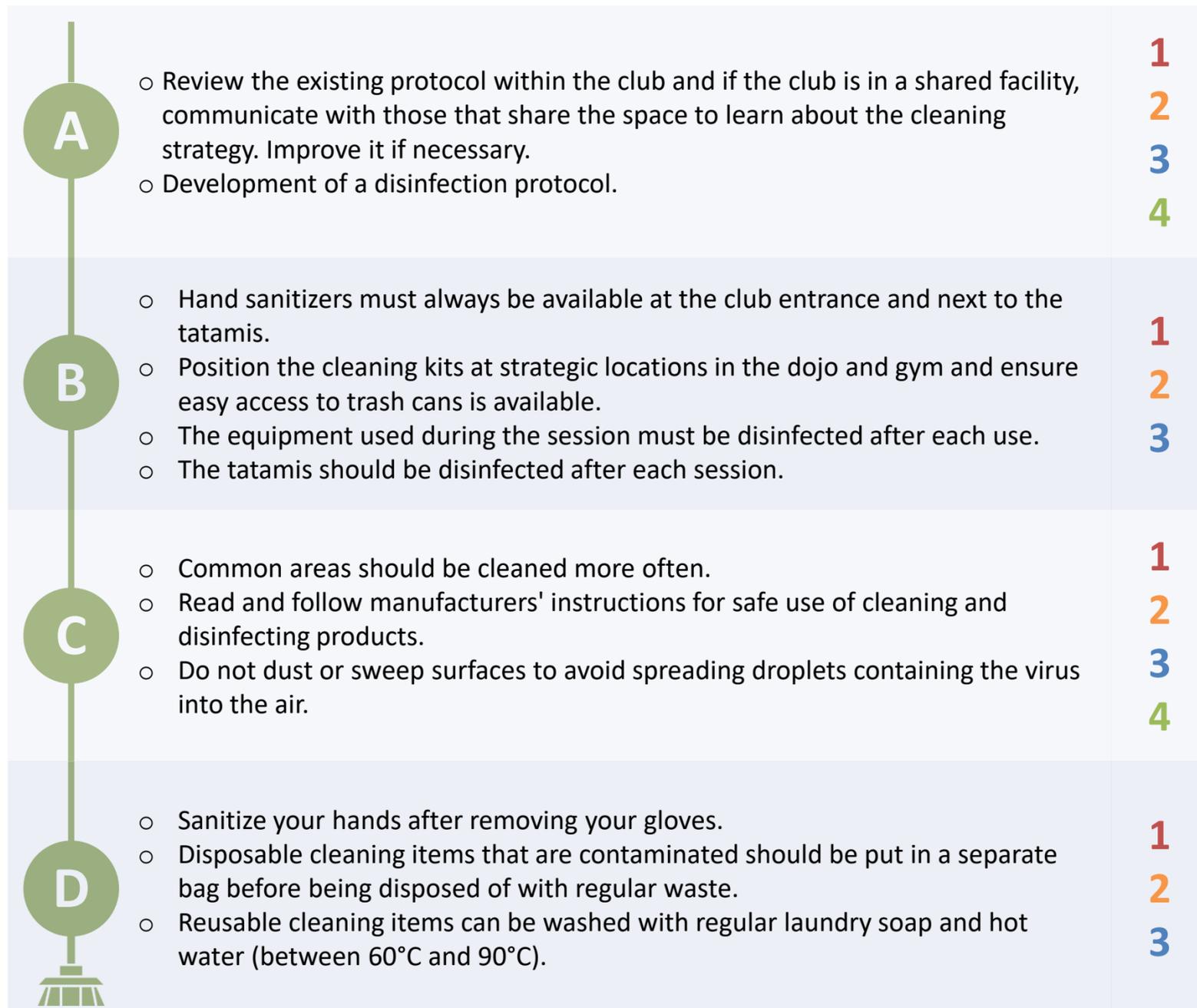
CHOOSE A PRODUCT THAT CLEANS AND DISINFECTS

- Choose products that clean and disinfect at the same time.
- **Cleaning:** this action removes germs, dirt and impurities from surfaces with soap (or detergent) and water. Cleaning **does not necessarily kill germs.**
- **Disinfect:** this action **kills germs** with chemicals.
- **Health Canada** regularly publishes a list of disinfectants effective against COVID-19.



DISINFECTION KIT (NON-EXHAUSTIVE LIST)

- Disinfectant products (wipes, aerosol cans, spray bottles, cans, etc.)
- Paper towels and cleaning cloths
- Mop
- Buckets for cleaning
- Disposable latex gloves



Phase 1	Reopening and distancing	Phase 2	Working in pairs possible	Phase 3	Mask no longer necessary	Phase 4	Return to "normal"
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Note: The information presented here by Judo Canada is based on recommendations communicated by Health Canada. They do not replace the prevailing Provincial/Territorial recommendations – July 15, 2020



How to properly clean the tatamis



MAINTENANCE

- **Daily maintenance:**
 - We recommend vacuuming or mopping every day over the entire surface of the tatamis to prevent dust from accumulating.
 - This task is usually done at the end of the day after the last lesson.
- **Weekly maintenance:**
 - We recommend washing the tatamis at least twice a week to disinfect the surface. The frequency of washing may vary depending on the use.
 - To do this, we recommend using a mop.
- **Annual maintenance:**
 - We recommend removing all tatamis twice a year so that you can remove the build-up of dust and clean/disinfect the floor.
 - It is also an opportunity to disinfect the surfaces of the tatamis which are generally not cleaned (bottom, sides).



CHOOSE A PRODUCT THAT CLEANS AND DISINFECTS WITHOUT DAMAGING THE TATAMIS



- In order to preserve the vinyl of the tatamis, it is imperative to use a mild soap with a neutral pH that does not leave any residue on the surfaces.
 - If the soap does not disinfect, use disinfectant products (wipes, aerosol cans, spray bottles, cans, etc.) that do not damage the vinyl.



CAUTION



- Tatamis are not completely waterproof. Therefore, do not wet them too much and avoid the accumulation of water on the tatamis.
- The excess water/humidity contributes to fast deterioration of the tatamis (the inner foam swells taking off the vinyl, which lead to development of fungus).
 - Using a mop that is too wet can lead to water infiltration between the tatamis. This can lead to stagnant water and floor damage.
- It is preferable to handle tatamis in pairs so as not to injure yourself (a tatami weighs around 18.5 kg) and to avoid damaging them (crease, vinyl peeling off, etc.).

Note: The information presented here contains recommendations issued by Judo Canada.