

Martial Arts Gym Cleaning Protocol & Log

Print it, post it at your front desk and cleaning areas, and sign every entry. Clean first to remove fluids and debris, then disinfect to kill pathogens—and leave surfaces wet for the full dwell time (typically 3–10 minutes).

Cleaning Cadence

Mats, gear, and wet areas:

Cadence	Mats	Striking Gear	Locker Room / Bathroom
Daily (after every class block)	Mop with EPA-registered disinfectant	Wipe shared gloves, pads, shinguards, headgear	Restock soap, sanitizer, towels
Weekly	Deep scrub; inspect seams/tears	Deep-clean gloves, shinguards, pads	Deep clean toilets, showers, drains
Monthly	Lift mats; inspect subfloor/mold	Audit and retire damaged gear	Deep grout/tile clean; ventilation check

Common areas and air:

Cadence	Common Areas	HVAC / Air
Daily	Sweep entry; wipe handles	Run exhaust during and after class
Weekly	Mop hard floors; vacuum	Check filters and humidity logs
Monthly	Dust high surfaces; lights	Swap filters; inspect humidity (keep 30–60%)

Daily — After Every Class Block

Mats (BJJ, judo, MMA)

- Sweep or vacuum debris, tape, hair, dirt
- Cleaner pass to remove bodily fluids (blood, sweat, saliva, oils)
- Apply EPA-registered disinfectant (mat-safe; never bleach)
- Keep surfaces visibly wet for the full dwell time, then air dry

Shared striking gear

- Wipe gloves, shin guards, Thai pads, focus mitts, headgear (seams, straps, palms)
- Wipe leather (don't soak); deep-wipe synthetics
- Retire any gear that can no longer be cleaned

High-touch surfaces

- Front desk, water fountains, door and bathroom handles
- Check-in tablets, POS, card terminals
- Benches, seating, shared bathroom shoes

Weekly — Deep Clean

Mats and sub-surfaces

- Deep scrub (stronger dilution or mat-specific cleaner)
- Edge-lift checks; inspect subfloor and underlayment

- Spot-treat odor or moisture (trapped moisture breeds fungus)

Locker rooms and showers

- Scrub shower floors with anti-fungal cleaner
- Clean drains; remove hair buildup
- Replace soiled bath mats
- Deep clean toilets, sinks, floors, storage
- Restock soap, paper, hygiene products

Striking gear

- Deep-clean focus mitts, Thai pads, gloves, shin guards
- Clean shared headgear thoroughly

Monthly Audit

Task	Owner	Time	Done
Lift mat sections / check subfloor	Owner or head coach	30–45 min	
Wall pad / fencing integrity	Owner or head coach	10–20 min	
Audit loaner gear (retire what's worn)	Staff	20 min	
Replace HVAC filters	Staff / vendor	15 min	
Overhead fixtures	Staff	15 min	
Drain maintenance	Staff / vendor	10 min	
Review cleaning log	Owner	10 min	
Review incident log	Owner	15 min	
Equipment maintenance	Owner / staff	10–30 min	
Supply audit	Owner / staff	10 min	
Track smell / cleanliness complaints	Owner	5 min	
Update protocol if products/schedules changed	Owner	5 min	

Skin-Infection Prevention

Stage	Protocol
Before class	Visual skin checks for lesions; members self-report rashes; maintain a written return-to-play policy (NATA guidance)
During class	No dirty gis or reused rashguards; cover all open wounds; no jewelry; enforce clean skin and attire
After class	Shower within one hour; wash hand wraps after every use; no wet gear in sealed bags
Outbreak	Remove from training immediately; notify the class discreetly; deep-clean room and shared gear; require medical clearance before return

Splitting Responsibilities

Staff	Members
Mat cleaning	Wash gis / uniforms
Shared gear sanitation	Wash hand wraps
Locker room cleaning	Shower after class
HVAC inspections	Report skin conditions

