

CHECKLIST — GYM CLEANING

KEMP Cleaning Services

TRAINING AREA

- Clean and disinfect gym machines
 - Clean dumbbells and free weights
 - Clean barbells and benches
 - Clean mats and exercise pads
 - Clean mirrors
 - Clean high-touch surfaces
 - Vacuum or mop floors
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CHANGING ROOMS & SHOWERS

- Clean and disinfect showers
 - Clean washbasins and sinks
 - Clean and disinfect toilets
 - Clean lockers (external surfaces only)
 - Clean mirrors
 - Mop floors
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TOILETS

- Disinfect sanitary units
 - Clean sinks and taps
 - Clean dispensers
 - Empty bins
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COMMON AREAS

- Clean reception desk and counter
 - Clean doors and door handles
 - Clean light switches
 - Clean internal glass and mirrors
 - Empty bins
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IMPORTANT NOTES

- Equipment must be switched off and accessible before cleaning
- Technical maintenance or repairs are not included
- Results may vary depending on usage level and condition of equipment

****This checklist is provided as a comprehensive guideline of our standard cleaning service. The completion of all listed tasks may vary depending on the size and condition of the property, the time allocated for the service, and any specific priorities requested by the client.**

Where particular areas are requested to be prioritised, our team will focus accordingly, and certain tasks within this checklist may be deferred to a future visit.