

Response to the "Are you using Gym wipes, we are currently using Simple Green and Towels"

Hi...we stopped using simple green a few years ago as even diluted we found it was very harsh and caused problems with the electronics in the cardio equipment.

We use antibacterial Palmolive diluted in water now.

We did look at the gym wipes, however in the end the pro of a less soiled towel was outweighed by the expense and garbage.

In the height of H1N1 we just changed the towels more often.

Good luck with everything.

Shana

"McLean, Shana" <shana.mclean@usask.ca

We use a spray bottle system too, but have clean towels in a stack next to the equipment and a disposal basket too. We use the towels only one but was them and restock frequently. We have anywhere from 500 to 1000 people per day. Out front counter staff keeps an eye on the supply and replenishes as needed. We have found this to be our most eco friendly option. It should be noted that some of our patrons only want to use the bikes and running machines.

"Dorothy Pitzel" <DPitzel@laurentian.ca

Hi Karen,

At Brock U, we use a similar system for cleaning our equipment (towels and a diluted cleaner). Since the H1N1 scare, we have upped our 'towel changing' to once every 1.5hrs-2hrs max..and we plan to keep it that frequent. From what I've heard, the wipes aren't don't disinfect anymore than the solution (as long as towels are changed). I have looked into gym wipe products and just found that it was extremely expensive, and produced a great deal of waste.... just my thoughts! Cleaning in the gym is such a difficult problem to solve...i don't know that we will ever find an ideal solution!

I'm interested in hearing the results of this survey..

Thanks!

Susan

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We're using both systems Karen. We have gym wipes (the brand name) as well as towels with spray bottles and let our members choose. We've found in the feedback that there's a split in preference and there's a split in belief about one or the other being better for the environment, so now we're trying to keep both groups somewhat happy. Fun!

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