As a general rule, cleaning and disinfecting should be completed before, during (between athletes) and between training groups.

**ROWING SHELLS** (including shoes, foot stretchers and riggers) AND **OARS**

* Includes private shells and oars

**CLEAN AND DISINFECT**

- between each use

- Detergent and water with a brush and sponge
- Rinse well, preferably with a hose
- Shoes, seat, deck, oar locks and handles should be disinfected with a wipe or spray after washing

**HARD SURFACES AND HEAVY USE AREAS**

**CLEAN AND DISINFECT**

- at least twice a day

**WASHROOMS** (including taps, toilet handles, door handles), **OTHER HANDLES AND TAPS**

**CLEAN AND DISINFECT**

- between each training group

Cleaning equipment should be rinsed post wash and stored in an accessible area.

It is preferable for each athlete to have their own dedicated bucket, sponge and brush.