

COVID-19 Sanitation Guidelines



"In three words I can sum up everything I've learned about life. It goes on."— **Robert Frost**

April 16th 2020

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Overview

- ReadyCare is a leading provider of personal care amenities, supplies & private label solutions to world-class hotels, spas, health clubs & golf clubs. For over 30 years, Denver-based ReadyCare has helped thousands of properties deliver great experiences by ensuring their *personal care, hygiene, and sanitation* offerings aligns with your brand & your customers. www.readycare.com
<https://www.readycare.com/our-story>

List of Sanitation

- Hand Sanitizer (Bulk)
- Antibacterial Hand Soap (Bulk)
- Spacide concentrate
- Barbicide Wipes
- CaviCide Wipes
- Athletix Disinfectant Wipes
- Citrus 11 sprays-cleaners
- Nitrile Gloves
- Moisturizers/ Lotions



Hand Sanitizer (Bulk)



REFILL AN 8 OZ.
BOTTLE FOR
ONLY \$2.45

Item #550323
\$39.95 a gallon
\$159.80 a case
Pay in Advance only

Waterless Hand Sanitizer

80% Alcohol Levels.

EPA Registered Facility

SOLD BY CASE ONLY: Minimum order qty 18 cases
(Can be mixed & matched with hand soap and lotion cases)

CREDIT CARD ORDERS ONLY
F.O.B - AURORA, CO

580824 \$159.80/4 gallon case



8 oz. Refillable Bottles

208006 - Hand Sanitizer \$3.75/ea
207006 - Hand Soap \$3.75/ea
206006 - Hand Lotion \$3.75/ea



16 oz. Refillable Bottles

208008 - Hand Sanitizer \$4.90/ea
207008 - Hand Soap \$4.90/ea
206008 - Hand Lotion \$4.90/ea

Antibacterial Hand Soap

Entiere Antibacterial Hand Soap,
Light Pear, Gallon Bottle, 4 Gallon/Case
550324
\$52.50

Entiere is our popular club brand that offers high quality formulas at a reasonable price. Our gentle yet effective antibacterial hand soap will leave your customers' skin fresh and clean. Perfect for your vanity areas.



Spacide disinfectant concentrate



1oz per gallon dilution ratio

Item #566600 \$58.00 per gallon



ANGER KEEP OUT OF REACH OF CHILDREN

FIRST AID: Have the product container or label with you when calling a poison control center or doctor, or going for treatment. **If in eyes:** Hold eye open and rinse slowly and gently with water for 15-20 minutes. Remove contact lenses, if present, after the first 5 minutes, then continue rinsing eye. Call a poison control center or doctor for treatment advice. **If on skin or clothing:** Take off contaminated clothing. Rinse skin immediately with plenty of water for 15-20 minutes. Call poison control center or doctor for treatment advice. **If swallowed:** Call poison control center or doctor immediately for treatment advice. Have person sip a glass of water if able to swallow. Do not induce vomiting unless told to do so by the poison control center or doctor. Do not give anything by mouth to an unconscious person. **If inhaled:** Move person to fresh air. If person is not breathing, call 911 or an ambulance then give artificial respiration, preferably by mouth-to-mouth, if possible. Call a poison control center or doctor for further treatment advice.

NOTE TO PHYSICIAN:
Probable mucosal damage may contraindicate the use of gastric lavage.

DIRECTIONS FOR USE:
It is a violation of Federal Law to use this product in a manner inconsistent with its labeling. **BARBICIDE® Spacide® Complete** is not for use on critical and semi-critical medical device surfaces.

DISINFECTION - To disinfect inanimate, hard non-porous surfaces add 1 ounce of **BARBICIDE® Spacide® Complete** per gallon of water. Apply solution with a mop, cloth, sponge, hand pump trigger sprayer or low pressure coarse sprayer so as to wet all surfaces thoroughly. Allow to remain wet for 10 minutes, then remove excess liquid. For sprayer applications, spray 6-8 inches from surface, rub with brush, sponge or cloth. Do not breathe spray mist. For heavily soiled areas, a pre-cleaning step is required.

EPA REG. NO. 1839-166-954 • EPA EST. NO. 05435-WI-004

Sold by: King Research, Inc., 7025 W. Marcia Road, Milwaukee, WI 53223
www.barbicide.com, 1-800-222-8160



<https://barbicide.com/product/barbicide-spacide-complete/>



Only
2-minute
contact
time!

BARBICIDE WIPES

566000 - \$12.75/each

From the makers of BARBICIDE: The leaders of disinfection since 1947.

- Tuberculocidal, Virucidal, Bactericidal & Fungicidal Disinfectant
- Use on any non-porous item or surface
- Save time and money. 2 minute contact time to ensure a safe service
- Effective against Influenza, MRSA, Hepatitis B & C, Herpes 1 & 2, HIV-1 and much more. Check the label for a complete list.

About ReadyCare

ReadyCare is a leading provider of personal care amenities, supplies and private label solutions to world-class hotels, spas, health clubs and golf clubs. For over 25 years, Denver-based ReadyCare has helped thousands of properties deliver great member and guest experiences by ensuring their personal care offering aligns with their brand and their customers.

(800) 477-4283 • info@readycare.com • www.readycare.com

3-17-20

CaviCide Bulk, Wipes & Sprays

Cavicide Disinfectant, Gallon Bottle,
4 Gallon/Case

560014

\$144.00

Cavicide Disinfectant,
24oz Spray Bottle, 12 Bottle/Case

560010

\$188.00

Cavicide Wipes,
160 towelettes/tub

560011

\$14.60 each

A convenient ready-to-use disinfectant which is effective against TB, HBV, viruses (hydrophilic & lipophilic), bacteria (including MRSA and VRE) and fungi.
2 size options (24oz spray bottle & gallon)



Citrus 11 Bulk and Sprays

Citrus II Disinfectant, Gallon Bottle
508113
\$34.95

Citrus II Disinfectant,
22oz Bottle, 12 Bottle/Case
508013
\$115.00

Citrus II cleanses, deodorizes and disinfects surfaces, equipment and non-critical instruments.



Athletix Disinfectant Wipes

Athletix Equipment Disinfectant Wipes,
900 Wipe/Roll, 2 Roll/Case
595507
\$105.00

Ready Wipes 2 Equipment Cleaner
Wipes, 900 Count/Roll, 4 Roll/Case
595544
\$108.00

Athletix® Stainless Steel
Dispenser Stand for Wipes
595325
\$395.00



Athletix™ Disinfectant Wipes

Now with
MORE wipes!

Alcohol-free, bleach-free, and o-phenol-free wipe that effectively disinfects exercise equipment and exercise facilities.

Athletix Disinfectant wipes are a quick and convenient way for your employees to disinfect surfaces in your health club, fitness facility or spa. Premoistened and ready to use, the durable, disposable wipes are packaged 900 per roll in a portable dispenser bucket. EPA registered in all 50 U.S. states, including California, Athletix Disinfectant Wipes kill antibiotic-resistant bacteria MRSA and CA-MRSA, and are effective against many common bacteria such as *Staphylococcus aureus* (Staph), *Salmonella*, *Streptococcus pyogenes* (Strep) and *Escherichia coli* (E. coli)*. Athletix Disinfectant Wipes have been shown to kill Influenza A**, and the EPA believes that this product will demonstrate effectiveness against H1N1. Please see product label for a complete list of organisms.

Most effective when used on hard non-porous surfaces, Athletix Disinfectant Wipes are ideal for disinfecting athletic and gym equipment, cycling equipment, weights, yoga mats, fitness balls, benches, lockers and more. Our ortho-phenylphenol free wipes contain no ammonia, bleach or alcohol and are safe for most surfaces found in fitness facilities and gyms including acrylic, chrome, rubber, vinyl, ceramic tile and fiberglass. Always read the product label and follow directions.



Disinfectant Wipes

DID YOU KNOW....

- Disinfectants should be used by trained staff only because disinfectants require surface contact time to be effective. If the product is left out for public use, most patrons wipe and go without considering the time to kill the organisms. That equates to wasteful spending when products are not used properly.
- Different spray techniques from patrons and staff can over apply disinfectants. Our presaturated wipes help to release the right amount of liquid on the targeted soiled areas.
- As with any true disinfectant product, Athletix Disinfectant Wipes have a Federal label that must be visible to the end user. We highly recommend that only trained employees, and not patrons, use Athletix Disinfecting Wipes.
- Some disinfectants cannot be sold in California as they are potential carcinogens (California Proposition 65). Athletix Disinfectant Wipes are registered in all 50 states, including California.

* When used as directed on hard non-porous surfaces
**Influenza A/H1N1/09 (H1N2)

Part Number	Description	Packaging
ATHD0101	9" x 6" (23 x 15cm) wipe, preloaded bucket	900 wipes/roll; 1 roll/preloaded bucket; 1 preloaded bucket/case
ATHD0201	9" x 6" (23 x 15cm) wipe, refill rolls	900 wipes/roll; 2 rolls/case



ATHD0101

ATHLETIX
PRODUCTS
by CONTEC®

Contact your Ready Care Representative for more information.

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Marvicide Concentrate

Marv-V-Cide Disinfectant
Concentrate, 0.5 Gallon Bottle
543100
\$20.95

Mar-V-Cide effectively disinfects and sanitizes.
Effective against Herpes Simplex
Types 1 and 2, HIV-1 virus and Athletes Foot fungi.

Dilute with water as instructed before using
EPA approved
Contains a rust inhibitor used for combs, brushes,
Utensils, equipment.



Sempermed® Nitrile Gloves



White 200 box \$8.50 per box
s,m,l,xl



Blue 200 box \$17.00 per box
s,m,l,xl



Black 200 box \$9.75 per box
s,m,l,xl



White 200 box \$18.75 per box
s,m,l,xl

For over 95 years, Sempermed® has been a pioneer in the disposable glove industry. Their SemperSure® nitrile gloves are designed for those with skin sensitivities to regular nitrile gloves. SemperSure® accelerator-free gloves offer all the benefits of a nitrile glove, minus the sulfur-based chemical accelerators that cause Type I (latex) and Type IV (chemical) allergies.

Powder-free & accelerator-free for low dermatitis potential
Textured surface on fingers to ensure a safe grip
Manufactured without natural rubber to eliminate latex exposure

Moisturizers/Lotion for over dry hands.

Body Eclipse Spa Body Lotion, 4
Gallon/Case
\$75.20



Our top-selling brand of personal care liquids. This spa-quality body lotion is fortified with a rich blend of sweet almond oil, botanical extracts and Vitamins A and E to ensure soft, smooth skin. 18 fragrances & a fragrance free option ([View Descriptions](#))
No harsh chemicals like Parabens & DEA
Compliant with California Proposition 65

Lotion Scent options

- **Aromatherapy** - Crisp, clean notes of citrus and red currant that will lift your spirits and clear your mind.
- **Apricot** - Take yourself on a walk through the groves, this fresh yet delicate scent delivers a cheery, exotic experience.
- **Citrus** - Crisp, fresh blend of grapefruit and botanical extracts; it's wonderfully uplifting and invigorating.
- **Citrus Nectar** - This crisp citrus aroma is a light clean scent reminiscent of freshly extracted fruit nectar.
- **Coco-mango** - Smooth, tropical delight! Island favorite reminiscent of sweet coconut with a hint of mango fruit.
- **Cucumber Melon** - Cool and crisp with a touch of honeydew, it's exhilarating aroma excites the senses.
- **Dewberry** - This subtle and fruity blend of botanical extracts brings to mind fresh summer berries.
- **Eucalyptus** - A combination of eucalyptus and botanical extracts creates a smooth, rejuvenating aroma.
- **Ginger Melon** - A cool, sweet island oasis of fresh watermelon and spicy ginger, refreshing in any season.
- **Grapefruit Sage** - The perfect combination of uplifting grapefruit and woody sage, designed for those who are looking for a fresh scent that is grounded with a soft spicy back note.
- **Green Tea Lemongrass** - This distinctive, balanced blend with a hint of ginger creates a pleasantly relaxing, fresh scent.
- **Invigorating Mint** - Staying true to its name, invigorating mint is a crisp, clean, eye opener sure to bring a boost to the day.
- **Lavender Mint** - Treat yourself to this rejuvenating yet relaxing medley which soothes and calms.
- **Lemongrass Sage** - A reviving air of clean lightness, balanced with peaceful, earthy nuances.
- **Mango** - Created with botanical extracts reminiscent of juicy, ripe fruit picked fresh from the tree.
- **Pineapple Pear** - Formulated with delightful botanicals, crisp green pear and a hint of tart sweetness, this aroma is irresistibly energizing.
- **Vanilla Ginger** - : Pure indulgence; soothing vanilla and exotic ginger create a spicy, inviting aroma.
- **Fragrance Free** - A fragrance free alternative for those with sensitivities.



Pure Fiji Moisturizers

Body Butter: This moisturizing cream will instantly revive dry skin. A unique blend of cold-pressed coconut, dilo, macadamia and sikeci oils rapidly hydrate skin and lock in the moisture to keep your skin perfectly hydrated and nourished. Milk proteins provide an added benefit, setting in motion firming processes to reduce the appearance of fine lines, while soy and passionflower gently soothe and calm stressed skin. An excellent cream indulgence all year round.



Body Lotion: These nourishing blends of exotic nut extracts blended with fresh coconut milk rapidly hydrate, nourish and protect your skin. A complete bio-network of essential nutrients and vitamins for your skin's daily requirements, adding vitality and softness. Absorbs quickly and keeps skin hydrated.



Hand Crème: Like the face, hands are exposed and need care and coverage. Our hand crème contains a skin nourishing blend of organic nut oils plus the hydration of ngi grass to keep hands nourished and hydrated longer.



Coconut Crush Scrub: Exfoliate: polish and nourish skin with this South Pacific beauty secret. A decadent coconut creamy scrub infused with pineapple enzymes and crushed coconut shells. Buff away dry skin cells and unclog pores to rejuvenate your skin while the vitamin-rich coconut crème with exotic drift nut oils deeply moisturize and nourish - leaving skin smooth, hydrated and glowing.



Eco-Eclipse Triple

Can use the Triple Eco Eclipse for 8 oz.

- Hand Sanitizer,
- Antibacterial Hand Soap
- Lotion

This provides a tamper and theft resistant set up.



Disposable Wet bags

Ideal for wet suits, clothing after Spa treatments or workout

Wet Bags, White Plastic, 12"x18", 1000 Bag/Roll, 4 Roll/Case

524011

\$150.00



Best Practices-(Areas)

- Entrance
- Reception
- Lobby
- Back of the House
- Public Bathrooms
- Break rooms: Avoid larger congregations.
- Fitness Center
- Pools/Wet areas
- Locker rooms
- Treatment area/Dispensary
- Salon/Dispensary
- Relaxation area
- Engineering should check HVAC filters and change often and with a Germ Microbe filter.
- Am/Pm Inspections from supervisors to make certain all areas are being sanitized.



Best Practices Daily Steps-Page #1

Pre-opening /Arrival/Closing: (See Suggestions and Tips on next few slides.)

- Wear disposable gloves
- Wipe all door handles in & out with Disinfectant wipes – Barbicide or Cavi wipes
- Disinfect the reception area and lobby: Desk, phones, counter top, computer screen, keyboard, walkie-talkie, tables, magazines, water cooler, Locker room keys, (pens, pencils, calculator, registers, an all other items being touched.
- Offer a Hand Sanitizer (8 oz. -16 oz.) and a Moisturizer (after sanitizing) at the reception counter for guests and ft. desk staff.

Back of the House:

- Have Antibacterial Hand Soap, Hand Sanitizer, and Lotion offered in the back of the house areas for staff and mandate that they wash their hands frequently and practice the **washing hands** rule offered by the CDC.
- Any staff handling used laundry, used sandals, F&B (coffee, tea, hot water, food –snack items) must wear gloves and wash hands in between changing of gloves.

Public Bathrooms:

- Offer Have Antibacterial Hand Soap, Hand Sanitizer, and Lotion. If staff are using these bathrooms, a sign is required to say *“all employees must wash their hands after us”*.
- Have proper cleaning supplies for the toilet, sink and paper supplies stocked. A daily check list of hourly cleaning by staff is highly recommended.

Breakrooms:

- Use common practices of daily sanitation as above. Antibacterial Hand Soap-Hand Sanitizer-Lotion-Mouthwash
- Should be limited to smaller groups. Distance seating areas.
- Avoid the congregations

Fitness Center:

- Fitness centers should have disinfectant wipes or; at least: cleaning gym wipes with either wall mount or our stainless steel dispensers. Depending on the size, these wipe stations should be provided 1 per every 600 sq. feet. Our germicidal wipes in smaller tubes or the sprays are also recommended especially when you offer personal training, Pilates and other equipment used by members-guests. Antibacterial hand soaps and Hand sanitizers and gloves recommended-
- Pool/Wet areas:
- Using disinfectants(wipes/sprays) for any Pool equipment, door handles (in & out).
- Hand sanitizers near entry/exit

Best Practices Daily Steps-Page #2

Locker Rooms:

- Antibacterial Hand Soap, Hand Sanitizer, Moisturizer stations needed for both Men and Women's sides. Lockers, Digi locks, keys, hangers benches, door entry/exit handles, vanities, showers, grooming areas need proper sanitation on pre-opening and closing procedures. Staff need gloves during shifts for cleaning, used towels, sandals, robes, handling waste items. Any free-handled products intended or guest/members should be disinfected with sprays/wipes for usage i.e. deodorants, hair sprays, etc...
- If offering Steam rooms, they must be disinfected upon closure with spray and rinse and drying overnight.
- Saunas need proper Sauna cleaners used daily
- Proper custom signage for the guests that displays the facilities (Locker rooms) have been sanitized.

Treatment rooms/Dispensary area:

- All treatment rooms need to have either or both Antibacterial Hand Soap and Hand Sanitizer near the sink area. Moisturizers/Lotions are also highly recommended for preventing dry hands. Mouthwash bulk is also recommended for proper hygiene as it kills bacteria.
- Cavicide or Barbicide wipes/sprays are recommended for treatment tables, head rests, door handles, counters, jewelry dishes, hooks, etc. between clients/appointments.
- Nitrile gloves for applications/services-Aesthetics (waxing, facials, and possible other body treatments)
- All technicians MUST wash their hands in the treatment room while client is in the room as a witness prior to treatment.

Salon/ Dispensary:

- All treatment areas-Dispensary need to have either or both Antibacterial Hand Soap and Hand Sanitizer near the sink area. Moisturizers/Lotions are also highly recommended for preventing dry hands. Mouthwash bulk is also recommended for proper hygiene as it kills bacteria.
- CaviCide or Barbicide - Citrus 11 - wipes/sprays /concentrate are recommended for Manicure/Pedicure / Hair stations for sanitation
- Citrus 11 or Spacide concentrate for Pedi and Mani bowls Jacuzzis
- Nitrile gloves for applications/services

Relaxation area:

- Staff Wipe all door handles in & out with Disinfectant wipes – Barbicide or Cavi wipes
- Disinfect the relaxation area; Lounges, chairs, foot stools, tables, magazines, F&B items, cups, bowls,
- Offer a Hand Sanitizer (8 oz. -32 oz.) and a Moisturizer (after sanitizing) in the lounge area

Tips - Suggestions:

- Front Desk/Reception are your catalyst of the operation and will need thorough training for consistent messaging to provide a sense of ease and cleanliness/sanitation for all patrons.
- Create a welcomed environment or a “sense of arrival” that comforts the arriving guests - free of anxiety and worry. Maybe it’s called entering the “worry free zone” that has a symbol for all Spas. Sometimes the psychology of this approach makes the experience all the more better for relaxation prior to the treatments.
- Front Desk trained to receive calls for inquiries and appointments and ask the clients/guests if they have tested for COVID-19, if they have had a fever, coughing, sneezing, or any respiratory illness or breathing issues. This all might seem uncomfortable and out of the norm but, we’re not in the norm and these questions will be asked in other communal type business to protect employees and other guests. Perhaps the Front desk can wear buttons that say “We are a clean-relaxed Spa” or something to that effect. Offer a nice reward for the guest who bravely or confidently came to your Spa for the “Escapism”.
- Facial Masks, are at the sole discretion of each Spa Director to use for areas-departments but, the masks should be a N95 type. Remember: these are not recommended by CDC for healthy patrons but, for the medical community. Patrons seeing Spa staff with masks might be misconstrued or perceived as the staff/team member is sick.
- Possible UV sterilizing (hand held) light to sterilize touched areas.
- Highly recommend showering after Spa treatments, workouts, and steam/sauna (if allowed) with shampoos, body washes to also keep the “washing/lathering” of hands, body, and hair which has been noted by CDC to kill the virus.
- All LMT’S should have a badge or ID of a COVID-19 free from frequent testing (every 2 weeks) if possible (suggestion)
- Consider the treatment times to allow more sanitation time in between treatments. Should only be 5 more additional minutes. 45 minutes vs. 50 minutes 50 minutes vs. 60 minutes, etc.
- LMT’s should not only be washing their hands in front of guests in the treatment room but, should use the disinfectant wipes and clean/sanitize the face cradle before placing the disposable or cloth face cover. Remember, the virus’ gateway is the eyes, nasal, and respiratory tracts before it mutates into these passages and the face cradle is just as a concern as your hands. This gives the guest a small piece of mind in knowing the face cradle was sanitized.
- FDA has now required a 80% alcohol (isopropyl or ethanol) in a temporary regulation for all Hand Sanitizers. With this much alcohol, you will need to have moisturizers/lotions for dry hands which will cause micro-cracking and the virus has been known to hide in small crevices including under the nails. If you look at your dry hands under a microscope, it can appear to look like the Grand canyon. Moisturizers help fill in those gaps (canyons).
- No Testers in Retail area (for now).
- New protocols for nightly and/or morning cleaning – sanitation much like the medical industry and perhaps a contracted service company versus hiring lower waged personnel who are not suited for being properly trained for sanitation.

CDC Washing Hands

<https://www.cdc.gov/handwashing/pdf/wash-your-hands-poster.pdf>

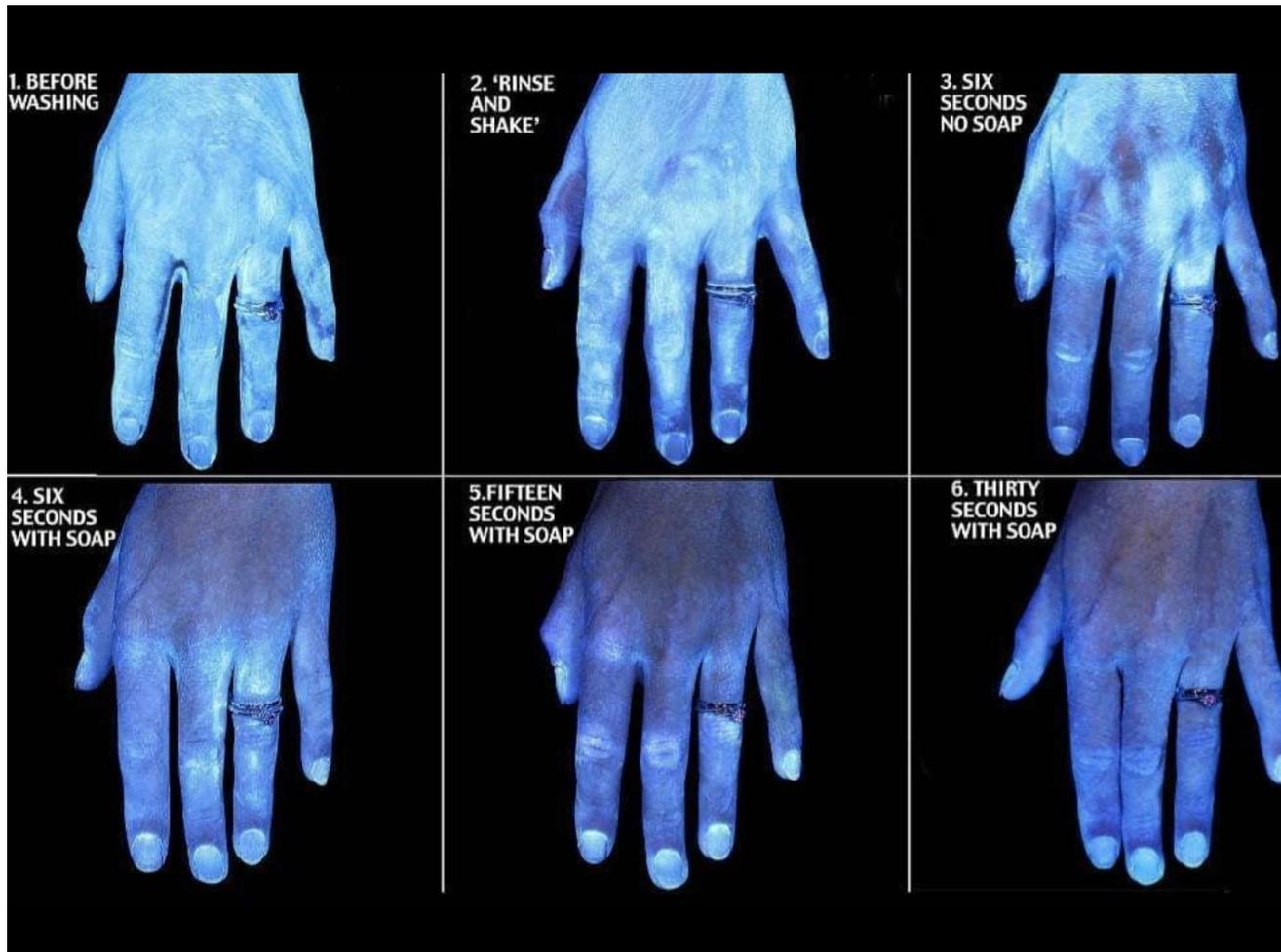
- Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- Lather your hands by rubbing them together with the soap.
- Be sure to lather the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least **30 seconds**.
- Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- Rinse your hands well under clean, running water.
- Dry your hands using a clean cloth or paper towel or air dry them

CORONAVIRUS: BLACK LIGHT PHOTOS SHOW IMPORTANCE OF WASHING HANDS AMID OUTBREAK ----30 SECONDS WITH SOAP!

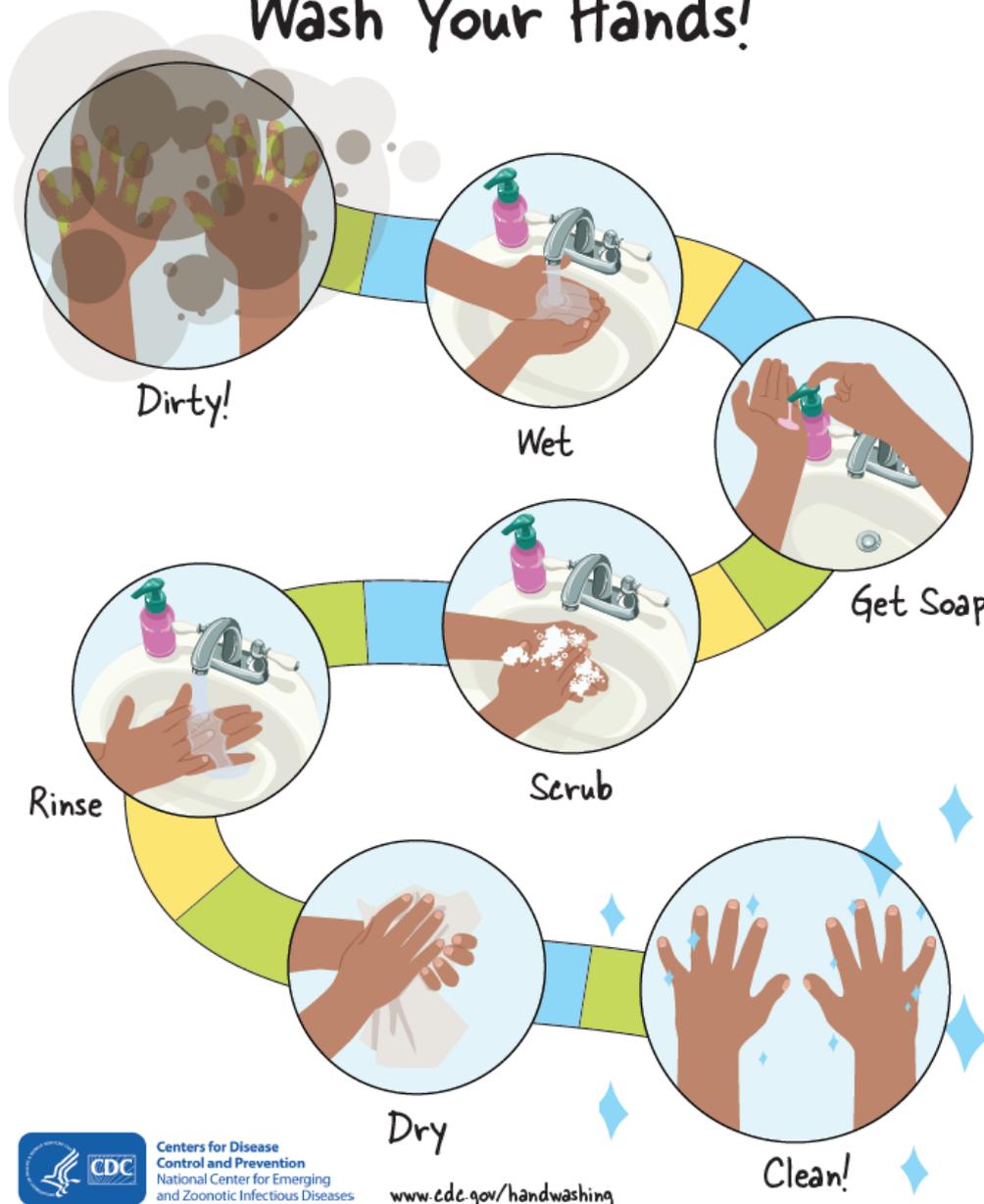
Each of the six photos showed how much bacteria was on a woman's hand using black light and cream called Glo-Germ – a mineral oil that clings to germs, and is only visible under a UV light.

The images showed the hands at different stages of cleanliness including “before washing”, after a “rinse and shake”, with “six seconds and no soap” and **“30 seconds with soap”**.

The first few photos revealed a plethora of bacteria had been left behind and, while more similar, there was also a marked difference between a 15-second wash with soap and a 30-second one.



Wash Your Hands!



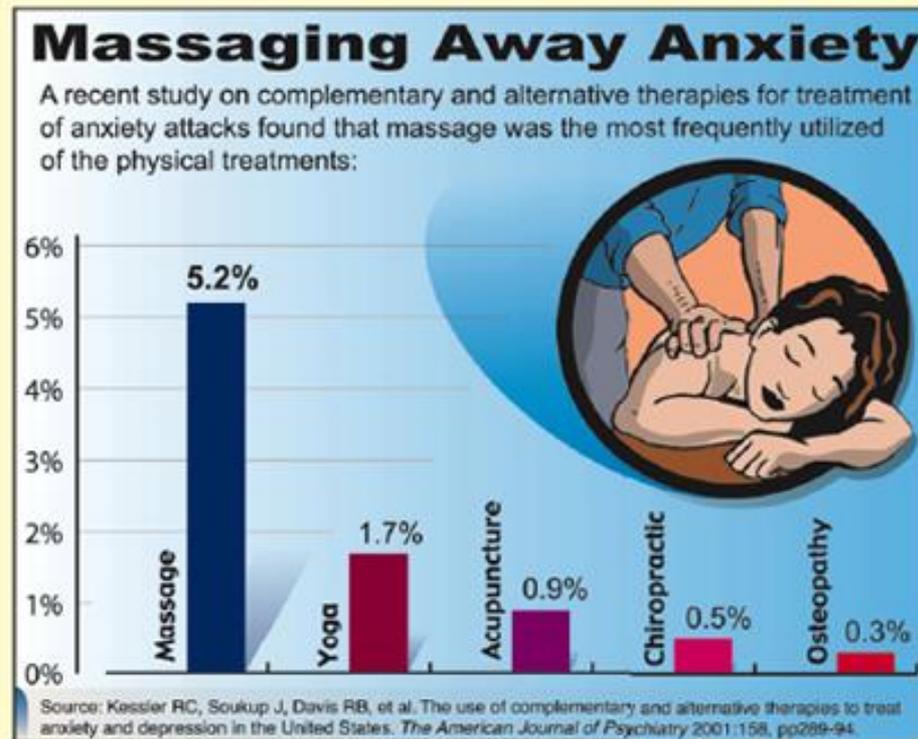
Centers for Disease Control and Prevention
National Center for Emerging and Zoonotic Infectious Diseases

www.cdc.gov/handwashing

CDC Protocols <https://www.cdc.gov/>

- Washing and Sanitizing Hands frequently
- Do not touch your face
- Cover your face if need be
- Wear Nitrile gloves when needed
- Washing your hands again...
- If you're sick-Stay home and avoid contact with others

Why Massage? Why Spa?



“It doesn’t get easier, you get stronger” -Unknown