

# SIDELINE GUIDELINES: SETUP



Consider these tips and best practices when cleaning and sanitizing your equipment before every practice to ensure the overall health and safety of your athletes.

## EQUIPMENT CLEANING PROTOCOL

NOTE: Cleaning methods for coolers, lids and squeeze bottles—items should be cleaned and sanitized at least once every 24 hours.

### METHOD 1: THE 3-SINK METHOD

The **3-sink method** should be used when cleaning equipment. Preferably, each sink should be deep enough to fully submerge the container.

#### SINK 1

- **Fill** the sink with soap and hot water
- **Scrub** all items thoroughly with sponges each time the cooler is cleaned
- **Remember** to pay particular attention to cleaning spigots
- **Dump** out excess soap and water

#### SINK 2

- **Fill** the sink with hot water
- **Rinse** all items thoroughly in hot water

#### SINK 3

- **Sanitize** with an approved sanitizer solution (a 10% bleach solution is acceptable)
- **Soak** items in the solution for a minimum of 2 minutes before removing
- **Rinse** items after the 2 minutes or prior to their next use if there is a concern about the possibility of a bleach taste

### METHOD 2: CLEAN-IN-PLACE PROCEDURE

When coolers or other items are too large for the sinks, a clean and sanitize-in-place procedure can be used. This includes the use of a clean bucket and sponge or washcloth for the detergent cleaning step, followed by rinsing the container at least three times with water and, finally, sanitizing the inside of the container and spigot.

## SURFACE CLEANING PROTOCOL

- Let the sanitizing solution sit on the surface for at least 60 seconds
- Designate a staff member to work this area—ensure they are gloved and masked
- Bleach solutions will be effective for up to 24 hours

## HYDRATION/FUELING CLEANLINESS CONSIDERATIONS

- **Avoid** sharing fluid bottles by making individual bottles available—clearly mark bottles with player info
- **Consider** setting up portable handwash stations—purchased or DIY
- **Identify** multiple cool-down/break stations around the practice area as needed for team size
- **Place** extra trash cans and red bags around practice area for cups disposal

### TO MAKE A SANITIZING SOLUTION, MIX:

- 5 tablespoons bleach per gallon of room temperature water
- OR**
- 4 teaspoons bleach per quart of room temperature water
- *(Alcohol solutions made up of at least 70% alcohol may also be used)*



Developed in collaboration with Roberta Anding MS, RDN, CSSD, LDN, CDE, Leslie Bonci MPH, RDN, CSSD, LDN, Jennifer Ketterly MS, RDN, CSSD, LDN and the Gatorade Sports Science Institute.

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