

CLEANING INSTRUCTIONS FOR SAUNA AND WET AREAS DURING AN EPIDEMIC

Four Steps for More Effective Cleaning

1. Personal hand hygiene and correct protective glove hygiene

- Wash and disinfect hands regularly and correctly.
- Wear protective gloves correctly. Remove the gloves by rolling them off and turning them upside down so the outer (possible contaminated) surface ends up turned in. Wash the gloves, do not disinfect them.
- Increase the everyday hygiene operations.

2. Aseptic hygiene in cleaning methods

- ➔ Start the cleaning from the cleaner surfaces and move toward the dirtier areas. This way the microbes and other dirt are not moved from one place to another but are instead completely removed with the cleaning equipment.
- Target the cleaning correctly. Review the critical spots of the area (where do people touch) and cleanse the critical spots and contact surfaces regularly and carefully.
 - Remove the dirt and microbes. Do not move them around by starting from the dirtiest places and moving on to cleaner areas.
 - Increase cleaning and disinfecting during the epidemic.

3. The correct cleaning method considering the dirt: not too dry or wet

- A method too dry does not remove organic dirt nor harmful microbes. In other words: you won't get the dirt off with dry wipes.
- A method too wet (e.g. using a pressure washer) breaks the biofilm but does not necessarily remove the microbes. If the biofilm breaks, the microbes can grow even more freely.

4. Clean cleaning cloths, equipment, and machinery

- ➔ The microfiber cleaning cloths remove microbial dirt but (!) if there is a confirmed virus suspect it is recommended to switch over to using single-use cleaning towels and disinfecting cleansers.
- Make sure the detergent mix is clean.
 - Clean the cleansing equipment and machinery after use.
 - Maintain the equipment hygienically. Let the equipment air dry and don't store mops or clothes e.g. against the floor.
 - Separate clean and dirty sides in the cleaning center (e.g. room where you store the equipment).

Recommended Cleaning Products

Disinfectants that have passed the EN 14476 Test are effective against the CoVid-19 virus. You can find this information marked in the product safety data sheet. One example of an EN 14476 marked product is [Diversey: Oxivir® Plus Disinfectant Cleaner](#).

Protecting the Environment

Disinfectants cannot receive eco-labels; therefore, they do not necessarily meet the **Green Key** values.

- During exceptional circumstances disinfecting is unavoidable to ensure safety. However, it can be done with consideration. Target only the surfaces that the customers most likely touch – there is no need to disinfect every area and surface.
- The most important thing is to remove dirt from the surfaces. Alkalescent (pH 8.1-10) cleansers and cleaning equipment with effective mechanics work best for the dirt in the wet areas.
- If there is no suspicion that a person carrying coronavirus has been inside the facilities, a very alkalescent cleanser is sufficient. You can also use microfiber cleaning textiles if they are machine-washed right after usage.

Some of the active water products have been corona tested, which means that when they are used, cleansers are not needed and acting according to the environmental certificate can be realized even better. For example, [Tersano manufactures active water products](#).

Sauna from Finland member company [Ole Hyvä](#) has a broad range of ecological sanitary and all-purpose cleaners. (Note: These products are not disinfectants!) Contact the company for more information on international sales: info@olehyvaluonnontuote.fi.

What the Customers Want from You

- **Skilled workers**

- The person cleaning the areas should be using the best cleaning equipment that help to efficiently remove the microbial dirt and viruses.
- People cleaning the areas should come to work only if they are healthy.

- **Mid-cleaning**

- Thorough cleaning of the facilities should be carried out every day right after usage or after the facilities have been closed.
- How often is the mid-cleaning carried out? (every xx number of customers/ customer groups)
- Every touch surface should be cleaned in mid-cleaning, and disinfected when in need.

- **Responsible use of facilities**

- Dressing rooms and spaces for cooling off are the most critical areas in being exposed to viruses – the number of facility users should be limited and, for example, only every other locker used.
- The cleaning of the contact areas in the dressing rooms and cool-off-spaces should be more effective.
- CoVid-19 virus has weak heat resistance; the virus is destroyed already in 30 minutes in +56° Celsius degrees. Therefore, there is no danger of contagious viruses being in the surfaces or as aerosols inside a sauna room.

We recommend informing about your cleaning practices for example on your reservation website and possibly near the sauna area. The practices should be clear for the whole staff so that the customers can be informed about the controlled actions in every step of the customer experience.

NOTE! Your company is responsible that these actions listed above are also taken care of. If you fear that you are not able to sufficiently reach all of them, be honest about that too! In the end, all that matters is that customers are aware of the hygiene level in the facilities. 😊

These instructions have been originally written in Finnish in co-operation with the Finnish cleaning and hygiene expertise organization [SSTL Puhtausala ry.](https://www.sstl.fi)



Coming up in 2020: Authentic Finnish Sauna Experience Quality Handbook!

The Handbook is the number one tool for service providers who want to refine their Finnish sauna experiences to make the customers return again and again. The inspiring articles and detailed tips and instructions help to build new Finnish sauna experiences and develop existing ones.

More information: sauna@saunafromfinland.fi



Sauna from Finland is the number one Finnish sauna expert in the world. The association aims to promote the Finnish sauna globally and develop sauna concepts to match the needs of international markets and customers.

The association has a network of companies that creates Finnish saunas, sauna equipment, accessories, and other products and services related to the Finnish sauna experience. From the very beginning Sauna from Finland has been ambitious to serve domestic and international buyers to build their dream Finnish sauna solutions. The association works relentlessly towards making the Finnish sauna known around the world and develops sauna related customer experiences to give the customers best sauna experiences they have ever had.

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