

U9 Goalie Cleaning and Disinfecting Best Practices

Key Definitions:

- **Cleaning** removes germs, dirt, and impurities from surfaces or objects. Cleaning works by using soap (or detergent) and water to physically remove germs from surfaces. This process does not necessarily kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.
- **Disinfecting** kills germs on surfaces or objects. Disinfecting works by using chemicals to kill germs on surfaces or objects. This process does not necessarily clean dirty surfaces or remove germs, but by killing germs on a surface after cleaning, it can further lower the risk of spreading infection.
- **Sanitizing** lowers the number of germs on surfaces or objects to a safe level, as judged by public health standards or requirements. This process works by either cleaning or disinfecting surfaces or objects to lower the risk of spreading infection.

Disclaimer:

- It is challenging to completely disinfect porous (soft surfaces, ex. fabric) without professional cleaning. Therefore, these best practices are in place to **clean and sanitize** the equipment
- Hockey Calgary has contacted equipment manufacturers to ensure the product used should not damage the equipment or accelerate the wear on the equipment

General Guidelines:

- U9 goalie equipment
 - should not be shared between cohorts
 - should be cleaned and disinfected prior to changing players within the cohort

Supplies:

- Hockey Calgary recommends the use of [Lysol All in One All Purpose Disinfectant Spray](#)
 - Suitable for both nonporous (hard surfaces) and porous (soft surfaces)
- A standard Clorox or Lysol wipe is sufficient for cleaning and disinfecting non-porous surfaces. This may be suitable for goalie pads and the exterior of some goalie equipment. Similar disinfectants can be used to help clean and sanitize: [Health Canada List](#) (Please note this list is for use on hard surfaces).

Instructions:

1. Ensure equipment is dry
2. Non-porous (Hard Surfaces) - Disinfect
 - a. Hold can upright 15-20 cm from a pre-cleaned surface and spray for 2 to 3 seconds until covered with mist
 - b. Allow surface to remain wet for 10 minutes
3. Porous (Soft Surfaces) - Sanitize
 - a. To assure evacuation of can, avoid tilting more than 45 degrees while spraying
 - b. Spray a light even coating on fabric until wet. **DO NOT SATURATE**
 - c. Let stand 5 minutes
 - d. Let air dry
 - e. For heavy fabrics, repeat application



Don't forget to spray the back of the pads, inside the blocker and catcher, and inside the chest protector arms