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Sanitation Practices in Alumni Gym Weight Room

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Abstract
Gymnasiums can be a breeding ground for communicable disease. A survey was conducted on the undergraduates at WPI to gather data on gym hygiene. Based on the data, suggestions can be provided to improve sanitation. Research was conducted on diseases prevalent in gymnasiums, in order to facilitate recommendations for better sanitary habits. A simulation modeling the spread of disease can further educate students on the importance of gym hygiene.

Need
Establish that there is a lack of proper sanitation in Alumni Gym.

Simulation
The simulation shows students just how easily disease is spread in a gym. UV Paint, invisible in a normal lighting environment would be put on a few weights and machines.

Methods
- Data was gathered in a survey sent to undergraduates via email.
- Responses were collected and analyzed.
- Research was done on common health issues in gymnasiums, in order to better suggest means to improve gym hygiene.

Conclusions
• A cleaning method must be established that allows easy access to cleaning supplies
• Signs should be created reminding students to practice better hygiene
• The cost of these simple improvements would be minimal.
• It would be important to establish better sanitation practices that could be used in the new gym.

Selected Survey Results
WPI students were not satisfied with the current sanitation condition of Alumni Gym.

Do you think, in general, sanitation needs to improve in Alumni Gym?
- Yes 82%
- No 18%

Students showed a lack a participation in cleaning.
Do you wipe down exercise machines BEFORE you use them?
- Yes 76%
- No 24%

Availability of sanitation products needs to be increased.
Did you know Alumni Gym offers spray bottles and cloths for wiping down equipment?
- Yes, 46.2%
- No, 53.8%

Students understood the risks of an unclean workout environment.
Did you know that you could get MRSA, ringworm, and other skin infections at the gym?
- Yes, 18.1%
- No, 81.9%

Hazmat Truck at Alumni: Don’t Let This Be You!

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