

California Diving Academy

DRYLAND CLEANING CHECKLIST

INSTRUCTIONS ~ cleaning supplies are in the closet on the other side of the gym. Write your names and date-completed at the top of this form, then check each box as that piece of the project is completed. Once finished and signed by all (legibly), leave this form in the paper slot over the dumbbells and kettlebells.

DATE: _____ Group (FC/JO): _____ **Divers in Attendance today:**

Vacuum ~

- Blue floor (including, between & under diving boards, & in weights area)

Wipe down ~

- Trampolines
 Fans (do not disassemble)
 Punching bag
 Back extension machine
 Inversion table
 Endless Rope machine
 Folding vinyl mats and pads

Thank you for being part of the California Diving Academy and continuing to put forth your efforts to support the goals of the club for yourself, your family, and your teammates.

We are aware that this work is not glamorous, but necessary for the health and safety of all involved.

- Wash diving boards (cannot get water on blue floor)
(to clean the boards, a special brush and cleaner are in the top-right locker)
- Restack and wipe-down weights, balls, and bands
- Clean out, wipe down, and empty lockers
- Catch-all ~ please list below (anything else you cleaned)
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MISCELLANEOUS NOTES TO CDA (anything that needs adjustment or attention):

Any questions, text or call Eric at 925-586-0169