

## **Profitraining Basel Hygiene Concept Measures From October 29 on.**

First of all: We count on self-responsibility from all. The teacher is our guest, the studio angel will help you to remember the following rules:

- Max. 15 people (teacher inclusive)
- Don't come if you feel ill.
- In case of confirmed infection after a Profitraining visit, please inform us.
- Masks are mandatory in all public rooms (entrance areas, dressing rooms of studio). Also during the training masks are mandatory.
- No accompanying persons.
- Disinfect your hands upon arrival.
- Always keep 1.5m distance: before, during and after the class; no hugging, contact impro, partnering. No tactil corrections, hands on adjustments.
- If possible, come in your training clothes. Keep your stay in the dressing rooms short.
- Bring your own water bottle and take it home after class (also if disposable)
- Bring warm clothes as the studio will be ventilated a few times during class.
- Make sure the studio angel has your name on the attendance list of the day. If your contact details have changed over the last few years (tel/email), send us an update.
- Bring the correct amount of money so the payment can be made with as little contact as possible.
- Follow the instructions of the studio angels about when and where to enter/exit the studio. In Semiramis there are often classes taking place before or after the Profitraining.
- Enjoy! Dance! Train...sweat...move big...eat the space...be social, self disciplined, take responsibility for yourself and the others, ENJOY!