

Profitraining Basel Hygiene Concept Measures From **October 19** 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:

- 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). During the training however, masks are not required.**
- No accompanying persons.
- Disinfect your hands upon arrival.
- Keep distance (1.5m) before, during and after the class; no hugging, contact impro, partnering.
- 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 changed in the last few years (tel/Email), send us an update.
- Bring the correct amount of money so the payment can happen 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 happening 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!

Organizational changes for a smooth and safe transitions between classes:

Semiramis:

- Mondays/Sundays: No crossing with other groups. Entry and exit through the **FRONT** door.
- Tuesdays: Entry and exit through the **FRONT** door. The class before the Profitraining finishes at 10:20, Profitraining starts at 10:35 (instead of 10:30). Change and wait/warm up in the small studio. Do not enter the large studio until the other group has completely left it.
- !! Wednesdays: Enter the studio through the **BACK** door. The class before the Profitraining finishes at 10:45, **you can enter the building at 10:50 at the earliest**. Profitraining starts at 11:00. Exit through the FRONT door. The dressing room can be used after class.

Chronos:

No crossing with other groups

Changes possible.