**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 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.