

## **Profitraining Basel Hygiene Concept Measures**

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).
- Masks are not mandatory in the studio during class.
- 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!