

We follow the guidelines of the [RIVM](#), and several measurements we need to take in this starting phase.

### **1. Please follow the directions of the HJS staff.**

### **2. How many people and who can get into class?**

We will work with a maximum amount of dancers per class. Dancers are responsible themselves for keeping the 1,5 meters distance between each other. You need to register in advance, via our website. Do not come if you don't have a registration!

See 5. How to register

### **3. Hygienic and safety measurements**

- a. Don't come to the studio when you are ill, have health complaints:
  - If have you had a fever in the last 14 days (38C or 104F)
  - If you have a cold; running nose, have to sneeze, cough or if you have a sore throat
  - If you had a roommate in the past 14 days with a fever or complaints indicating Covid-19
- b. You are obliged to wash your hands at home
- c. Use the toilet at home before going to HJS, toilets are open but we need to avoid from using them as much as possible
- d. Questions will be asked about your health before entering (Triage) the building. Anyone with health complaints and a "yes" to any of the questions see 3.a will be actively excluded:
- e. Follow the arrows to the studio
- f. You are obliged to clean your hands on arrival, after your check-in, before entering the dance studio.
- g. Don't touch the airco panel
- h. Keep the doors of the studio closed during class, because of the functioning of the airco
- i. Enjoy class!
- j. There will be extra cleaning of barres and floor will during the day.
- k. Wash your hands after the class.

- I. Follow the arrows to leave the building, the exit doors on the side will be used. Open them with your elbow. Don't leave through the main entrance.
4. By registering for the class you accept that the lesson may be recorded for **live stream sessions**. If you do not want to be filmed, please notify the HJS staff.
5. **How to register, and only come to the studio after approval**
  - Register and pay in advance for the class on <https://hjs.blossomstudio.app/>
  - Only come to the studio when you are healthy, in case of any symptoms (see 3.e), stay at home!
  - Wait outside in line with 1,5 meter distance, in front of the sign on the square of Chassé Dance Studios, the first one in line can enter the building at 9:00. For contemporary 10:45. Angelina will ask the Triage (health questions, see 4.e) at the HJS reception desk, and will allow you to enter the class or not. Dancers for the contemporary class wait in the foyer, with the 1,5 meters distance.
  - Go to the studio, and follow **ALL** health and safety measurements.
  - In case we have more people registered than can enter the class, we will actively restrict the max amount per dancer per week
  - We do not sell the Hupass, (if you bought one just before the COVID19 close down) please get in touch, by phone or email to [receptiondesk@hjs.amsterdam](mailto:receptiondesk@hjs.amsterdam)
  - In case you can not make it to class, or in case we need to exclude you from class after the Triage, or when you don't stick to the rules, there will be **no** refund.

We are happy to see you back in the studio. Despite all restrictions and rules, do enjoy class in the studio again!!!

### Are you without symptoms?

Heb je geen klachten?



**Avoid large groups** (over 100 people)

Vermijd grote groepen >100 personen



**Work from home** if possible

Werk thuis als het kan

### Do you have (mild) symptoms of a cold?

Do you have symptoms of a cold, including mild ones? Sneezing, sore throat, runny nose, light cough, or a fever up to 38° Celsius. In that case, the following additional measures are called for.

Heb je (milde) verkoudheidsklachten? Nieszen, hoestpijn, loopneus, licht hoesten, of een verhoging tot 38 graden. Dan gelden de volgende extra maatregelen:



**Stay at home**

Blijf thuis



**Limit (social) contacts**

Beperk (sociale) contacten

### Do not forget:

Vergeet niet:



**Wash your hands**

Was je handen regelmatig



**Cough and sneeze into your elbow**

Hoest en nies in de binnenkant van je elleboog



**Don't shake hands**

Schud geen handen



**Use paper tissues**

Gebruik papieren zakdoekjes