

WELCOME PLAN

APRIL 26/27/28 - TEATRO CONDOMINIO - GALLARATE | ITALY 2024



USEFUL INFORMATION FOR ARTISTS, COACHES AND SPECTATORS
SHOW YOUR SOUL - ON POLE AND AERIAL ARTS!

SUPPORTED BY



Soul on Pole



VENUE / LOCATION

TEATRO CONDOMINIO VITTORIO GASSMAN

The theatre is located right in the city center of Gallarate (VA) in Via Teatro 5. The theatre has a foyer with a bar and a comfortable number of bars, restaurants, supermarket, pharmacy as much as several shops of different kinds just a quick stroll away.



HOW TO GET THERE

Gallarate is in the province of Varese, but only about 40km away from Milan. It is actually only about 15km away from Milano Malpensa Airport and can be almost considered part of the “hinterland north-west” of the larger Milan Metropolitan Area. The town is easily reachable by train, bus, car or however you prefer traveling. If you use public transport and travel through Milan, the most commonly used options to get to Legnano are by train. The S5 (Passante Ferroviario | Treviglio-Varese), the RE5 (Milan Porta Garibaldi - Varese) trains from Porta Garibaldi Station will take you directly to Gallarate. If you travel via long distance train to Milano Centrale, you will have to go to the Porta Garibaldi or Rho Fiera Milano station to catch either the S5 or de RE5 to Legnano.

Three airports serve the area, Milan Malpensa, Milan Linate and Bergamo Orio al Serio. Milan Malpensa is the physically closest, you can reach Gallarate easily with the S50 train from Malpensa T1 or T2 station. If you are planning a trip to Milan before coming to Legnano, you could take the Malpensa Express | MXP train to Milan and then come back to Gallarate by train using either Passante Ferroviario S5 or Regional Express RE5 trains from Milan Porta Garibaldi Station. All other airports are connected through the same train (Porta Garibaldi) connections from Milan as they are located east of the Milan Metropolitan Area and Gallarate is to the north-west.

ACCOMODATION

Hotels in Gallarate range from basic to 4 star and boutique hotels. Of course there are also B&B's and a number of AirBnB / Booking.com listings. Please check our website www.soulonpole.com for accomodation packages and special deals we are working on.

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GENERAL GUIDELINES

Our mission is to offer the best Soul on Pole 2024 experience for performers, coaches, judges and spectators alike. In order to achieve this goal we defined a set of rules that will make everybody's presence at Teatro Condominio Vittorio Gassman an even greater experience.

CLEANLINESS

Please be respectful of common spaces and other people's duties - this includes the cleaning personell. It's really an easy gesture to make life easier for everybody by taking care of one's personal spaces and not leaving any trash around for someone else to collect. There are bins in the hallway and behind the scenes. Please use them. They are free to use and there for you ;)

HOSTESSES AND HOSTS

At the front desk, the check-in desk, the hallway and entrances to the backstage / dressing areas you will find hostesses and hosts who are there to welcome you, answer your questions and help you out with any issues you may encounter during Soul on Pole 2024. They may also request your pass / credentials before letting you in and out of specific areas of the theatre. Whatever may happen, remember that most of them are fellow pole & aerial artists who are voluntarily there to make your stay better.

SPECTATORS

Spectator passes grant access to the public area of the theatre. Tickets are numbered according to the row and seat numbers of the theatre and are personal. You may use a free seat at any time, but you are asked to please respect another person's seat reservations, if requested to do so.

COACHES

Coach passes grant you access to both, the public area and the backstage areas of the theatre, such as changing rooms and warm-up areas. Please bear in mind that coach passes, due to technical reasons, do not have an active seat number reservation. You (and the artists) can use any free seat in the public area at any time, but you will have to move in the case a spectator claims a reserved seat number. Coaches, please read the following artist's vademecum, as it contains valuable information for you as well.



ARTIST'S VADEMECUM

Whether you are an experienced pole & aerial artist or a novice, every competition is a new opportunity to show the results of many months of hard training to the public and to inspire generations of future artists in our community. Your participation matters and we are happy to have you on stage!

KNOW THE RULES

EVERY COMPETITION HAS IT'S RULES - and even if in Soul on Pole we try to keep them as light as possible, there are some you probably might want to know. Please read the regulation, even if your coach knows it inside-out, it is always good when the artist has read it, too. By knowing the criteria the jury uses for your scores, you may understand how your evaluation came to be, or plan your performance accordingly well ahead of time. Doing so also reduces your natural anxiety significantly!

MUSIC TRACK OR VIDEO

SUBMISSION DEADLINE: MARCH 30th at 23:59 (incoming email)

You can choose to have background music (.mp3 file format) or background music with video (.mp4 file format). Background videos may also consist of simply a still image, but it is still required to provide a unique file with audio and video in .mp4 format. **All files must be sent in by WeTransfer or download link (e.g. Dropbox, Google Drive etc.) to info@soulonpole.com**. There is no penalty or bonus for artists who do or do not rely on video or background images. The video screen has an aspect ratio of 16:9. Remember that you can also request lighting colors and styles.

SEPARATE AUDIO AND VIDEO/IMAGE FILES WILL NOT BE ACCEPTED!

To prevent any (unlikely, but not unseen) technical inconvenience, please bring your audio and/or video files on a USB support on the competition day. In case of technical problems the competition direction might ask the coach (or your nominee) to hand in the USB support.

STAGE REHERSALS

ARTISTS CAN TEST THE STAGE BEFORE THE COMPETITION STARTS

Please book your stage rehearsal via email for us to schedule and reduce the attendance. You will have 3 minutes on stage. Teams can book rehearsal together.

PLEASE REMEMBER TO CHECK-IN ASAP ON ARRIVAL

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CHECK-IN

ARTISTS MUST HAVE CHECKED IN BY APRIL 23rd 2023 AT 11am

ALL DOCUMENTS MUST BE SENT IN DIGITALLY BY MARCH 30th 2024 - on check-in the originals and validity of your documents and ID will be visually checked. Please make sure you bring them, especially the following documents are important. With lack of validation the artist will not be able to participate:

- technical sheet and stage / speaker announcement
- athlete's competitive sports medical certificate
- valid intl. sports insurance or tessera ente promozione sportiva (ITA)
- image release / privacy policy / liability waiver

At Soul on Pole we made it one of our priorities to reduce the use of paper, generate less waste, for the environment and for a better future. If you have any problems with digitalization / sending in the digital copies of your documents - please contact us asap. **Don't wait until the deadline!**

POLE CLEANING

There are voluntary pole cleaners who help cleaning the poles before each performance. If you prefer, you can have your own team, friends or helpers of choice clean the poles for you. No slipping or any other inconvenience can be blamed on the cleaners once you accept the stage. In case of doubt you may ask for the poles to be re-cleaned, but please be responsible with such requests, as it will cause delay.

USEFUL TIPS FOR ARTISTS

Every artist has her/his own rituals and ways of preparing for their performance before going on stage. This is a very personal matter. However, some universal tips can be helpful, especially if you don't yet have a lot of experience.

- check the regulation once again for all documents to be sent in before deadline
- bring slippers or socks to keep your feet clean before going on stage
- bathing or jump suit to keep you warm from dressing / warm-up to stage
- wet wipes and dry tissues are useful in many situations (please don't litter!)
- alcohol and a piece of cloth to clean poles are important goto's
- usb stick with your song and / or video (with audio) track

On stage a small number of gestures will incredibly increase your appearance for judges and the public:

- greet the jury and audience at the beginning and/or the end of your performance
- your face conveys emotions, so does your body. Make sure you "comunicate well"
- spectators and jury are there for you, make them feel that their time is appreciated
- close your eyes, take a big breath and enjoy your time on stage!

HAIR & MAKEUP



If you need help with your hair and makeup it is possible to book professional help at very competitive prices through the local Soul on Pole partners. Please check our website and contact us for quotations and advanced bookings.

PHOTO & VIDEO

During Soul on Pole 2024 you may take your own pictures with your cellphones and post them on your social media profiles, but please be mindful of other people's privacy and image rights, as they might not agree to being in your picture. **At no time it is allowed to use a flash! Not even the tiniest.** Professional photography and /or news coverage are not allowed without written consent by Be Art Studio SSD aRL.

ORDER PROFESSIONAL PHOTOGRAPHY & VIDEO

Taking professional pictures in a theatre is no easy task. Make sure you have the best material (photo & video) of your performance by booking our state of the art professional service in advance. All pictures you are seeing on our social media feeds were taken by UNIDIGITA'S professional photographers specialized on sports (motion) photography and in particular pole & aerial arts events!

Check www.soulonpole.com for special early booking deals. There won't be a photography desk on site! You will receive a notification via email. Also check your social media for news about photo deals.

ORGANIZATION

Soul on Pole 2024 is organized by Be Art Studio SSD aRL. We are a performing arts school in Legnano (MI) and Lainate (MI) teaching pole, aerial arts, dancing and acrobatics on various levels reaching from purely amateur (free time) classes to highly professional artist / athlete level preparation and coaching. As an affiliate to CSEN Pole & Aerial we aim to contribute as much as we possibly can to the Italian and international pole and aerial arts and sports community. We love what we do!

CONTACTS

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event: info@soulonpole.com

JURY

The jury is composed of (world) reknown pole artists and athletes with a well confirmed authority in participating in and judging performing arts pole competitions. For an updated list of the members of the judges panel please visit www.soulonpole.com

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LEGAL DISCLAIMER

PHOTOGRAPHIC CONSENT AND RELEASE FORM

I hereby authorize Be Art Studio SSD aRL and those acting in pursuant to its authority to:

- (a) Record my likeness and voice on a video, audio, photographic, digital, electronic or any other medium.
- (b) Use my name and sporting results in connection with these recordings.
- (c) Use, reproduce, exhibit or distribute in any medium (e.g. internet/www, social media, print publications) these recordings for any purpose that Be Art Studio SSD aRL, and those acting pursuant to its authority, deem appropriate, including promotional or advertising efforts.

I release Be Art Studio SSD aRL and those acting pursuant to its authority from liability for any violation of any personal or proprietary right I may have in connection with such use. I understand that all such recordings, in whatever medium, shall remain the property of Be Art Studio SSD aRL, free of any charge. I have read and fully understand the terms of this release.

ASSUMPTION OF RISK AND RELEASE OF LIABILITY

I represent that I am physically and psychologically healthy enough to participate in Soul on Pole 2024 and do not have any health condition that would impair my ability to safely participate in Soul on Pole 2024. I have properly prepared to perform each of the exercises I will attempt in Soul on Pole 2024; I have practiced those exercises; and I have performed those exercises in the past without suffering injury.

In consideration for being allowed to participate in Soul on Pole 2024, I knowingly acknowledge that:

I knowingly and voluntarily assume all risks which may be incurred from or connected in any manner with my participation in Soul on Pole 2024, including the risk of serious bodily injury or death caused by my participation. I waive and forever release Be Art Studio SSD aRL and its board, officers, agents and sponsors as well as CSEN Pole & Aerial, its board, officers, volunteers, and sponsors from all claims, whether known or unknown and whether anticipated or unanticipated, for personal injury, death or property damage sustained by me during or because of my participation in Soul on Pole 2024, including damage caused by the negligence of Be Art Studio SSD aRL and its board, officers, agents, and sponsors or by the negligence of CSEN Pole & Aerial, its Board, Officers, volunteers, and sponsors. I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself. I further certify that I am willing to assume the risk of any medical or physical condition I may have.

PLEASE READ CAREFULLY, SIGN AND SEND IN WITH YOUR DOCUMENTATION



PRIVACY POLICY

Be Art Studio SSD aRL collects your personal information (name, address, email, phone number and ID) for the purpose of handling your participation in our sports events, classes and activities. The data is provided by you when registering to our events or asking for information via digital channels or by inquiring information via email or phone. Our company collects your data so that we can contact you when necessary about your participation or requested services / products (administration and service). If you agree we would like to send you information about events, classes, workshops and products by us, our partners and sponsors you might like (marketing). You can opt-out at any time by sending us an email with your request. We do not-share your information for marketing purposes, any communication you receive will come directly from Be Art Studio SSD aRL. We may share your data with federations and sports promotion bodies in order to register and officialize sports results or grant you scores and credits.

Your data is stored in locked paper archives or digitally on our private, security protected servers and data storage units. At any time you can request access, rectification, erasure, restricting processing, object to processing and data portability. Please bear in mind that the execution of some of these rights makes it impossible to process your data and therefore your participation in our events, classes and workshops. If you would like to exercise any of these rights, please contact us at info@soulonpole.com. Your requests are processed within 1 month. This privacy policy was last updated on January 1st, 2024.

I hereby confirm to have carefully read, fully understood and accepted the "legal disclaimer" section, in particular the sub-sections regarding "photographic consent", "release of liability" and "privacy policy".

Name:

Address:

Street

ZIP

City

Nation

Contact:

Phone

Email

ID:

Fiscal code (ITA) / document type and number (international)

Date:

Signature:

Parent / Guardian:
(if under 18)

Date:

Signature:

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