



## Scope of Practice, Code of Conduct and Ethics for Individual Members

The Code of Conduct (“Code”) sets out the principles of practice for Individual Members of Pilates Aotearoa.

Additional professional guidelines will be applicable for providers of continuing professional development.

All registered individual members of Pilates Aotearoa will, as a part of their membership, be always bound by the provisions of the Code and each be expected to adhere to the Code. The Code has been written in order to enhance and preserve the integrity and reputation of the profession. The Code cannot list every possible situation that you will face in practice.

“Scope of Practice” means applying what you have learned from any Pilates education provider in terms of knowledge, understanding and application after you have completed your training and have been assessed as proficient to deliver Pilates exercise to the public. Your certificate from your qualification provider will state what you are qualified to teach. This can be defined as the scope of practice. Once on our Register, you must work within your Scope of Practice.

### Individual Members of Pilates Aotearoa commit to work within the following scope:

1. Fitness Pilates Instructors and Pilates Method Teachers must have all new clients complete a pre-exercise clearance and re-evaluate this on an ongoing basis. This could include checking in orally with clients, or getting them to re-complete the exercise clearance on a yearly basis.
2. Fitness Pilates Instructors and Pilates Method Teachers undertake to maintain the highest levels of safety in practice and instruction of the Pilates Method, in accordance with their level of training. For example:

Level 1 Pilates Method Teacher and Fitness Pilates Instructors: may work with apparently healthy and low-risk clientele.

Level 2 Pilates Method Teacher and above: may include clients with moderate risk injuries or conditions relevant to the level and scope of your training.

3. Pilates Method Teachers and Fitness Pilates Instructors observe safe client to instructor/teacher ratios taking into account the level and experience of the instructor/teacher, environment and available space, and physical condition of the clientele.

**In addition, the following are considered to be *within* the scope of practice of a Pilates Fitness Instructor and Pilates Method Teacher:**

1. Undertake an initial consultation process to educate clients on the benefits of the Pilates Method, its suitability to the client's needs and the nature of Pilates instruction, including the use of tactile cueing.
2. Provide ongoing assessment and progression, document client progress and collaborate with medical or allied health professionals to achieve the best outcome for the client.
3. Recognise conditions and red flags that would preclude a client from safely participating in a Pilates exercise programme.
4. Conduct postural assessments and identify common postural conditions and postural corrections.
5. Ask permission and use appropriate touch if consent is given to facilitate movement, position the client, and prevent injury or damage.
6. Design Pilates exercise programmes according to each client's needs or in the small group context.
7. Coach, provide general information, and direct clients to seek medical attention as necessary.
8. Ask for exercise guidelines and clearance from medical and allied health practitioners, when appropriate, to ensure client safety.
9. Undertake to continue to cooperate with referring medical or allied health practitioners.
10. Promote exercise to improve overall health and in line with physical activity guidelines.
11. Use a range of Pilates apparatus including but not limited to the Pilates Reformer, Cadillac, Wunda Chair, Barrels plus small props (e.g. rollers, balls etc).

**The following is *beyond* the scope of practice of a Pilates Fitness Instructor and Pilates Method Teacher:**

1. "Diagnosing" a client with any medical, mental or physical condition.
2. "Prescribing" an exercise program for pathologies and conditions outside the scope of a Pilates Method Teacher or Fitness Pilates Instructor without consultation with an appropriate medical or allied health professional, unless other qualifications or credentials allow for this.
3. Continuing to train a client with a condition that is beyond your knowledge without appropriate medical clearance.

4. Claiming to “*treat*” or “*rehabilitate*” injury or disease, unless other qualifications or credentials allow for this.
5. Claiming to be competent to offer professional education beyond the limits of your credentials.
6. Not asking for touch consent or applying an inappropriate touch.
7. Continuing to train a client who exhibits any of the following unusual symptoms unless it has been cleared with a medical practitioner: e.g. chest pain, prolonged dizziness, rapid heart rate, unusual shortness of breath, a significant decrease in coordination, loss of consciousness, faintness, nausea, blurred vision, prolonged or increasing pain.

**Please note that this is not an exhaustive list, but a common-sense approach is recommended to practice within the boundaries of your certification or qualification.**

## Code of Ethics

**All Pilates Fitness Instructors and Pilates Method Teachers must abide by the following:**

1. Do no harm.
2. Teach within the Scope of Practice to ensure the comfort and safety of clients at all times. (See ‘Scope of Practice’).
3. Maintain professional boundaries. Improper behaviour encompasses:
  - a. Inappropriate physical contact.
  - b. Financial exploitation.
  - c. Sexual exploitation.
4. Treat clients and colleagues with respect, truth, fairness, and integrity.
5. Do not misrepresent skills, training, professional credentials, identity or services.
6. Continue gaining education to enhance your skills and knowledge, and to provide the highest quality services to clients.
7. Maintain a professional appearance and conduct.
8. Maintain client confidentiality.
9. Do not discriminate against clients or colleagues on any level.
10. Do not intentionally solicit other Pilates professionals’ clients.
11. Comply with all applicable business, employment and intellectual property laws.
12. Maintain appropriate insurance (liability, studio, contents, etc).