



Pilates Aotearoa Guidelines for Pilates Business Members

These guidelines (“Guidelines”) set out a number of requirements for Business Members of Pilates Aotearoa.

A “Business” is defined as either a studio (commercial or home-based), community-based classes, gym or Pilates education provider that offers Pilates sessions as part of its service offering.

To be a Pilates Aotearoa Business Member, businesses must agree to the [Pilates Aotearoa Scope of Practise and Code of Ethics](#).

These guidelines are indicative of the type of professional behaviour we may expect from a Business Member and its staff, but are non-exhaustive:

- Adhere to all Pilates Aotearoa Guidelines
- Adhere to the **Pilates Aotearoa Scope of Practise and Code of Ethics**, including having suitably qualified instructors/teachers for the Pilates sessions offered (Fitness Pilates Instructors or Pilates Method Teachers).
- Use its best endeavours to ensure that Pilates teaching/instructing staff are current Pilates Aotearoa members.
- Set the teaching and exercise environment up in a way that encourages safe client to instructor/teacher ratios, taking into account the level and experience of the instructor/teacher, available space, and physical conditions of the clientele.
- Comply with all applicable workplace health and safety, privacy, employment and harassment laws.
- Have an existing policy and procedure manual that includes all health and safety measures and harassment policies specific to the Business.
- Maintain adequate public liability insurance and professional indemnity insurance covering the workplace, employees, clients, visitors and where applicable, student instructors.
- Ensure that all new clients complete an appropriate pre-exercise screening form relevant to the Business and re-evaluate this on an ongoing basis. This could include an online form via a booking app, checking in orally with clients, or getting them to re-complete the pre-exercise screening form on a yearly basis.
- Maintain appropriate protocols for ensuring suitability of sessions for people attending, record keeping, progress reports and communications regarding the client(s) between relevant teachers/instructors.
- Have accessible and maintained toilet facilities.
- Have drinking water available.

- Ensure marketing and promotion of the Business is reflective of the **Pilates Aotearoa Scope of Practise and Code of Ethics**, and should not be misleading or deceptive.
- Maintain respectful interactions with other Pilates Businesses, staff and clients.