

7 May 2020

Help Reduce the Burden on Medical Services Clearly Allow Trusted Pilates Instructors to Treat Clients

The Pilates Alliance Australasia (PAA) and the Australian Pilates Method Association (APMA) call on the NSW government to allow **accredited Pilates instructors to provide Pilates therapy** again as soon as possible.

We know that **tailored Pilates therapy** delivered by accredited Pilates instructors **helps ease the pressure on our hospital system and medical practitioners**. This is particularly important at this crucial time, when people are feeling confused, anxious and may even be missing doctor appointments, but still need to maintain their physical and mental health.

There seems to be confusion between Pilates delivered by accredited instructors and “pilates-based” exercises in other environments, such as gyms. Simply put, Pilates delivered by accredited instructors is a health service, tailored to individual needs and delivered in private or very small group settings. Pilates programs are specifically aimed at helping to manage chronic healthcare conditions and musculoskeletal pain syndromes such as lower back pain, tendonitis and neck pain. Further information about the differences can be found in Attachment 3.

We have developed a suggested, staged return to work plan for accredited Pilates instructors in line with relaxing COVID-19 restrictions. Our return to work plan balances COVID requirements with the healthcare needs of clients and viability of these small businesses. Our return to work plan is at Attachment 2.

I urge you to follow the Commonwealth government’s lead and clarify that **accredited Pilates instructors are permitted to continue operating in small group studio environments**, with appropriate social distancing and cleaning between clients, as soon as possible.

Please do not hesitate to contact Elaine Abery on 0427 631 315 or me on 0411 177 300 with any queries.



**SHARAN SIMMONS | PRESIDENT
PILATES ALLIANCE AUSTRALASIA**

Attachment 1 – Clearly Allow Accredited Pilates Instructors to Return Treating Clients

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Attachment 1 – Clearly Allow Accredited Pilates Instructors to Return Treating Clients

The Pilates Alliance Australasia (PAA) and the Australian Pilates Method Association (APMA) call on the NSW government to follow the Commonwealth government’s lead and allow **accredited Pilates instructors to provide Pilates therapy** in small group settings of up to four persons in their studios again as soon as possible.

Like allied health practitioners use beds or tables that are disinfected between uses, Pilates uses expensive machines that are not portable and can be disinfected between uses. We have developed a Pilates return to business plan (Attachment 2) advises clients to provide their own portable equipment.

What is NSW’s Current Approach?

The NSW government’s current approach is confusing. Only listed businesses or premises are prohibited. However, we understand that Pilates studios are being treated as though they were prohibited.

The following are [prohibited](#) as “places of social gathering”:

recreation facility (indoor) - a building or place used predominantly for indoor recreation, whether or not operated for the purposes of gain, including a squash court, indoor swimming pool, gymnasium, table tennis centre, health studio, bowling alley, ice rink or any other building or place of a like character used for indoor recreation.

These restrictions do not apply to premises offering health services. For example, premises providing remedial massage and other massage therapy services (including lymphoedema therapy, Bowen therapy and myotherapy) are premises providing a health service and are not required to close.

See [here](#) for examples of what you can and can’t do in NSW – Pilates is not included in the list of restricted businesses or activities.

On the other hand, we have a clear statement from the Deputy Secretary of the Commonwealth Department of Health that “small gyms used for clinical treatment can remain open”.

This means that NSW citizens are asking whether they can continue to seek treatment for chronic health issues from their trusted accredited Pilates instructors. Similarly, accredited Pilates instructors don’t know whether they can work with their clients, but have stopped classes to be on the safe side.

What is Pilates Therapy?

Pilates Therapy delivered by qualified and accredited instructors is a health service, specifically tailored to individual needs and delivered in private or very small group studio settings.

Pilates programs are specifically aimed at helping manage chronic health conditions, including musculoskeletal/postural dysfunction, lower back pain, tendonitis and neck pain.

1. Pilates therapy is delivered by accredited Pilates instructors

Accredited Pilates instructors must hold a minimum AQF level 5 (diploma) qualification and meet our association requirements for professional development, insurance and first aid.

Classes involve the use of specialised Pilates equipment and instructors adhere to strict codes of practice and regulations outlining the safe and professional delivery of the Pilates Method.

2. Pilates therapy is individualised

The first step of Pilates therapy is a client assessment to determine their health needs. Using this information, accredited Pilates instructors develop a tailored program for that individual.

3. Pilates therapy is generally delivered in private or small group settings

Once clients are assessed and received individual programs. Classes are delivered for different physical capacity levels, either in:

- one-on-one, private sessions;
- small group sessions of up to four people; or
- larger group classes

Individual needs remain the focus of class sessions - clients are monitored for any issues or changes in condition.

How are Pilates Instructors and Clients Feeling?

Pilates instructors, small business studio owners and clients are feeling anxious and confused. In the back of everyone's minds is that engaging in prohibited activities is subject to heavy penalties. On the other hand, they know that missing out on their Pilates can exacerbate chronic health issues and pain syndromes.

Clients are keen to return to Pilates to assist alleviating chronic health issues and improve physical and mental health, movement capacity and productivity in new work environments.

Pilates instructors and clients don't understand why hands-on activities, such as hairdressing, can continue, but not Pilates, which can occur within social distancing rules.

We are aware of other health professionals, such as physiotherapists and osteopaths, delivering "pilates-based" classes under the current COVID-19 restrictions. So, why can't accredited Pilates instructors deliver Pilates?

What is Happening around Australia with Pilates?

When the Coronavirus restrictions were announced, there was widespread confusion around Australia. Initially, all Australian governments adopted an approach that only listed services were prohibited.

The Deputy Secretary of the Commonwealth Department of Health clearly stated that "small gyms used for clinical treatment can remain open".

Although Pilates often did not appear in their prohibited list, many States and Territories applied the law as if Pilates were prohibited. This seems to result from confusion between accredited Pilates instructors and "pilates-based" gym classes. However, Pilates delivered by accredited instructors is very different to gym classes. It is a tailored, private or very small group, exercise programming – designed to help manage chronic healthcare conditions, including pain. Further information about the differences can be found in Attachment 3.

Over the past week, Western Australia and the Northern Territory have announced that they are moving towards permitting Pilates in small group environments. The current responses of all Australian State and Territory governments are summarised in Attachment 5.

NSW accredited Pilates instructors are feeling anxious about whether they can return to face-to-face client treatment. However, they want to continue to treat their clients' chronic healthcare issues.

NSW citizens rely on their accredited Pilates instructors to help them ease the burden of chronic conditions and pain. Your latest published information does not mention a prohibition on Pilates, but we understand that small-group studios run by accredited Pilates instructors are being treated as if they were gyms.

How does Uncertainty Hurt Small Business Accredited Pilates Instructors?

Right now, NSW accredited Pilates Instructors want to assist their communities during this difficult time. Accredited Pilates instructors can help improve health outcomes and reduce demand on hospitals and medical services.

However, Pilates clients and instructors don't understand why indoor hands-on industries, such as hairdressing, are permitted to operate. Pilates delivered by an accredited instructor in private groups can be delivered hands-off to readily comply with social distancing, but is not permitted.

Uncertainty hurts small business accredited Pilates instructors. For example:

- they are not insured if they practice contrary to a government direction;
- small and micro-business operators and employees who close their businesses report difficulties accessing some Covid assistance without a formal government announcement that specifically mentions their industry/ies;
- closed small and micro-businesses and staff have substantially reduced income;
- we are receiving phone calls and communications from upset members, who simply don't understand why government advice is so confusing; and
- clients with chronic healthcare issues who have built a relationship of trust and understanding with their preferred accredited Pilates instructor over long periods of time suddenly do not know where to turn for appropriate assistance.

Our survey of COVID-19 impacts on the Pilates industry provides more information on how the restrictions are impacting our members. Further information is available at Attachment 4.

About Pilates Alliance Australasia (PAA) and the Australian Pilates Method Association (APMA)

The PAA and the APMA represent the majority of accredited Pilates practitioners in Australia. Our members are tertiary qualified to a minimum AQF level 5 (diploma) and are required to meet the high standards set by our associations.

We are independent and not-for-profit organisations established by the Pilates industry as regulatory bodies for control of quality instruction, member support and integrity within all legitimate approaches to the Pilates Method.

The PAA and the APMA enjoy a collaborative relationship to advocate on behalf of our members and their clients.

Our members are primarily small businesses and microbusinesses.

What should be Permitted?

All Australian jurisdictions have in the past week specifically permitted remedial therapies, such as remedial massage, myotherapy and other allied healthcare.

Accredited Pilates instruction should be permitted in small-group environments, with appropriate social distancing and cleaning of equipment between clients, just like healthcare practitioners.

Accredited Pilates provides tailored programs to a maximum of four people at any time, can easily comply with social distancing requirements, hygiene and cleaning protocols and minimum indoor space ratio as required by relevant health guidelines. Attachment 2 provides our proposed return to business plan for accredited Pilates.

Attachment 2 - Pilates Return to Business Plan

The Pilates Alliance Australasia (PAA) and the Australian Pilates Method Association (APMA) represent the majority of accredited Pilates instructors in Australia. Our members are tertiary qualified and are required to meet the high standards set by our associations.

A Staged Return to Business Activities

The PAA and APMA propose a staged return to business activities, in line with Covid-19 restrictions.

- Phase 1 (immediate) – private sessions - instructor to client ratio of 1:1
- Phase 2 – semi private sessions - instructor to client ratio of up to 1:2/3/4, depending on space
- Phase 3 – return to business as usual

During each phase, Pilates practitioners should comply with the infection control measures at Attachment 1.

What is Pilates Delivered by a Qualified Practitioner?

Professional Pilates in a studio setting is specifically tailored programming, conducted by highly qualified practitioners, for numerous conditions including musculoskeletal/postural dysfunction, chronic health conditions and pain syndromes.

Pilates is delivered in various settings, from one on one or 'private' sessions, to small group sessions of up to four people on specific Pilates equipment. Qualified Pilates practitioners adhere to strict codes of practice and regulations outlining the safe and professional delivery of the Pilates Method in specially equipped studios.

In a professional Pilates studio, our members can easily comply with social distancing requirements, hygiene and cleaning protocols and minimum indoor space ratio as required by relevant health guidelines.

Return to Work Plan– Infection Control Measures

Individual practices should implement a suitable plan to minimise risk of infection. While this will vary from practice to practice, up to date information on infection minimisation are available at www.health.gov.au.

It is vital to communicate clearly and regularly with your staff and clients, so that everyone is on the same page.

Simple measures that you can take include:

Client Measures

- ask all clients whether they meet government requirements to isolate or are feeling unwell;
- email clients a simple checklist prior to their appointment outlining COVID19 symptoms and encourage them to use the [symptom checker tool](#) where they may be unsure;
- confirm again with clients within 24 hours of their appointment whether they meet government requirements to isolate or are feeling unwell;
- require clients to provide their own portable equipment (such as mats, towels to place on equipment, etc);
- advise clients to wait in their vehicles prior to entering where other clients are already in attendance;

Staff Measures

- requiring all staff to complete free online training from government (and display completion certificates on your premises):
 - COVID-19 infection control training <https://www.health.gov.au/resources/apps-and-tools/covid-19-infection-control-training>
 - Infection Prevention and Control eLearning Modules <https://www.safetyandquality.gov.au/our-work/infection-prevention-and-control/infection-prevention-and-control-elearning-modules>
- open windows and air conditioning adjusted for more fresh air;
- disinfect all equipment between clients;
- clean and disinfect shared high-touch surfaces regularly;
- wash hands between clients;
- enhanced end of day cleaning;
- wherever possible, don't use other people's phones, desks, offices or other work tools and equipment;
- increase physical space between workers to at least 1.5 metres;
- ensure there is appropriate timeframe between scheduled appointments, to allow clients to leave the premises and cleaning of equipment;
- prefer cashless transactions where possible;
- clean personal property that comes to work (eg phones) with disinfectant;

Measures for All Attendees

- scan everyone using a thermal thermometer on entry;
- providing hand sanitiser for all staff and clients in a visible place;
- ask all attendees to wash hands (where possible) or sanitise hands on entry and exit to premises;
- displaying posters:
 - Hand washing <https://www.health.nsw.gov.au/pandemic/Pages/hand-wash-community.aspx>
 - Isolation guidance <https://www.health.gov.au/resources/publications/coronavirus-covid-19-isolation-guidance>
 - Know the signs <https://www.health.gov.au/resources/publications/coronavirus-covid-19-know-the-signs>
 - Stop the spread <https://www.health.gov.au/resources/publications/coronavirus-covid-19-stop-the-spread>
- no handshaking or other physical greetings;
- spacing chairs in waiting areas at least 1.5 metres apart;
- remove magazines and other unnecessary high-touch surfaces;
- consider leaving street shoes outside the premises;
- space equipment at least 1.5 metres apart; and
- consider mentioning the CovidSafe [app](#) to all attendees;
- limit the number of people allowed inside your practice to one person per four square metres.

Resources

The government has released information sheets to assist healthcare workers. All practices should comply with the recommendations in these documents:

- Covid [symptom checker tool](#)
- CovidSafe [app](#)
- [Coronavirus \(COVID-19\) resources for health professionals, including aged care providers, pathology providers and healthcare managers](#)
- [Good hygiene is in your hands](#)
- [Environmental cleaning and disinfection principles for COVID-19](#)
- [Coronavirus \(COVID-19\) information for clinicians](#)
- [Coronavirus \(COVID-19\) advice for the health and aged care sector](#)
- The Australian Commission on Safety and Quality in Health Care [Infection Prevention and Control Guidelines](#)
- Safe Work Australia Workplace [Toolkit](#)

Attachment 3 – How is a Pilates Studio Different from a Gym?

Simply put, Pilates delivered by accredited instructors is a tailored, private or very small group, program – usually to help manage chronic healthcare conditions.

The following table shows some ways that accredited Pilates instruction differs from gymnasiums or “exercise or recreational facilities”.

	Pilates Studio	Gym
Appointments	Small sessions by prior appointment. All classes limited in size to a maximum of 4 people	Individuals can attend at any time without appointments unless class size is restricted
Assessments	All clients are assessed by initial consultation which includes taking a full medical history, static & dynamic postural & physical assessment, and orientation for safe use of equipment.	Individuals can attend classes without initial assessment.
Record keeping	Instructors keep records of sessions, noting current musculoskeletal issues & details of programs undertaken.	Clients, or if present, personal trainers, may keep records of exercises – weights, repetitions.
Program	Instructors design specific programs for individuals, taking into account chronic health issues.	Programs are delivered to a set format and clients are asked to self-identify issues.
Relationships	Instructors understand each client’s individual situations & needs.	Larger classes mean gym instructors have less time to understand individual needs and help individuals with exercise modifications.

Pilates and Private Health Insurance Rebates

Pilates was a rebateable item through health funds until the law was changed from April 2019. This law change was based on the 2015 [Review](#) of the Australian Government Rebate on Private Health Insurance for Natural Therapies. The Review only included 17 studies when looking at evidence of the effectiveness of Pilates.

The Review was broadly criticised. As a result, a new [Review](#) was announced in April 2019, which includes Pilates. Over 400 studies have been submitted to government showing the effectiveness of Pilates. Evaluation of the studies was anticipated in April 2020 but this has stalled with the more urgent issues of a pandemic.

Physiotherapists and osteopaths continue to deliver “pilates” or “pilates-based” classes and their clients are able to claim rebates.

We understand that they are also able to deliver these same classes under the current COVID-19 restrictions, as long as they comply with social distancing requirements.

Attachment 4 – Key Extracts from Pilates Industry Survey May 2020

We conducted a survey in late April/early May 2020, to find out how COVID-19 is impacting the Pilates industry. We received 538 responses.

Key extracts of the responses are provided below. For a copy of the full survey results, please email sharan@pilates.org.au.



	<u>Now</u>	<u>Pre COVID</u>
Weekly Hours Worked	<ul style="list-style-type: none"> • 70% working 10 hours or less per week • 16% working 11-30 hours per week 	<ul style="list-style-type: none"> • 17% working 10 hours or less per week • 64% working 11-30 hours per week
Earnings	<ul style="list-style-type: none"> • 70% earning less than 10% of their pre-COVID income • 85% earning less than 50% of pre-COVID income • 7 respondents earning more than before 	
Government Assistance	<ul style="list-style-type: none"> • 65% intend to claim JobKeeper • 10% intend to claim JobSeeker 	
Online	<ul style="list-style-type: none"> • 60% are now teaching online 	
Business Structure	<ul style="list-style-type: none"> • 65% sole traders • 27% company 	
Business revenue drops	<ul style="list-style-type: none"> • 54% have suffered a 70-100% drop in revenue • 37% have suffered a 30-70% drop in revenue • 9% have a drop in revenue of less than 30% 	
Rent	<ul style="list-style-type: none"> • Only 46% have reduced rent costs 	




Attachment 5 – Australian Government Approaches to Pilates

PAA and APMA are in contact with all Commonwealth, State and Territory Health Ministers and Departments and Small Business Ministers and Offices to help Pilates practitioners return to face-to-face practice. To assist our members navigate the current environment, this document summarises PAA’s understanding of the current Australian government approaches to face-to-face Pilates.



There seems to be confusion among governments between Pilates delivered by accredited instructors and “pilates-based” exercises in other environments, such as gyms. Simply put, Pilates delivered by accredited instructors is a health service, tailored to individual needs and delivered in private or very small group settings. Pilates programs are specifically aimed at helping to manage chronic healthcare conditions and musculoskeletal pain syndromes such as lower back pain, tendonitis and neck pain.

Jurisdiction	Approach	Comments	Pilates Allowed?
Australian Capital Territory	<p>The following is prohibited:</p> <ul style="list-style-type: none"> d. an indoor sporting centre; e. a health club or fitness centre; f. a centre that provides yoga, barre or spin facilities; g. a sauna, bathhouse or wellness centre; h. a boot camp or personal trainer, but not to the extent that outdoor one on one sessions are provided and where social distancing of 1 person per 4 square metres is observed. <p>Note that the Instrument provides exemptions for therapeutic and healthcare services, for example swimming pools used for therapeutic purposes by a hospital.</p> <p>An email from the Office of the Chief Health Officer, dated 4 May, states: “At present,</p>	<p>Pilates is not clearly prohibited.</p> <p>The ACT government clearly states “Unless specifically restricted, businesses can still operate in the ACT.”</p> <p>However, the CHO’s email states that Pilates studios are prohibited from operating. It is unclear whether Pilates is permitted in other facilities (not Pilates</p>	<p>?</p>

	Pilates studios are prohibited from operating.”	studios).	
Commonwealth	<p>In her letter dated 26 March 2020, Deputy Secretary, Lisa Studdert states:</p> <p>“Gyms used for clinical treatment</p> <p>While there has been a decision taken by National Cabinet to close gyms catering to the general public, small gyms used for clinical treatment can remain open as long as they meet the general social distancing requirements, namely, space for social distancing of four square metres per person and not more than 10 people attending at the same time.</p> <p>The following is prohibited:</p> <ul style="list-style-type: none"> • Health clubs, fitness centres, yoga, barre and spin facilities, saunas, bathhouses and wellness centres • Boot camps, personal training operating outside and inside, EXCEPT for outside events, limited to groups of no more than 10 people and social distancing must be exercised. 	<p>Pilates is not clearly prohibited.</p> <p>Only listed businesses or activities are required to close. Other businesses can remain open.</p>	
New South Wales	<p>The following are prohibited as “places of social gathering”:</p> <p>recreation facility (indoor) - a building or place used predominantly for indoor recreation, whether or not operated for the purposes of gain, including a squash court, indoor swimming pool, gymnasium, table tennis centre, health studio, bowling alley, ice rink or any other building or place of a like character used for indoor recreation.</p> <p>These restrictions do not apply to premises offering health services. For example, premises providing remedial massage and other massage therapy services (including lymphoedema therapy, Bowen therapy and myotherapy) are premises providing a health service and are not required to close.</p> <p>In a place that may remain open to the public, occupiers and operators of the premises must allow at least 4 square metres of space for each person on the premises.</p> <p>See here for examples of what you can and can’t do in NSW – Pilates is not included in the list of restricted businesses or activities.</p>	<p>Again, there is no mention of Pilates in the list of closed businesses or activities.</p>	

Northern Territory	<p>The following is closed to the public (CHO Directions 20):</p> <p>“4(j) subject to direction 6(b) - a place that provides yoga, Pilates, barre, massage or other wellness services”</p> <p>From 1 May, you can exercise outdoors with other people such as yoga and bootcamp.</p> <p>From 15 May, you can, in less than two hours:</p> <ul style="list-style-type: none"> Operate or attend a studio that provides yoga, Pilates, Zumba, barre, dance classes. 		<p>moving towards</p> 
Queensland	<p>The following is prohibited:</p> <p>Boot camps, personal training – EXCEPT limited to 2 people including the personal trainer, with social distancing observed.</p> <p>Social sporting-based activities - EXCEPT limited to 2 people including the personal trainer, with social distancing observed.</p> <p>Indoor sporting centres, including gyms, health clubs, fitness centres, yoga, barre and spin facilities, saunas, bathhouses and wellness centres.</p> <p>As at 27th April, Dr Jeannette Young, Chief Health Officer has advised that personal trainers cannot operate a fitness business (including 1:1 personal training) from their home or from indoors in a commercial setting (gym or studio).</p>	<p>One-on-one training is permitted outdoors.</p> <p>Pilates should not take place in any of the listed prohibited venues.</p>	
South Australia	<p>The South Australian government has advised us that “current Directions in South Australia require indoor physical training facilities including Pilates to remain closed.”</p> <p>Prohibited are:</p> <p>Facilities used primarily for indoor physical recreation. Examples... include... Pilates studios.</p> <p>The website provides:</p> <p>“Can I go to the gym or fitness centre (including barre, yoga, and spin facilities)?</p> <p>No, these facilities are now closed.”</p>	<p>It is unclear what the position is where Pilates is used for rehabilitation or therapeutic purposes, rather than indoor physical recreation.</p>	

<p>Tasmania</p>	<p>Prohibited are:</p> <ul style="list-style-type: none"> • Gyms and indoor sporting venues • Health clubs, fitness centres, yoga, barre and spin facilities <p>The Tasmanian government directions (Gatherings No. 7) prohibit:</p> <p>“13. All indoor and outdoor swimming pools, gymnasiums, health clubs, fitness centres, wellness centres (including yoga and barre premises), indoor venues used for sport or fitness, saunas, bath houses and other similar premises or venues, other than such part of the premises or venue used to provide physical rehabilitation services if –</p> <p>(a) the rehabilitation services are provided by, or under the direction of – (contd.)</p> <p>(i) a registered health practitioner within the meaning of the Health Practitioner Regulation National Law (Tasmania); or</p> <p>(ii) a person who holds accreditation, as an accredited exercise physiologist, with Exercise and Sports Science Australia Ltd (ABN 14 053 849 460); and</p> <p>(b) each person in that part of the premises complies with the requirements of paragraphs(g) and (h).”</p> <p>Note that the Tasmanian government has issued letters to numerous healthcare professions stating they may continue to provide healthcare services from a medical or health services facility and <i>not from premises such as gymnasiums, health clubs, fitness centres, wellness centres and other similar premises or venues.</i></p>	<p>Note the very small list of providers permitted to offer rehabilitation services from listed venues.</p> <p>The Tasmanian government has a form to apply for an exemption from the directive.</p>	<p>?</p>
<p>Victoria</p>	<p>The Victorian Directions prohibit:</p> <p>A facility used predominantly for indoor physical recreation; example: a gymnasium, indoor swimming pool, health clubs, fitness centres, yoga studio, barre and spin facility, sauna, bathhouse, wellness centre and health studio.</p> <p>An indoor personal training facility</p> <p>Website advice states:</p> <p>prohibited recreational facilities:</p> <p>indoor physical recreation facilities, including gyms, swimming pools, yoga studios,</p>	<p>Pilates is not clearly prohibited in public documents but phone conversations with Victorian authorities have advised Pilates studios cannot open.</p> <p>However, a telephone conversation cannot usually overrule regulation and the Victorian government has</p>	<p>?</p>

	<p>saunas, wellness centres, barre and spin facilities and health studios</p> <p>indoor personal training facilities where personal training services are the predominant activity</p> <p>Boot camps and personal training services can continue only if they are outdoor with a maximum of two people at any one session, ensuring no more than one person for every four square metres of space.</p> <p>Gyms, including indoor personal training facilities are closed, because they pose a significant risk of transmission should a person who attends one of these centres have a confirmed case of COVID-19</p>	not provided written clarification.	
Western Australia	<p><u>Prohibited:</u></p> <p>Pilates classes within a Pilates studio remain prohibited</p> <p>Allowed:</p> <p>Pilates classes are permitted outdoors as long as there is no more than 10 people in attendance, including the instructor and appropriate social distancing and good hygiene practices are observed.</p> <p>Pilates classes within a private residence are permitted if the 4 square metre per person rule is adhered to and appropriate social distancing and good hygiene practices are observed.</p> <p>The sharing of equipment, mats etc., is prohibited</p>	<p>Pilates is clearly prohibited indoors except in a private residence.</p> <p>The reasons for this are unclear – surely it would be simpler and safer to allow indoors Pilates with accredited instructors, subject to a maximum group size.</p>	<p></p> <p>moving towards</p> <p></p>