

## PILATES MAT INSTRUCTOR SCOPE OF PRACTICE

Mat Members of the PAA commit to work within the following scope:

1. Work within the scope of your training with apparently healthy and low risk clients
2. Conduct pre-exercise clearance of clients
3. Educate clients on the benefits of Pilates matwork and its suitability to the client
4. Recognise conditions that may preclude a client from safely participating in a Pilates matwork group class or conditions requiring referral. Refer to private Pilates instruction or to medical or allied health professionals as appropriate.
5. Design Pilates matwork classes according to group level, with consideration to modification or progressions for varying abilities.
6. Provide ongoing class progression with attention to development of each individual client.
7. Promote the Pilates Method and general exercise to improve overall health.
8. Make appropriate and respectful use of tactile cueing to facilitate Pilates mat exercises, maintaining client comfort and dignity in a group setting.
9. Use Pilates mat exercises with a range of small props (e.g. rollers, balls etc.)
10. Maintain the highest levels of safety in practice and instruction of Pilates matwork, observing the following student to instructor ratios
  - Level 1 matwork instructors: maximum 12:1
  - Level 2 matwork instructors: maximum 20:1

The following is beyond the scope of practice of a Pilates matwork instructor:

1. Teaching Pilates exercises on apparatus without the appropriate qualification.
2. 'Prescribe' exercises for pathologies and conditions outside the scope of a Pilates instructor without consultation with an appropriate medical or allied health professional.
3. 'Diagnosing' a client with any medical, mental or physical condition.
4. **Training** a client with a condition that is beyond your level of **qualification**, without appropriate medical clearance.
5. Providing specific dietary advice or recommending supplements.
6. Claiming to 'treat' injury, pathology or disease.
7. Monitoring or measuring with instrumentation the progress of clients referred by therapists or medical practitioners.
8. Offering counselling.
9. Claiming to be competent to offer professional education beyond the limits of your credentials.
10. Applying inappropriate touch.
11. Continuing to train a client who exhibits any of the following symptoms: Chest pain, prolonged dizziness, rapid heart rate, shortness of breath, significant decrease in coordination, loss of consciousness, faintness, nausea, blurred vision, prolonged or increasing pain.

*Please note that this beyond scope list is not exhaustive and you must at all times act within the boundaries of your qualifications.*