

## SCOPE OF PRACTICE - PILATES GROUP INSTRUCTOR

### **Group Instructor Members of the PAA, with EITHER appropriate Mat or Reformer groupwork qualifications, 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 mat work/Pilates reformer work and its suitability to the client
4. Recognise conditions that may preclude a client from safely participating in a Pilates mat work/group reformer class or conditions requiring referral. Refer to private Pilates instruction or to medical or allied health professionals as appropriate.
5. Design Pilates mat work/group reformer 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/reformer exercises, maintaining client comfort and dignity in a group setting.
9. Use Pilates mat/reformer 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 mat work/reformer group work observing the following student to instructor ratios
  - Matwork instructors: maximum 12:1
  - Matwork instructors with over 3000hrs: maximum 20:1
  - Reformer group instructors: maximum 12:1

### **The following is beyond the scope of practice of a Pilates Group instructor:**

1. Teaching Pilates exercises on apparatus or mat without the approved qualification.
2. 'Prescribing' 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.*