

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.

Attachment One – 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 (e.g. 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](#)