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MAMA'S PILATES™ CPD UPSKILLING

Here at Mama's Pilates™ we care about helping you gain the latest information to help you become the best teacher you can possibly be. Duty of care, professional role for specialist populations and boundaries is something you should review on an annual basis by attending workshops and CPD events. Want to know more? Then read below our recommendations to you.

Pilates Instructors have a Duty of Care (law of tort) to extend a reasonable level of care towards a client. This includes avoiding injury to that individual and their property.

Liability in a breach in the Duty of Care is based upon the relationship between the parties. It can be caused by omission or a negligent act and whether you took steps to prevent a lapse in your Duty of Care to your client.

When we are working with specialist populations we need a greater Duty of Care. This includes vulnerable adults and participants undergoing special physiological lifespan processes such as ageing, pregnancy, postnatal and childhood.

An instructor is required to hold a specialist qualification before advertising or working as a special population's instructor in a one to one setting or group practice. However, on occasion carefully screened and asymptomatic special populations may be accommodated in mainstream classes. In this instance the instructor should fully inform the client of their role and boundaries and give the participant the choice as to whether they wish to participate or seek an alternative. The client should also complete a PARQ and informed consent.

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Insurance policies should cover be valid and cover instruction. If an instructor finds themselves frequently working with specialist populations they should gain the correct qualification as part of their CPD or they could void their insurance.

Referral sources for maintaining professional boundaries can include:

- REPS Code of Ethics and Conduct
- Your Pilates Instruction's organisation Code of Ethics and Conduct
- Physician, Midwife, Obstetrician or Consultant
- Physiotherapist or other healthcare practitioner

Please be careful about what you read in groups on Facebook, a lot of information can be inaccurate. Wherever possible, try and get references for your sources.

Here at Mama's Pilates™ we wish you every success moving forward in your business successfully and safely.