



## **The Guild of Pregnancy and Postnatal Exercise Instructors Upskilling Guidelines**

The Guild has always been at the forefront of Duty of Care in providing accurate and up to date information for its members and the general public. We recognise that our Instructors hold a professional role for specialist populations and are at the forefront of their field. As part of annual membership our Instructors need to attain regular CPD by attending webinars, workshops and CPD training. This document outlines CPD or upskilling guidelines for Instructors who work with specialist populations.

### **1. Duty of Care**

Exercise Instructors have a Duty of Care to extend a reasonable level of care towards a participant. This includes avoiding injury to that individual and their property. Liability occurs when there is a breach in the Duty of Care and is based upon the relationship between the parties. It can be caused by omission or a negligent act and whether an Instructor took steps to prevent any lapses in their Duty of Care towards their participant. Instructors should maintain up to date PARQs, Informed Consent or Health Commitment Statements. They should maintain registers and note any information that their client discloses. Records and information should be kept in accordance with the Data Protection Act.

### **2. Specialist Qualification**

Working with specialist populations requires a greater Duty of Care and 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.



### **3. Insurance**

All Exercise Instructors are required by law to hold a valid insurance policy which should be valid and cover instruction and any advice they may give in webinars, blogs, social media or on their website. If an Exercise Instructor sells products to their participants, they should ensure that their policy also covers their use.

### **4. Referral sources**

Referral sources can include:

- Guild Policies and Procedures
- REPS Code of Ethics and Conduct
- Physician, Midwife, Obstetrician or Consultant who work in an advisory capacity with the Exercise Instructor
- Physiotherapist or other healthcare practitioner who work in an advisory capacity with the Exercise Instructor
- ACOG
- RCOG
- POGP
- PANDAS
- MIND
- TOMMYS
- NCT

### **5. The use of babies in an exercise class**

The Guild does not endorse the use of babies as resistance or a weight for exercise. If a baby attends a buggy exercise class with its carer or parent the Exercise Instructor should hold a valid insurance not use the Guild Logo in the advertising of said classes.



## **6. First Aid Qualification**

Instructors should be aware that pregnant and postnatal women are vulnerable to dehydration, overheating, injury, nausea, dizziness and fainting. The Guild recommends Instructors to obtain a First Aid at work qualification.

## **7. CPD topics**

The following topics are recommended as part of Instructors CPD

- Diastasi Recti
- Prolapse
- Mental health
- Pelvic floor health
- Pelvic floor dysfunction
- Marketing
- Updating guidelines
- Research
- Developing and maintaining good professional relations with health care professionals
- Birth trauma and its possible impact on attending exercise classes

## **8. Tutor, Assessor and IQA CPD**

We recognise that some of our members hold tutor, assessor and IQA qualifications for delivering, assessing and quality assuring Level 3 pregnancy and postnatal courses. Any CPD undertaken in this area is counted towards your Guild CPD if relevant in the Pregnancy and Postnatal Specialist populations.

## **9. Midwives, Physiotherapists and other health care professionals**

We recognise that some our members also work as health care professionals in other areas. CPD undertaken in their specialist field relating to maternal health will be accepted.