



Pilates Institute of Australasia

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Pilates Institute of Australasia

Code of Ethics

The Pilates Institute of Australasia requires its members to discharge their duties and responsibilities, at all times, in a manner which professionally, ethically, and morally compromises no individual with whom they have professional contact, irrespective of that person's position, situation or condition in society.

The Code of Ethics is founded on honesty, veracity, confidentiality, justice, respect and autonomy.

The Code of Ethics is intended to act as a clear guide to all Pilates Institute professionals in their professional practice. This Code does not replace the principles and procedures adopted by employing bodies, relevant legislation nor do they deny other rights within society not specifically mentioned.

1 Client Relationships and Responsibilities

1.1 Confidentiality

i Beyond the necessary sharing of information with professional colleagues, Pilates Institute professionals are to safeguard confidential information relating to clients in accordance with privacy laws.

1.2 Personal Relationships

- i Pilates Institute professionals shall not enter into personal relationships which damage the establishment and maintenance of professional trust.
- ii Avoid sexually oriented banter and inappropriate physical contact.
- iii Use physical touching appropriately during training sessions, as a means of correcting alignment and/or focusing a client's concentration on the targeted area. Immediately discontinue the use of touch at a client's request or if the client displays signs of discomfort.
- iv Focus on the business relationship, not the client's personal life, except as appropriate.

- v When you are unable to maintain appropriate professional boundaries or to work within the legitimate agenda of the training relationship, whether because of your own attitudes and behaviors or those of the client, either terminate the relationship or refer the client to an appropriate professional, such as another trainer, a medical doctor or a mental health specialist.

1.3 Respecting Client's Rights

- i Pilates Institute professionals have a responsibility always to promote and protect the dignity, privacy, autonomy, and safety of all people with whom they come in contact in their professional practice. They should adhere to local procedures.

2 Professional Integrity

2.1 Advertising

- i Pilates Institute professionals may advertise in connection with their professional practice if the advertising is not false, not misleading or deceptive or likely to mislead or deceive, is not vulgar or sensational, and does not claim or imply superiority of the Pilates Institute professional over any or all other Pilates Institute professionals. The advertisement for the Pilates Institute professional may contain a statement of the areas of expertise in practice.

2.2 Discrimination

Pilates Institute professionals shall not discriminate in their professional practice, on the basis of ethnicity, culture, impairment, language, age, gender, sexual preference, religion, political beliefs or status in society.

2.3 Personal Abuse of Alcohol or Other Drugs

Pilates Institute professionals should not be under the influence of alcohol or drugs which adversely affect the performance of their professional duties.

3 Professional Relationships and Responsibilities

3.1 Loyalty

Pilates Institute professionals shall be loyal to their professional organization and their fellow members of the profession and shall respect and uphold their dignity.

3.2 Public Comment

Pilates Institute professionals are to ensure, when publishing articles or comments, that it is clear whether they are representing the Pilates Institute or whether they are making personal comment.

3.3 Working Relationships

Pilates Institute professionals shall respect the needs, traditions, practices, special competencies, and responsibilities of their own and other professions, as well as those of the institutions and agencies that constitute their working environment.

3.4 Professional Development

All members of the Pilates Institute have an individual responsibility to maintain their own level of professional competence and each of them must strive to improve and update knowledge and skills. Pilates Institute professionals as members of the profession shall promote and maintain practice based on current knowledge and research, and develop this body of knowledge as appropriate.

4 Professional Standards

4.1 Competence

The Pilates Institute professional must acknowledge the boundaries of their competence. They shall provide services and use interventions for which they are qualified by training and experience.

4.2 Referral of Clients

The Pilates Institute professional shall respond to referrals in a timely manner.

4.3 Keeping Records of Clients

The Pilates Institute professional shall keep records and reports clearly and concisely for the information of clients, professional colleagues, legal purposes and to record Pilates Institute services.

4.4 Provide a safe environment.

- i Maintain a clean, well-lit and ventilated facility or workout area that meets all governmental regulations and insurance guidelines.
- ii Provide an appropriate ratio of staff to clients.
- iii Follow a regular equipment maintenance schedule according to manufacturer directions and immediately repair or replace faulty equipment.
- iv Ensure that all staff members are knowledgeable in first-aid and emergency procedures.
- v Establish emergency systems and train staff in the execution of such systems.

- vi Document and follow up on all incidents of illness or injury.

4.5 Professional Relations

- i The Pilates Institute professional's relationships with other trainers, fitness directors, physicians, physical therapists, and other health-care professionals should reflect fairness, honesty, and integrity, sharing a mutual respect and concern for the client.
- ii The Pilates Institute professional should consult, refer, or cooperate with other trainers, health professionals, and institutions to the extent necessary to serve the best interests of their clients.
- iii The Pilates Institute professional should respect all laws, uphold the dignity and honor of the profession, and accept the profession's self-imposed discipline. The professional competence and conduct of trainers is best examined by professional associations and peer-review committees; active professionals should remain in good standard with these groups. These groups deserve the full participation and cooperation of the personal trainer.
- iv The Pilates Institute professional should strive to address, through the appropriate procedures the status of those trainers who demonstrate questionable competence, impairment, or unethical or illegal behavior. In addition, the Pilates Institute professional should cooperate with appropriate authorities to prevent the continuation of such behavior.

5 Use of Intellectual Property

- i The Pilates Institute of Australasia (PIA) and Allan Menezes has spent many hours and expense to create the Menezes Method as taught by the PIA in its training courses
- ii This Intellectual Property (IP) is the sole property of Allan Menezes and the PIA
- iii Only members who retain a current financial standing with the PIA may use this IP in the teaching to maintain the high standards set by the PIA in its teaching methodology
- iv Members who do not maintain a current financial standing are not permitted to use the IP
- v The IP, both copyright and trademarks include, but is not limited to the following:
 - 1 The Pilates Institute of Australasia wreath logo
 - 2 The Man on Grid logo (Registered Trademark)
 - 3 The Menezes Method logo

4	Body Control Pilates
5	PAC (Perfect Abdominal Curl)
6	Menezes Pilates
7	Menezes Position
8	Menezes Technique/Method
9	B-Line
10	Squeeze/brace the CORE
11	Perfect Torso Posture (PTP)
12	Stretch and Work Scales
13	Stable Spine – Lumbar and sacral placement
14	The Offering
15	Exercise Formula
16	Stamina Stretch
17	Breathing types (Ocean Breath, Blast Breath)
18	Breathing Rules
19	Spiral and Pretzel Stretches
20	Shoulder-blades into pocket
21	Opposite points of elongation on stretches
22	Principle of Menezes Method Levers

vi And other copyright and trademark which shall become available from time to time, including abbreviation of the above and descriptions of the above.