

CODE OF ETHICAL PRACTICE

What does this code mean?

This code is to provide guidelines for members in order to enhance and preserve the integrity and reputation of the profession.

Definitions of "Ethic/s": "moral principle; code of behaviour; moral philosophy".

1. I will ensure quality of service to my clients.

- a. I will practise in a competent, caring and responsible manner at all times.
- b. I will maintain the highest standard of professional conduct and duty of care.

2. I will practise within the scope of my expertise and understand my limitations.

- a. I will endeavour to keep up to date with current research and its implication for the practice of the Pilates Method.
- b. I will engage in ongoing education using the guidelines set out by the Association as a minimum.
- c. I will take responsibility for maintaining my physical, mental and emotional wellbeing and, if I cannot function adequately, to refrain from working and seek professional help where necessary.

3. I will keep my client records confidential and up to date at all times.

Except:

- ~ In the case of emergency;
- ~ If required by law;
- ~ Where consent has been given by the client or guardian.
 - a. I will respect my clients' right to confidentiality in verbal matters.
 - b. If someone is injured I will write down all details as soon as possible, including time, date, place, witnesses and why / how the accident occurred. I will keep these records for as long as legally required.

4. I will ensure a safe and hygienic working environment for all.

- a. I will maintain personal and professional indemnity for self and ensure all employees do same as appropriate.
- b. I will ensure all equipment is fully maintained and serviced for hygiene and safety.
- c. I will advise clients on safety measures in the studio and maintain an orderly working area.

5. I will respect the rights, dignity and worth of each client.

- a. I will demonstrate appropriate cultural sensitivity.
- b. I will treat everyone equally regardless of sex, ethnic origin or religion.
- c. I will not exploit my relationship with a client in any way.

6. I will show respect to my colleagues and the profession.

- a. I will not denigrate my colleagues or others in the health profession.
- b. I will take care not do anything which is likely to bring the profession into disrepute.
- c. I will take care that my advertising is not misleading.
- d. I will not set up a practice within a 500-meter radius of another similar practice.
- e. I acknowledge that Pilates is complementary to other modes of health care in society and will refer clients on where appropriate.
 - f. I will adhere to the laws of Australia and its States and Territories as regards my legal obligations.
- g. I will inform the Association by way of formal complaint, if I know of anyone who has breached any of the above code.

The St James Ethics Centre has a free and confidential counselling service available 5 days a week, 9am - 5pm. Ph 1800 672 303

Australian Pilates Method Association

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