

PMA[®] Code of Ethics

PMA[®] Members & PMA[®] Pilates Certified Teachers must abide by the following:

1. Do no harm.
2. Teach within your 'scope of practice' and give full attention to the comfort and safety of clients at all times. (See PMA 'Scope of Practice'.)
3. Maintain professional boundaries. The following constitutes improper behavior:
 - Inappropriate physical contact
 - Financial exploitation
 - Sexual exploitation
4. Maintain client confidentiality.
5. Direct clients to seek medical attention when necessary.
6. Do not discriminate against clients or colleagues on any level.
7. Do not intentionally solicit other Pilates professionals' clients.
8. Treat clients and colleagues with respect, truth, fairness, and integrity.
9. Comply with all applicable business, employment and intellectual property laws.
10. Maintain professional appearance and conduct.
11. Do not misrepresent skills, training, professional credentials, identity or services.
12. Continue gaining education to enhance your skills and knowledge, and to provide the highest quality services to clients.
13. Maintain appropriate insurance (liability, studio, content, etc.)
14. Adhere to client instruction ratios of:
 - 1 teacher for a maximum of 10 students in a mat class
 - 1 teacher for a maximum of 5 students in a studio setting or equipment class.