



Code of Ethics

All NPCP Certified Pilates Teachers shall abide by the following Code of Ethics.

1. Do no harm

- a. Ensure safe physical environments for teaching Pilates.
- b. Stop Pilates session if a client exhibits any symptoms of a life-threatening event such as a stroke or cardiac event, e.g., chest pain, prolonged dizziness, rapid heart rate, shortness of breath, decreased coordination, fainting, nausea, blurred vision, unusual and/or increasing pain.
- c. Maintain professional boundaries, including appropriate physical contact.
- d. Avoid financial and sexual exploitation.
- e. Ensure the welfare of others against verbal, physical, or emotional abuse.
- f. Do not misrepresent professional credentials, skills, training, or identity.
- g. Do not teach if you or your client are physically, mentally, or emotionally impaired to the extent that it could cause harm.

2. Act respectfully toward ALL persons

- a. Engage in ongoing examination of teaching practices and interpersonal communications to ensure an inclusive, welcoming, and supportive class environment for diverse individuals.
- b. When teaching Pilates, do not speak poorly of other health, fitness, or wellness modalities.

3. Continuing Education

- a. Continue gaining educational experiences to enhance skills and knowledge.
- b. Stay abreast of developments in the Pilates field.

4. Professional accountability and boundaries (including legal obligations)

- a. Ensure the confidentiality of client information and disclose only to appropriate authorities as required by law.
- b. Remain within the NPCP Scope of Practice and consult and refer to other healthcare professionals as appropriate.
- c. Do not exploit persons over whom you have supervisory, evaluative, or other authority.
- d. Do not place profits above quality of teaching or client safety.
- e. Comply with applicable laws and regulations where you practice.
- f. Maintain records such as attendance, intake forms, informed consent, session notes, etc. as appropriate to or required by the particular teaching setting.

- g. Maintain appropriate insurance (liability and business).
- h. Maintain health and safety protocols specific to the place of work e.g., CPR, AED, and other safety-related requirements.
- i. Fully disclose any financial interest they have in products or services that they recommend.