

## Policy for Pre/Postnatal Pregnancies

### Objective:

Our primary objective is to ensure the safety and well-being of both the mother and the unborn child, as well as to maintain a safe environment for all clients participating in our Reformer Pilates classes or Personal Training sessions. This policy outlines the requirements for pre/postnatal pregnancies wishing to attend our classes/sessions.

### Policy Details:

#### 1. Booking Private Session:

- All pre-natal pregnancies, regardless of trimester, must book a private session with an instructor before they are allowed to attend our main Reformer Pilates classes or Personal Training sessions.
- During this private session, the instructor will assess the individual's physical condition, discuss any specific concerns or needs related to the pregnancy, and provide guidance on modifications and safe exercises.

#### 2. Second Trimester and Beyond:

- Pregnancies in the second trimester and beyond (2nd trimester plus) are required to attend our designated prenatal classes or personal training sessions.
- These classes/sessions are specifically tailored to address the unique needs and safety considerations of pregnant individuals in the later stages of pregnancy.
- Attendance in these classes/sessions ensures a specialised focus on exercises that are safe and beneficial during pregnancy, as well as adequate supervision and support from qualified instructors.

#### 3. Safety Measures:

- It is essential to prioritise the safety of both the mother and the unborn child, as well as the well-being of other clients in the studio.
- Instructors will closely monitor participants during classes, ensuring that exercises are performed correctly and safely, and provide modifications as needed to accommodate individual needs and limitations.

- Pregnant individuals are encouraged to communicate openly with instructors regarding any discomfort, concerns, or changes in their condition during the classes.

#### 4. Client Education:

- We emphasize the importance of client education regarding prenatal and postnatal fitness, including proper exercise techniques, modifications, and safety precautions.

#### 5. Compliance:

- Compliance with this policy is mandatory for all pre/postnatal pregnancies wishing to participate in Reformer Pilates classes or Personal Training sessions at our studio.

- Failure to comply may result in the individual being denied access to the classes/sessions until they fulfil the necessary requirements outlined in this policy.

#### Conclusion:

By implementing these guidelines, we aim to create a supportive and safe environment for pregnant individuals attending our Reformer Pilates classes or Personal Training sessions. We are committed to promoting the health, well-being, and happiness of both mothers and unborn children, while also ensuring the satisfaction and safety of all clients in our studio.