

# **Regulations Governing Continuing Development**

## **1. Eligible continuing development programmes**

The continuing development programme must be of a specific specialist nature (Pilates) or be based on the areas of health, exercise, medical or adult education.

Participation in conferences can be included as a form of continuing development.

Hours of training: A maximum of 50% of the hours spent on continuing development can be used for personal training and coaching. Group classes will not be taken into account.

Online workshops: A maximum of 10% of the hours spent on continuing development can be used on online courses. These courses must be recognised, e.g. by the Pilates Method Alliance.

In the event of any doubt, the board will decide upon the eligibility of any form of continuing development.

## **2. The number of hours of continuing development to be demonstrated**

At least 40 hours of continuing development must be demonstrated every 2 years (ending on the 31<sup>st</sup> December of an even year in each case).

New members are not required to provide evidence of continuing development during their year of first joining. If they are accepted into the association in an odd year, they must demonstrate at least 20 hours of continuing development in the following year.

## **3. Requirement for a BLS-AED or First Aid certificate**

The member must have a valid BLS-AED or First Aid certificate.

## **4. Evidence of continuing development**

The evidence must be provided with confirmation relating to a specific individual. It must show the number of hours. If a number of days are quoted, any half days will be included in the calculation as 3 hours and whole days as 6 hours.

The evidence of continuing development and the valid BLS-AED or First Aid certificate must be uploaded to the Pilatessuisse website (as a PDF file) via the personal account.

### **5. Procedure to be followed in the event of lack or insufficient evidence of continuing development**

Any member who fails to reach the required number of hours of continuing development has a duty to submit a written justification to the office by 31<sup>st</sup> December of the relevant year in each case.

Any justification based on illness or injury must be confirmed by a corresponding doctor's certificate.

The board will decide what is to happen next (e.g. proof to be provided within the following year).

### **6. Consequences in the event of lack or insufficient evidence of continuing development**

In the event of lack or insufficient evidence of continuing development, the member will no longer be publicised on the Pilatessuisse website and will not receive a membership certificate.

In the event that this situation is repeated, the board will decide upon any exclusion from the association.

### **7. Date of entry into effect**

These regulations were approved at the General Meeting of Members on 24<sup>th</sup> March 2017 and came into effect immediately.

Date: 24<sup>th</sup> March 2017      Signatures of the Presidents

*Linda Mathys*  
*Andrea Keller Leuenberger*

Signature of the Minutes Secretary

*Helga Fröhli*