

## Pilates questions on REPSSA (July 2011)

1. **What is REPSSA?** - REPSSA is the South African operation of REPs, the Register for Exercise Professionals.

- REPs is a non-profit, independent public register which recognizes qualifications and expertise
- It provides a system of regulation that ensure professionals meet the health and fitness industry standards
- These standards set an international benchmark
- REPs provide assurance and confidence to all that exercise professionals are appropriately qualified
- Members are bound by a Code of Ethical Practice and must hold appropriate insurance
- To remain on the Register, members must continue to meet their Continual Professional Development (CPD) quota annually
- REPs runs across the whole of **Europe, UK, Australia, New Zealand and Ireland**

2. **Why should a Pilates instructor be a member of REPSSA?**

If you care about being a Pilates instructor, then you care about ensuring a minimum standard of education for Pilates instructors and being associated with providing a quality Pilates experience for your clients. Being a member of REPSSA shows a commitment to standards and continuous education and demonstrates to your clients and your employer (if applicable) that you are serious about your Pilates career.

3. **What can REPSSA offer me as a Pilates instructor?**

- Employment – most employers internationally will require that instructors are REPs registered
- Membership search – all members are listed in the Members Directory. Therefore the public can go view if you are 'REPs registered'
- Advertising – Fitness professionals can chose to display their details so the public can contact them
- International recognition – Registration with REPs provides instant recognition in over 30 other countries through ICREPS
- Training portal – research training options by searching list of recognised training providers
- CPD points – demonstrate your commitment to up-skilling yourself
- Recruitment – recruitment link for potential employers looking for REPs instructors/trainers
- Public awareness – Be a Fitness Professional that is recognised in the industry and is committed to giving a superior level of service
- Insurance - competitive rates and products through the REPs insurer
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4. **Why do REPSSA and SAPA work together?**

REPSSA and SAPA share the same values – a passion for a minimum standard of qualification and ongoing education to uplift the Pilates (and Fitness) industry. REPSSA adds value to SAPA 's offering by providing a link to internationally benchmarked standards and a credible organisation that is

supported by the Fitness industry . SAPA provides the in-depth Pilates knowledge and Pilates application in SA.

**5. I know REPSSA can give international portability, but what if I don't want to work overseas?**

You still meet an internationally benchmarked standard and contribute to the upliftment of the industry in South Africa by supporting and being a member of REPSSA. You also have all the other benefits of being a REPSSA member (see point 3)

**6. In which countries are REPS?**

REPs runs across the whole of **Europe, UK, Australia, New Zealand and Ireland** - currently represented in over 30 countries. The international link is via ICREPS ([www.icreps.org](http://www.icreps.org))

**7. Who regulates REPSSA?**

REPSSA has to comply with the agreement from ICREPS and is managed by Board members representing the Fitness industry. The REPSSA board consists of various individuals from different organizations such as: Virgin Active, FitSA, Planet Fitness, SAPA, AngloAmerican, and various others.

**8. Does REPSSA only recognize certain Pilates education providers?**

REPSSA recognizes education provided by accredited training providers. To be accredited, a provider's course must meet the REPSSA standard and the provider has to be accredited by CATHSSETA (government) , or at least in Phase B of accreditation with CATHSSETA. All the Pilates education providers who are members of the SA Pilates Association (SAPA) are currently in the process of accrediting their courses with CATHSSETA, therefore their courses will be accepted by REPSSA. All training courses accredited with another REPs organisation internationally will also be accepted by REPSSA.

**9. Who are they?**

The SAPA member list is available on [www.sapilatesassociation.org.za](http://www.sapilatesassociation.org.za) and accredited training providers on REPSSA's website [www.repssa.com](http://www.repssa.com)

**10. I did not study with one of these education providers, can I still become a member of REPSSA?**

Yes - you can do a provisional registration during the amnesty period (up to end March 2012). You then have 12 months to get your qualifications in line with REPSSA standards from accredited REPSSA education providers.

**11. Do I need to do another Pilates course that is recognized by REPSSA?**

You have the option of doing another (accredited) course or go through a RPL (Recognition of Prior Learning) process and do an assessment to ensure that your education meets the REPSSA standard.

**12. How do REPSSA evaluate Pilates education providers?**

Requirements for training providers are accreditation with CATHSSETA and that the course meets the REPSSA standard for the specific exercise modality (e.g. Pilates). REPSSA will also accept accreditation by another REPs organisation (internationally).

**13. I did an internationally recognized Pilates course, do I still need to register with REPSSA?**

REPSSA is the SA register, supported by the SA industry. If you are a REPs member in another country, your membership can be transferred to REPSSA. If not, you should register with REPSSA for the reasons mentioned in points 2 & 3.

**14. Will it be 'compulsory' to join REPSSA as a Pilates instructor?**

Until the Fitness Regulation is in place, it is not required by law for a Pilates instructor to be on a register to practice. Some employers will require registration, so it depends on your work situation. Some professional associations (e.g. SAPA) will encourage REPSSA registration as it sets a minimum standard.

**15. What will happen if I don't register or comply with the requirements set out by REPSSA?**

You can only register with REPSSA if you meet the requirements as explained previously (once the amnesty period has expired). If you choose not to register you may have a problem with some employers or professional associations and you will not be able to join an international REPs organisation without going through a RPL process of some sort. If you are a REPSSA member, then joining another REPs organisation in another country involves transferring your membership to their register.

**16. How will REPSSA regulate this?**

REPSSA's membership system is geared to manage provisional registrations and compliance with the requirements for membership.

**17. What does the government say about REPSSA?**

The Fitness Regulation (expected to be in place by 2012/2013) specifies that all Fitness Professionals, including Pilates instructors, will have to register to practice legally in SA. The register will be determined by Fitness SA (the Fitness Board). It is likely that REPSSA may be the register due to industry support.

**18. How will REPSSA deal with people that do not comply or register?**

If you do not comply with REPSSA's standards, you will not be accepted on the register or you will be removed from the register after the amnesty period.

**19. When is the deadline?**

The REPSSA amnesty period, for provisional registrations, expires end November 2011. Thereafter you have 12 months to get your qualifications in line with REPSSA standards. If you apply for membership after end November 2011, you will have to meet the requirements in order to register.

**20. What will it cost to be a member of REPSSA?**

For SA Pilates Association members, the membership fee is R500 per annum. The normal membership fee is R700 per annum.

**21. Do I have to renew my membership each year?**

Yes, you have to renew every year on your anniversary date. The renewal is subject to you meeting your CPD (Continuous Professional Development) requirement of 12 points per year.

**22. What are the requirements from REPSSA for me to be a member or to register?**

You have to meet the qualification standards for Pilates and Exercise Science (from an accredited education provider). You also have to meet the insurance and CPR requirements. If you register before end March 2012 you have 12 months to get your qualifications in line with the requirements.

**23. Do I need to have insurance if I'm a member of REPSSA?**

Yes, you require professional indemnity insurance for R1 Million and Public Liability cover for R1 Million.

**24. How much will insurance cost?**

REPSSA has an agreement with LSG to offer insurance, but you can choose your own insurance providers, just compare rates. You should not pay more than R500 per annum for this level of cover. This rate is available via the LSG link on [www.repssa.com](http://www.repssa.com)

**Do I need to do a CPR course to comply with REPSSA requirements?**

Yes, you require a valid CPR certificate. The CPR certificate is due for renewal every 2 years.

**25. Where can I go and how much will it be?**

The SA Pilates Association negotiated special rates for CPR training – the information will be available on [www.sapilatesassociation.org.za](http://www.sapilatesassociation.org.za). It should not cost more than R300 for the CPR training.