

ELIZABETH NADINE

YOGA | WELLBEING | PILATES | REFORMER

Reformer Pilates – Client Safety & Studio Guidelines

To ensure a safe, enjoyable and effective Reformer experience, please read and follow the guidelines below. These help protect you, other clients, and the equipment, and ensure I can deliver the highest-quality session for you.

What to Wear & Bring

- **Grip socks are mandatory.**

For hygiene and safety, all clients must wear grip socks during every session.

- **Remove jewellery.**

Rings, bracelets, watches, long necklaces and large earrings must be removed or securely taped to prevent damage to the equipment and avoid injury.

- **Avoid metal accessories.**

Metal hair clips, zips, belts or anything with sharp edges can scratch the carriage or interfere with movement. Please opt for soft fabric hair ties.

- **Tie long hair back securely.**

Long hair must be tied back to prevent it catching in the reformer's moving parts and to keep your range of vision clear.

- **Wear fitted, comfortable clothing.**

This allows for safe movement and enables me to check alignment and technique throughout the class.

Before Your Session

- **Complete a Health & Lifestyle Form.**

This must be completed before your first class and kept up to date. <https://elizabethnadine.com/health-form/>

- **Notify me of injuries or changes in health in advance.**

Please inform me of any new injuries, changes in health, pregnancy or postnatal status **before** your session so I can prepare appropriate modifications.

- **Arrive on time.**

A proper warm-up is essential for safety. Late arrivals may not be able to participate if the warm-up is missed in order to avoid risk of injury.

- **Avoid practising if unwell.**

If you feel dizzy, faint, feverish or are experiencing acute pain, please rest and reschedule.

During the Session

- **Follow safety instructions at all times.**

The reformer involves moving parts, springs and resistance; please only make adjustments when instructed.

- **Move with control and awareness.**

Mindful movement is key. Avoid sudden or unsupported movements, leaning on bars, or using the equipment in unintended ways.

- **Speak up if something doesn't feel right.**

Muscle work is normal; sharp pain is not. Always let me know so I can adjust safely.

- **Keep hands and feet clear of moving parts.**

Only place hands and feet where instructed and maintain awareness of the carriage at all times.

Studio Etiquette

- **Phones on silent.**

This preserves the focus and flow of the session.

- **Wipe down equipment after use.**

Cleaning products will be provided to keep the space fresh and hygienic.

- **Adhere to booking and cancellation policies.**

This ensures fairness and allows others to take your place if you cannot attend. Please see Terms & Conditions [here](#).

General Policies

- **Pregnancy & Postnatal:**

Please notify me as soon as possible. Specific guidelines and modifications apply depending on your trimester or recovery stage.

- **Medical Clearance:**

If you have significant injuries, surgeries or long-term conditions, medical clearance may be required for your safety.

- **Liability:**

Participating in Reformer Pilates is at your own risk. By attending, you confirm you understand and agree to follow all guidelines.