



AUSactive

Position Statement: Scope of Practice for AUSactive Yoga Professionals

AUSactive, the peak body for the exercise and active health industry, governs and administers the AUSactive register of Professionals. The aim of the system is to ensure that AUSactive registered professionals practice in accordance with national professional standards and subsequently safeguard the health and interests of people utilising the services of registered professionals.

Yoga Instructors registered with AUSactive provide their services for a range of clientele across varied settings. Competency in delivering specific activities as a Registered Yoga Instructor is obtained through recognised qualification/s and/or approved continuing education.

1. The role of an AUSactive Yoga Professional

The core role of a Registered Yoga Instructor is to plan and deliver safe and effective Yoga programs for individuals and/or groups and includes:

- Typically works independently (may be self-employed or an employee) and may support or lead other Registered Yoga Professionals.

- May work within various settings such as a fitness facility, recreation facility, community facility or studio.
- Offer an integrated set of practices aligned to the needs of the individual and/or group in-line with your initial qualification, continuing education and the Code of Ethical Conduct.
- May deliver Yoga services designed for participation by individuals and/or a group of clients after the completion of the nationally endorsed Pre-exercise Screening System to determine appropriate activities based on the client's risk factors.

To gain or maintain registration, Yoga Professionals are required to complete the minimum level approved education requirements and/or qualification for registration and abide by AUSactive's Code of Ethical Conduct.

They must hold a current vocational nationally endorsed first aid and CPR certification. Competency in delivering Yoga services is enhanced through the completion of AUSactive approved continuing education programs or other recognised activities as defined in the [CEC Guidelines](#).