

David Lloyd
— CLUBS —

EMD UK SCOPE OF PRACTICE
Core Group Exercise Instructor

David Lloyd Signature
Instructor
(CYCLONE™ and RHYTHM™)

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SCOPE OF PRACTICE: David Lloyd (DL) Signature Instructor (CYCLONE™ and RHYTHM™)

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ABOUT THIS SCOPE OF PRACTICE

This document is an EMD UK Scope of Practice overview for professional recognition membership of the National Governing Body for David Lloyd Signature Instructors (CYCLONE™ & RHYTHM™). Determining what is and is not part of your scope of practice will be for you to decide using your professional judgement. When deciding whether a particular activity falls within your scope of practice, or when moving into a new scope of practice, you will need to consider whether the training and support you have received adequately equips you to perform the activity safely and effectively. This document defines the scope of practice, training, and skills of David Lloyd Signature Instructors (CYCLONE™ & RHYTHM™) and the general scope of practice to teach this activity safely and effectively.

You may find it helpful to speak to the professional recognition membership team who may be able to offer further advice in this area.



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1. Overview

SCOPE OF PRACTICE: David Lloyd Signature Instructors (CYCLONE™ and RHYTHM™)

Scope of practice refers to those activities that a person licensed to practice is permitted to perform. An individual must decide their scope of practice. Your scope of practice is the limit of your knowledge, skills and experience and you must ensure that you work within your scope of practice. Your scope of practice is likely to change over time as your knowledge, skills and experience develop. The health and safety of participants is threatened when professionals are permitted to perform services that are beyond the boundaries of what they have been trained to do.

This scope of practice overview sets clear expectations of our members' knowledge, skills, and abilities as a David Lloyd Signature Instructor (CYCLONE™ & RHYTHM™).

As you progress in your career, you may enter more specialist roles where you are no longer meeting all the standards of proficiency. Your scope of practice will develop with you, or you may become narrower in scope.

The David Lloyd Signature Cycling Instructor (CYCLONE™ & RHYTHM™) sits in the scope of practice of the Core Group Exercise Instructor Professional standards as part of the exercise and fitness profession.

The agreed industry prerequisite to become a David Lloyd Signature Cycling Instructor (CYCLONE™ & RHYTHM™), is to have achieved a full level 2 awarding organisation accredited level 2 fitness instructor or Group Exercise qualification, equivalent or higher.

Any entrant not meeting the prerequisite requirement may fulfil the prerequisite requirements by undertaking an approved “bridging” qualification that meets the professional standards. Individuals who achieve this will be deemed to meet the requirements for professional recognition membership within the Scope of DL Signature CYCLONE™ OR RHYTHM™ Instructor. Note: Training providers may have their own additional pre-requisites to take part in their training.

The agreed prerequisite to become a David Lloyd Signature Cycling Instructor CYCLONE™ & RHYTHM™ is to hold a Level 2 and /or cycling Foundation or Indoor Cycling recognised CPD (Continuous Professional Development) or Bridge.

To gain professional recognition for scope of practice as a David Lloyd Signature Instructor (CYCLONE™ & RHYTHM™) you must hold a certificate of competency by David Lloyd to show you have successfully completed both the DL Cycle Foundation training and the training and practical observation assessment of your chosen Signature Product (either CYCLONE or RHYTHM) and to have achieved a full level 2 awarding organisation endorsed level 2 fitness instructor or group exercise instructor qualification, equivalent or higher or bridge.

Individuals who achieve this will be deemed to meet the requirements for professional recognition membership within the scope of practice of a David Lloyd Signature Instructor (CYCLONE™ & RHYTHM™).

To retain professional recognition for scope of practice you must meet the requirements set by EMD UK of 10 hours of 'Professional Development' per year. This must include at least 2 out of 3 David Lloyd cycling modules including CYCLONE™ or RHYTHM™ programme continued coach education modules (CCEMs) per year.



Agreed scope of practice educational products logo

Educational products that meet the requirements of EMD UK's scope of practice may display this official EMD UK scope of practice logo.

2. Scope of a David Lloyd Signature Instructors (Foundations course, CYCLONE™ and RHYTHM™)

David Lloyd Signature Instructor (CYCLONE™ & RHYTHM™) Instructors are fitness professionals who teach, lead, and motivate groups of individuals through our indoor cycling programmes CYCLONE and RHYTHM.

CYCLONE™ & RHYTHM™ instructors are responsible for engaging, facilitating, supporting, educating, and instructing safe, effective, well attended and professionally taught David Lloyd CYCLONE™ & RHYTHM™ signature classes leaving class members having had an amazing experience.

David Lloyd Signature Instructor (CYCLONE™ & RHYTHM™) Instructors will provide inspirational sessions that:

- Provide a positive customer experience with a focus on physical and mental wellbeing.
- Motivate clients to engage with exercise and movement to promote living a better life.
- Verbally screen clients before exercise and identify when individuals should be signposted to other exercise or health professionals.
- Provide ongoing supervision, monitoring, and session review to ensure classes remain engaging, varied, to clients' needs and goals.
- Understand the importance of and always operate a safe indoor cycling class.
- Take responsibility for health, safety, and cleaning relevant to their role and environment.
- Understand how to monitor and improve participant performance during a group indoor cycling session and provide adaptations to meet the individuals needs within the classes.
- Teach Indoor Cycling Classes to groups and individuals to include the principles and variables within a group indoor cycling session.
- Develop an understanding of health and safety in relation to Group indoor Cycling including set up, safety checks, free and fixed wheel.
- Have effective communication skills, with the ability to build rapport and motivate!
- Adapt to accommodate a wide range of ages and ability, recognising Every-BODY is different and unique.
- Are managed, creating a trustworthy, reliable, friendly, and professional relationship with clients.
- Are fresh and alive, bringing elements of fun and energy.
- Support the client to progress and provide adaptations to meet the individuals needs within the class.

3. EMD UK membership eligibility

Instructors who meet the requirement within this scope of practice will meet the requirements to be a professionally recognised member of the National Governing Body for Group Exercise to work within the identified scope of practice.

They will:

UNDERSTAND:

- How to work with a Group of healthy clients with unique needs, in different types of environments, aged between 15 and 65 or above 65 without any long-term conditions.
- Working with adults above the age of 65 may require further skills and training. If adaptations to work with any clients/individuals/groups above the age of 65 requires specialist adaptations related to a long-term condition, then further training relevant to the required specialist professionals' standards will be required.
- Working outside the scope of practice age and target group range may require further skills and training if adaptations to work with clients falls outside what would be considered normal fitness related adaptations, modifications, or progressions.

HAVE DEMONSTRATED:

- Competence of working with a Group of clients, in an environment relevant to David Lloyd Cycling programmes including CYCLONE™ & RHYTHM™

Additional specialist training to meet further scopes of practice for varied populations, environment or technical ability can be added to this scope of practice to widen the scope of the role and enable an individual to show their expertise in additional populations, in different environments and with technical specialists.

Examples of specialisms that may be added:

- Working with children.
- Working with clients with long term-controlled conditions.
- Working with ante and post-natal clients.
- Working with older adults.