

**EMD UK SCOPE OF PRACTICE**  
Core Group Exercise Instructor

David Lloyd Signature  
(SPIRIT Dance Meditation  
Instructor)

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## **SCOPE OF PRACTICE: David Lloyd (DL) Signature (SPIRIT Dance Meditation Instructor)**

# Contents

1. Scope of the DL SPIRIT Dance Meditation Instructor.....
2. EMD UK professional recognition membership eligibility .....
3. EMD UK Membership Eligibility .....

### **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 a David Lloyd SPIRIT Dance Meditation instructor. 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 a David Lloyd SPIRIT Dance Meditation Instructor 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 SPIRIT Dance Meditation Instructor

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 educated and trained to do.

This scope of practice overview sets clear expectations of our members' knowledge, skills, and abilities as a David Lloyd SPIRIT Dance Meditation Instructor.

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 SPIRIT Dance Meditation Instructor 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 SPIRIT Dance Meditation Instructor is to have achieved a full level 2 awarding organisation accredited level 2 Group Training or Exercise to music qualification, or the EMD UK Level 2 Bridge equivalent or higher. And/or Level 3 Pilates or Yoga qualification

To gain professional recognition for scope of practice as a David Lloyd SPIRIT Dance Meditation Instructor you must hold a certificate of competency by David Lloyd to show you have successfully completed the training and assessment to become a David Lloyd SPIRIT Dance Meditation Instructor and to have achieved a full level 2 awarding organisation endorsed level 2 group exercise instructor qualification or EMD UK Level 2 Bridge , or level 3 Pilates or Yoga equivalent or higher. Individuals who achieve this will be deemed to meet the requirements for professional recognition membership within the scope of practice of a David Lloyd SPIRIT Dance Meditation Instructor

To retain professional recognition for the scope of practice as a David Lloyd SPIRIT Dance Meditation Instructor, you must meet the requirements set by EMD UK of 10 hours of 'Professional Development' per year.

All David Lloyd programmes are licensed exclusively for delivery within David Lloyd clubs. Your authorisation to deliver these programmes ceases upon termination of your contracted hours with David Lloyd

### 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.



Version: 1.0

Review date: 20<sup>th</sup> August 2025



## 2. Scope of a Level 2 David Lloyd SPIRIT Dance Meditation Instructor

David Lloyd SPIRIT Dance Meditation Instructors are fitness professionals who teach, lead, entertain and motivate groups of individuals through a structured and guided dance meditation experience. Instructors encourage members to move to the specially designed music in ways that feel good and comfortable for them, demonstrating movements and providing suggestions, cues, and invitations to flow in ways consistent with the changes in music through the class journey.

David Lloyd SPIRIT Dance Meditation Instructors will provide sessions that.

- Provide a positive customer experience with a focus on dance meditation routines that are inclusive and suitable for all abilities.
- Motivate clients to engage with exercise and physical activity to promote a positive and healthy lifestyle, to include importance of healthy eating and behaviour change.
- Verbally screen clients before exercise and identify when individuals should be signposted to other exercise or health professionals.
- Provide safe and effective dance meditation classes, providing ongoing supervision, monitoring, and session review to ensure classes remain engaging, varied, and progressive to clients' needs and goals in physical and mental health.
- Understand the importance of and always operate a safe David Lloyd SPIRIT Dance Meditation™ class.
- Provide ongoing supervision, monitoring, and session review to ensure classes remain engaging, varied, to clients' needs and goals.
- Support the client to progress and provide adaptations to meet the individuals needs within the dance meditation classes.
- 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.
- Support the client to progress and provide adaptations to meet the individuals needs within the class.
- Guide participants through a meditative journey with a clear focus on an intention, which changes regularly to provide a unique theme for each class experience.

## 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:

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**Version: 1.0**

**Review date: 20<sup>th</sup> August 2025**



- 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 SPIRIT Dance Meditation class.

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 specialisms.

### **Examples of specialisms that may be added:**

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