

**EMD UK SCOPE OF PRACTICE**

**Pilates-based Studio Reformer  
Instructor**

**(In a Group Fitness Context)**

---

**FIRST EDITION:** 9<sup>th</sup> November 2024

---

**REVIEW DATE:** 9<sup>th</sup> November 2025

---

**SCOPE OF PRACTICE: Pilates-based Studio Reformer Instructor**



# Contents

1. Scope of the Pilates-based Studio Reformer 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 group exercise. 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 Pilates-based Studio Reformer 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.**



SYSTEM PARTNER

**Published by:**

EMDP Ltd T/A EMD UK

National Governing Body for Group Exercise

Publication date: 9<sup>th</sup> Nov 2024

First edition: V1.1

© EMDP Ltd

# 1. Overview

## SCOPE OF PRACTICE: Pilates-based Studio Reformer 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 Pilates-based Studio Reformer Instructor in a Group Fitness Context. It is important to note that this qualification **does not** permit the following:

- **One-on-one instruction:** This certification specifically covers group instruction. To provide individual Pilates sessions, further training in the Pilates Method on the studio reformer is required.
- **Working with clients with pre-existing conditions:** Instructors with this qualification are not equipped to address the specific needs and safety concerns of clients with long term conditions. Referrals should be made to instructors with qualifications in long term conditions, who have the necessary expertise to work with these individuals safely and effectively.

This distinction ensures that clients receive the highest quality instruction and care appropriate to their individual needs. For a detailed Scope of Practice for instructors trained in the Pilates Method on the studio reformer, please refer to the separate document "Pilates Method Studio Reformer Scope of Practice."

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

The Pilates-based Studio Reformer Instructor in a Group Fitness Context sits in the scope of practice of the Group Exercise Instructor as part of the exercise and fitness profession.

The agreed industry prerequisite to commence training to become a Pilates-based Studio Reformer Instructor in a Group Fitness Context is to hold a minimum of a level 2 group fitness instructor qualification or a Level 3 Diploma in Mat Pilates. This enables group Pilates-based Studio Reformer Instructor to teach in a Group fitness context.

Training providers may have their own additional pre-requisites to take part in their training.

To gain professional recognition for scope of practice as a Pilates-based Studio Reformer instructor to teach group in a fitness context you must hold a pre-requisite qualification certified by an approved centre of an Awarding Organisation who is regulated by Ofqual and approved to certificate the Level 2 Group Training Certificate ETM or Level 3 Mat Pilates qualification together with a recognised certificate in Pilates-based Studio Reformer.

A prerequisite can be approved from other sectors to include but not limited to the health sector or the dance sector if the qualification includes assessed anatomy & physiology. Any entrant not meeting the pre-requisite requirement may fulfil the pre-requisite 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 practice the Pilates-Based Studio Reformer in a group fitness context.

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.



### **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 Pilates-based Studio Reformer Instructor

Pilates-based Studio Reformer Instructors are fitness professionals who teach, lead, and motivate groups of individuals through intentionally designed Pilates-based Studio Reformer in a Group Fitness Context. They are responsible for engaging, facilitating, supporting, educating, and instructing safe and effective Pilates-based Studio Reformer Instructor classes in a group fitness context.

Note: Please refer to these additional Scopes for 1-2-1 training or those with preexisting conditions

Pilates-based studio reformer instructors in a group fitness context will provide Pilates studio reformer sessions in a group fitness context that:

- Motivate clients to engage with exercise and physical activity to promote a positive experience.
- Pre-exercise screen clients and identify when individuals should be referred to other exercise or health professionals.
- Provide safe and effective Pilates studio reformer classes in a fitness context, providing ongoing supervision, monitoring, and session review.
- Take responsibility for health and safety and cleaning relevant to their role and environment.
- Support the clients to progress and provide adaptations to meet the individuals needs within the class.
- Teach Pilates- based Studio Reformer exercises in a fitness context including exercises from the repertoire that have been identified as safe for group exercise.  
As an example, any standing work on a moving platform must be enabled by 3 points of physical contact for the participant. A training provider must provide a list of exercise safe for group.
- Develop an understanding of the full Pilates system including apparatus.

Pilates-based studio reformer instructors in a group fitness context may teach in-person classes or online classes and the latter may require a further set of skills and knowledge.

### 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 a fitness environment relevant to Pilates studio reformer sessions

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 children.
- Working with clients with long term-controlled conditions.
- Working with older adults.
- Working with clients in a 1-2-1 setting on a Pilates Reformer (Pilates Method)
- Pre and Post Natal