

EMD UK SCOPE OF PRACTICE

Working with Post Natal Clients in a group exercise setting

Babywearing Movement

By CarifitTM

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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 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 Babywearing Movement 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: Babywearing Movement Instructor by CarifitTM

Scope of practice refers to those activities that a group exercise teacher/instructor is licensed to practice and is permitted to teach in a group exercise setting. An individual teacher/instructor must decide their own scope of practice and be able to evidence this through their qualifications, skills, experience, or knowledge. 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 Babywearing Movement 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 and may become narrower in scope.

The Babywearing Movement Instructor sits in the scope of practice the **Working with Antenatal and Postnatal Clients and Core Group Exercise Instructor** Professional standards as part of the exercise and fitness profession.

The agreed industry prerequisite to become a Babywearing Movement Instructor is to have achieved a qualification certified by an approved centre of an Awarding Organisation who is regulated by Ofqual and approved to deliver a level 2 Group Training instructor qualification in the discipline in which you are teaching baby wearing movement, equivalent or higher and a level 3 Postnatal qualification. A certificate in Babywearing Movement Instructor includes baby wearing safety, carrier types and suitability, carrier safety checks, environmental set up (studio or other).

To gain professional recognition for scope of practice as a Babywearing Movement Instructor you must hold a 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 the Level 2 Fitness Instructor (ETM) qualification and a level 3 Postnatal qualification. 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 Babywearing Movement Instructor

Babywearing Movement Instructors are fitness professionals who teach, lead, and motivate groups of postnatal participants in any environment where the baby is worn as part of a group exercise class.

Postnatal clients refer to those cleared to exercise following their 6 to 8 week postnatal checkup by their GP or medical professional.

They are responsible for the safety and comfort of baby and adult engaging, facilitating, supporting, educating, and instructing safe and effective Babywearing Movement classes.

They provide exercise instruction across varied types of exercise to include but not limited to, cardiovascular, muscle conditioning, stretch using varied genres of music with and without equipment.

Babywearing Movement instructors provide sessions that:

- Provide a positive customer experience in a group Babywearing Movement class environment.
- Motivate clients to engage with best practice babywearing.
- Motivate clients to understand the significance of development age and stage appropriate baby wearing.
- Pre-exercise screen clients and identify when individuals should be referred to other exercise or health professionals.
- Provide safe and effective Babywearing Movement group exercise to music classes, providing ongoing supervision, monitoring, and session review to ensure classes remain engaging, varied, and progressive to clients' needs and goals.
- Ensure an environment of optimum conditions for safe and effective baby wearing movement, including temperature, clothing, environment, equipment.
- Ensure a pre-defined/standardised set of best practice babywearing checks are performed before class commences.
- Develop an understanding of suitable and approved standard carriers that can be used to deliver safe and effective Babywearing Movement classes.
- Take responsibility for health, safety, and cleaning relevant to their role and studio environment.

Class formats could be inside or outside and include:

- Babywearing dance.
- Babywearing fitness classes.
- Babywearing yoga.
- Babywearing walks.
- Carifit
- Buggy classes where babywearing may constitute part or all the class.
- Bring your baby classes, where babywearing may constitute part or all 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 postnatal clients attending with babies, who are participating in a class and will be wearing their baby for part or all the class, in different types of environments and aged between 15 and 65 without any long-term health conditions or contraindications for postnatal exercise.
- Working with adults with a long-term health condition of any age including above the age of 65 may, require further skills and training. If adapting exercise programmes/classes/sessions requires the teacher to apply specialist adaptations related to a long-term condition, then further training relevant to the required specialist professionals' standards will be required.
- The fundamental anatomical, physiological, and biomechanical changes affecting the ability of a postnatal client to safely engage in physical activity.
- How to adapt group exercise classes/fitness sessions for postnatal clients whilst wearing a baby carrier.
- The need to stay up to date with evidence-based research and guidance for this population group.

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 wearing their baby in a carrier or sling.
- An understanding of how to work safely with post-natal clients to develop group exercise classes involving clients wearing their baby in a carrier or sling.
- Creating an environment that allows for safe and effective baby wearing.
- Competence working with a group of clients in a class of activity session where wearing a baby may for part or all the session.

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.