



**EMD UK SCOPE OF PRACTICE**

**Core Group Exercise Instructor**

**Pure Gym RIDE Instructor**

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**SPORT  
ENGLAND**



## SCOPE OF PRACTICE: Pure Gym GX Ride Instructor

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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've received adequately equips you to perform the activity safely and effectively. This document defines the scope of practice, training, and skills of a Pure Gym GX Ride 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: Pure Gym GX Ride Instructor

Scope of practice refers to those activities that an instructor licensed to practice is permitted to perform. An instructor 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 Pure Gym GX Ride 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 Pure Gym Ride Instructor training sits in the scope of practice of the Core Group exercise instructor as part of the exercise and fitness profession.

### Prerequisites and Recognition

The agreed industry prerequisite to become a Pure Gym Ride Instructor is to have achieved a full level 2 awarding organisation accredited level 2 fitness instructor qualification and/or a level 3 PT, equivalent or higher and to have completed the Pure Gym GX Instructor Training.

To gain professional recognition for scope of practice as a Pure Gym Ride Instructor you must hold a certificate of competency by Pure Gym to show you have successfully completed the Pure Gym GX Instructor training and the Pure Gym Ride Instructor Training and assessment to become a Pure Gym Ride Instructor and to have achieved a full level 2 awarding organisation endorsed level 2 fitness instructor and/or a level 3 PT, 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 Pure Gym Ride Instructor

### Retention of Recognition

To retain professional recognition for this scope of practice, you must meet the EMD UK requirement of completing 10 hours of Professional Development annually. This includes ongoing virtual upskilling via the Pure Gym Connect and Dayforce Platforms, and continued development in Ride instructor training. Furthermore, you must remain in active employment with Pure Gym and hold valid First Aid and Safeguarding certifications.



### 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.

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## 2. Scope of a Pure Gym GX Ride Instructor

Pure Gym Ride Instructors are fitness professionals who teach, lead, and motivate groups of individuals through intentionally designed pre-planned Group Indoor Cycling classes. They are responsible for engaging, facilitating, supporting, educating, and instructing safe and effective indoor cycling classes.

Pure Gym GX Ride Instructor will provide Indoor Cycling classes that:

- **Motivate clients** to engage with exercise and physical activity to promote a positive Pure Gym GX Ride experience, utilising playlists to ensure movement and choreography are synchronised.
- **Conduct Proactive Screening:** Verbally screen clients before exercise and identify when individuals should be signposted to other exercise or health professionals, ensuring no client exercises at Risk.
- **Champion Inclusivity:** Create an accessible and non-intimidating environment for all fitness levels by:
  - Personalised Setup: Proactively assisting with bike adjustments (saddle height, fore/aft, and handlebar position) to accommodate diverse body types, limb lengths, and postural needs, ensuring a safe and biomechanically sound ride.
  - Autonomy & Normalisation: Actively normalising "riding at your own pace" and adjusting resistance/cadence based on individual RPE (Rate of Perceived Exertion), ensuring participants feel empowered to modify the intensity without judgment.
  - Multi-Sensory Cueing: Utilising a blend of verbal instructions, hand signals (visual cueing), and perceived exertion scales to ensure the class is accessible to participants with different learning styles or sensory requirements.
- **Provide safe and effective Group Indoor Cycling classes** by
  - Adhering to safe riding principles, specifically correct posture and management of fixed wheel momentum via emergency brake
  - strictly monitoring safe cadence (RPM) and resistance ranges to prevent joint hyperextension, while providing ongoing supervision and session review.
  - Utilise a microphone and manage audio levels to be motivating yet safe for all participants.
  - Providing ongoing supervision, monitoring, and modifications for all abilities.
- **Support the client to progress by providing adaptations to meet their individual needs**, including proactively assisting with accurate bike setup (saddle height and fore/aft position) to ensure biomechanical efficiency
- **Maintain health and safety standards within the studio environment**, including monitoring of air conditioning levels, floor hygiene, taking specific responsibility for the hygiene and mechanical safety of the bikes (checking pedals, straps, and saddle stability) prior to use.
- **EAP:** The instructor is responsible for initiating the operator's Emergency Action Plan (EAP) and maintaining a safe exit route throughout the session.

Pure Gym Ride Instructors are authorised to teach in-person classes **exclusively within the Pure Gym environment**. This certification is an internal competency and does not confer professional recognition or insurability for teaching externally. Instructors wishing to teach Ride outside of Pure Gym are strongly advised to complete a formal Indoor Cycling CPD qualification to ensure they meet industry standards for insurance and portability.

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### 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 18 and 65 or above 65 without any long-term conditions.
- Teaching group exercise to 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.
- 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 single environment relevant to group indoor cycling instruction.

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.
- Working with older adults.
- Working with Special populations.