

EMD UK SCOPE OF PRACTICE

Fitness Reformer Instructor

(for industry consultation)

SECOND XXXX
EDITION:

REVIEW DATE: XXXX



Contents

1. Scope of the Fitness 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 of membership of the national governing body for group exercise.

Definition of Fitness Reformer: Fitness Reformer is a contemporary, group-based exercise discipline utilising the mechanical resistance of a reformer apparatus (carriage, springs, and ropes) to deliver high energy, endurance-based fitness conditioning. Unlike traditional Pilates, which prioritises the classical repertoire, somatic rehabilitation, and individualised breath/movement synchronisation, Fitness Reformer focuses on time-under-tension, cardiovascular challenge, and functional strength protocols delivered at volume to mainstream fitness populations.

Determining what is and is not part of your scope of practice is a professional responsibility. 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 scope of practice covers “Fitness Reformer.” It is distinct from the Pilates Method and Level 3/4 Studio Reformer Qualifications. Instructors working under this scope only (without a full Level 3 Mat Pilates and comprehensive studio apparatus credentials) **must not** market themselves as “Pilates Teachers,” or Pilates Reformer/Reformer Pilates or offer “Clinical Pilates,” or claim to teach the Pilates Method.

You may find it helpful to speak to the professional recognition of 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: XXXX

First edition: V 2.0

© EMDP Ltd

1. Overview

SCOPE OF PRACTICE: Fitness Reformer Instructor

Scope of practice refers to the professional activities a Fitness Reformer instructor is licensed and authorised to deliver. This scope is designed to ensure a safe, effective, and evidence-based environment for group exercise.

This scope of practice overview sets clear expectations of our members' knowledge, skills, and abilities as a Fitness Reformer Instructor

Professional Responsibility: Maintaining boundaries is a core professional duty. Instructors must only perform services for which they have been formally educated and trained.

Clinical Distinction: This scope covers "Fitness Reformer." It is distinct from the Level 3 Reformer Qualifications and Pilates Method on the studio reformer.

Supervision Standard: (Group Size & Setting): This scope applies strictly to group exercise delivery, defined as 3 or more participants exercising simultaneously.

- **Personal Training Boundary:** 1:1 and duet (1:2) sessions fall outside this scope, as they require highly individualised, non-synchronised programming.
- **Group Management Requirement:** Settings with 3 to 5 reformers, as well as larger classes of 6 or more, require a group exercise skill set. The instructor must manage synchronised transitions, group-to-music dynamics, and collective safety monitoring.

To maintain safe monitoring, every participant's moving carriage must remain within the instructor's direct line of sight.

2. Professional Recognition and Eligibility

To hold and retain professional recognition under this scope, instructors must meet the following mandatory standards:

Prerequisites: A minimum of a Level 2 Group Training to Music (GTM/ETM), or Level 2 Gym instructing certificate or Level 3 Personal Training qualification or level 3 Mat Pilates credentials certified by an approved centre of an Awarding Organisations who is regulated by Ofqual and a recognised certificate in Fitness Reformer.

Continuous Professional Development (CPD) is a minimum of 10 hours of CPD per year to maintain up to date knowledge.

Duty of Candor: In alignment with NHS standards, instructors must operate with transparency, ensuring all incidents or "near-misses" are documented and reported to appropriate management.

Agreed scope of practice educational products logo

Scope of a Fitness Reformer Instructor

Fitness Reformer Instructors are exercise professionals who lead and motivate groups through high-energy, intentionally designed sessions. These classes utilise the Reformer's spring resistance and sliding carriage to deliver a workout focused on functional strength, muscular endurance, and cardiovascular challenge.

Instructional Delivery

- **Adaptive Supervision:** Perform continuous technique monitoring, ensuring safe joint and spinal alignment through Differentiated Cueing. This involves a mix of anatomical precision and motivational visualisation to ensure all participants feel successful and challenged.
- **Safe Programming: Execute** exercise sequences identified as safe for group environments from within the scopes of the training you attended.

Apparatus & Risk Management

- All equipment must be **BS EN ISO 20957-1 (Class S)** compliant for commercial/studio use.
- Instructors must manage "loading" and "weight distribution" of the carriage (spring tension) and the positioning of the gear bars and foot bars to ensure the machine is stable before a participant mounts.
- Progressive Stability Framework: Standing work performed on a moving carriage must be introduced progressively based on participant capability and in line with and not exceeding manufacturers' guidelines. Complex, unsupported standing rotational work and exercises that place unmanageable strain on joint structures are classified as "Red Flag" movements and fall outside this standard group fitness scope of practice.
- Operational Equipment Checks: Instructors must perform a visual and functional check of springs, ropes, cleats, and carriages prior to the commencement of every session. Any mechanical faults or wear-and-tear must be reported to facility management immediately in accordance with the venue Standard Operating Procedures (SOPs), and the affected apparatus must be decommissioned until repaired.

In Class Safety and Coaching

- Execute only intentionally designed Fitness Reformer exercises that prioritise participant safety through controlled tempo, time under tension and smooth transition.
- Dynamic Coaching: Using a mix of anatomical cues and visualisation for motivation, safety and technique. Motivate effort ensuring clients feel successful and challenged, whether new or experienced.
- Performance Monitoring: Take responsibility for the physiological challenge of the group, ensuring high energy motivation is balanced with strict adherence to the safety boundaries of the Reformer Apparatus and within the guidelines of the skills and knowledge learnt from the Fitness Reformer Training.

4. Community Health & Social Prescribing Integration

When operating within a community health or Social Prescribing pathway, instructors must adhere to the following Clinical Governance standards:

- **Referral & Red Flag Screening:** Instructors must conduct proactive pre-exercise screening. They must be able to identify "Red Flags" (e.g., acute pain, neurological changes) that require immediate cessation of exercise and referral to a Level 3-4 Pilates Teacher or health professional.

- **Data Security & Privacy:** All participants' health data and attendance records must be managed in accordance with GDPR and NHS Data Security standards.
- **Non-Clinical Boundary:** Instructors must clarify to participants and referrers that they provide "Health Improvement and Functional Strength," not "Medical Rehabilitation" or "Clinical Diagnosis."
- **Emergency Readiness:** Instructors must maintain active knowledge of the venue's Emergency Action Plan (EAP) and ensure clear, safe exit routes at all times.

Fitness reformer instructors in a group's 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 requirements 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:

- Teaching group exercise to individuals with diverse functional capacities or complex long-term health conditions may require further skills and training. If adapting exercise protocols requires the instructor to apply specialist modifications related to an individual's clinical status or severe functional limitations, further training relevant to those specific professional standards is required.

HAVE DEMONSTRATED:

- Competence of working with a group of clients, in a fitness environment relevant to Fitness reformer sessions

Extension of Scope & Specialisms

The Fitness Reformer scope applies strictly to mainstream, healthy adult populations. Instructors wishing to expand their practice to work with distinct populations, specialised environments, or advanced technical parameters must hold additional, recognised qualifications.

Adding these specialisms broadens the instructor's professional scope and validates their expertise in managing specific physiological and clinical needs.

Approved clinical and population specialisms that may be added to this scope include:

- **Pre- and Post-Natal Exercise:** Specialised programming modifying loading, positioning, and intraabdominal pressure for pre- and post-natal clients.
- **Advanced Functional Longevity:** Working with populations presenting with age-related functional decline, frailty, clinical balance issues, or bone health considerations (e.g., osteoporosis/osteopenia).

- **Long-Term Controlled Conditions:** Delivering exercise adaptations for individuals referred to with managed clinical conditions (e.g., controlled cardiovascular or metabolic conditions).
- **Specialised Programming for Young Adults:** Instruction tailored to the specific biomechanical and physiological needs of healthy teenagers and young adults, ensuring safe loading and alignment during periods of musculoskeletal growth.