

David Lloyd

— CLUBS —

EMD UK SCOPE OF PRACTICE

Group Reformer 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 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" (Load, tempo, and endurance-based exercise). It is distinct from the Pilates Method. Instructors working under this scope only (without a full level 3 Pilates Mat or Reformer qualification) must not market themselves as "Pilates Teachers" or offer "Clinical Pilates".

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 Clubs Group Reformer Instructor

Scope of practice refers to those activities that a group exercise teacher/instructor is licensed to practice and is permitted to teach. The David Lloyd Clubs Group Reformer Instructor delivers a pre-designed David Lloyd Clubs Group Reformer Class in a group exercise setting of up to 21 people depending on the size of the purpose-built studio and the number of pieces of equipment available.

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 Clubs Group Reformer Instructor.

It is important to note that this certification **does not** permit the following:

- **One-on-one instruction:** This certification specifically covers group instruction following the David Lloyd Clubs Group Reformer class models; Taster, Align, Refine, and Define. To provide individual Pilates sessions, further training in the Pilates Method on the studio reformer is required.
- **Delivering Small Group Reformer sessions:** This certification specifically covers group instruction following the David Lloyd Clubs Group Reformer Class models; Taster, Align, Refine, and Define. To provide Reformer Pilates sessions to small groups, further training in the Pilates Method (Mat Pilates L3 and Reformer Pilates L3 Qualifications) on the studio Reformer is required.
- **Delivery of Reformer classes that other than the pre-designed David Lloyd Clubs Taster, Align, Refine or Define Class formats within David Lloyd Clubs facilities:** This certification specifically covers group instruction following the David Lloyd Reformer Class models Taster, Align, Refine or Define. To provide Pilates sessions to groups in other environments or that do not follow these class structures and guidelines, further training in the Pilates Method (Mat Pilates L3 and Reformer Pilates L3 Qualifications) on the studio Reformer is required.
- **Working with clients with pre-existing conditions:** Instructors with this certification are not equipped to address the specific needs and safety concerns of clients with long-term conditions unless they hold additional training and qualifications, permitting them to do so safely. 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 David Lloyd Clubs Members' expectations are set correctly and that they 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 David Lloyd Clubs Group Reformer Instructor 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 David Lloyd Clubs Group Reformer Instructor is to hold a minimum of a Level 2 Group Fitness instructor qualification, or a Level 3 Diploma in Mat Pilates. This enables Group Fitness Studio Reformer Instructor to teach in a Group Fitness context.

Training providers and Club operators may have their own additional pre-requisites to take part in their training. If you are a Level 3 Personal Trainer without an existing group exercise qualification, you **MUST** complete the David Lloyd Clubs Group Training Module as part of your David Lloyd Clubs Group Reformer Instructor Training and David Lloyd Clubs Reformer Product Training.

To gain professional recognition for scope of practice as a Fitness Reformer instructor you must hold a pre-requisite qualification certified by an approved centre of an Awarding Organisations 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 CPD certificate in Fitness Reformer (i.e., David Lloyd Clubs Group Reformer Instructor Training & David Lloyd Clubs Reformer Product Training).

If you are a Level 3 Personal Trainer without an existing group exercise qualification, you **MUST** complete the David Lloyd Clubs Group Training Module as part of your David Lloyd Clubs Group Reformer Instructor Training and David Lloyd Clubs Reformer Product Training. You must also successfully complete the David Lloyd Clubs Group Reformer Instructor Training, David Lloyd Clubs Reformer Product Training and assessments before updating your scope of practice with your insurance provider and starting to deliver classes in club.

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 Fitness Reformer

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. EMD UK professional recognition membership eligibility

David Lloyd Clubs Group Reformer Instructors are exercise professionals who lead, and coach pre-designed Group Reformer formats using the set David Lloyd Clubs Group Reformer class templates; Taster, Align, Refine, and Define using approved exercises from the Exercise Matrix and Exercise Library in a David Lloyd Clubs Group Reformer exercise studio.

Note: Please refer to the additional Scopes for Pilates specific reformer classes, teaching on a 1-2-1 basis or delivering classes for people those with pre-existing conditions.

David Lloyd Clubs Group Reformer Instructors will provide Reformer sessions that include.

Repertoire & Apparatus

- Safe format repertoire – Teach only exercises approved for David Lloyd Clubs Group Reformer Classes, using the Exercise Matrix and Exercise Library for the correct format (Taster, Align, Refine, Define). Prioritise safe form, alignment and coaching quality over choreography.
- Set-up, alignment & loading – Coach neutral spine and safe joint alignment. Before participants mount, confirm the reformer is stable and carriage/footbar settings suit the participant's biomechanics; select and manage spring tension (carriage “loading”) to match the exercise and ability.
- Balance & stability – Any standing work on a moving carriage must be supported by a minimum of three points of contact (e.g., two feet on the carriage/platform and one hand on a fixed footbar or pole).

Venue & Professional Presence

- Emergency readiness – Understand and initiate the venue Emergency Action Plan (EAP) when required; keep exit routes clear of personal belongings and equipment.
- Studio presence & brand standards – Maintain a professional presence before, during and after sessions and follow David Lloyd Clubs brand standards for studio set-up and class preparation. Arrive at least 15 minutes before class to complete studio/equipment checks, welcome members and support new participants.

Screening & Scope Boundaries

- Pre-class journey & screening – Deliver the approved new member pre-class journey for first-time participants and complete the verbal pre-screen before every class, providing appropriate signposting when needs fall outside your scope of practice.
- Red flags & referral – Conduct pre-exercise screening with all clients. Identify red flags (pre-existing long-term medical conditions) and refer to an appropriately qualified professional (e.g., Level 3 Reformer Pilates, Level 4 Mat Pilates) or a healthcare professional when required.

In-class Safety & Coaching

- Supervision & teaching position – Use teaching positions that maintain line of sight of all reformer beds and allow you to observe, monitor and respond to participants.
- Coaching & equipment use – Provide individual technique corrections to ensure safe alignment, execution and equipment use in line with manufacturer instructions; use reformer adjustments and appropriate spring selection to support the class plan and manage workload safely.
- Equipment checks, hygiene & dynamic risk – Check safe set-up and condition of equipment (springs, ropes, carriage) before each class in accordance with manufacturer guidelines. Ensure required grip socks are worn, complete continual dynamic risk assessments, and clean/reset all equipment to standard bed set-up post-class.

Class Delivery Structure

Introduction, orientation & structure – Deliver the approved class introduction and orientation at the start of every class and deliver sessions with a preparation phase, main phase and closing phase, consistent with David Lloyd Clubs Group Reformer class structure.

- Approved repertoire & coaching principles – Provide role model demonstrations and clear coaching using only the David Lloyd Clubs Group Reformer approved exercise library, applying the David Lloyd Clubs Group Reformer coaching principles throughout with plans that are easy to follow.
- Progressions, regressions & education – Offer modifications, adaptations and alternatives to progress/regress exercises in the group environment and provide educational insights to support understanding and progression over time using approved principles for technique and equipment use.

Member Experience & Communication

- Member connection – Engage with members before class, during delivery and after the session to build confidence and encourage return.
- Communication & audio – Use appropriate vocal tone, body language and motivational techniques. Manage audio levels and use microphones competently so coaching is audible and motivating without compromising auditory safety.
- Format-appropriate coaching – Match communication style and energy to the format (Taster, Align, Refine, Define), using the appropriate coaching objective, style and model to deliver all layers safely and enhance the member experience.

The Technical Skillset

David Lloyd Clubs Group Reformer Instructors may only teach in-person within a David Lloyd Clubs Large Reformer Studio (defined as a studio with 16-21 beds).

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:

- How to work with a Group of apparently healthy adults (ages 16+, or 14+ if accompanied and supervised by a parent or guardian over the age of 18) with individual needs, in a David Lloyd Clubs Large Reformer Studio.
- How to work within obligations of Health and Safety standards as per EMD UK mandatory training package and David Lloyd Clubs policies and procedures.

Scope Boundaries – Recognise that teaching adults with long term conditions requires specialist Level three or four qualifications. If a participant's needs require clinical adaptation, they fall outside of this Group Reformer Instructor Scope.

This Scope does not include:

- Teaching 1:1 sessions: This scope is strictly for group exercise.
- Capacity Limits: Classes must not exceed the number of participants a studio is designed to accommodate. Furthermore, studio capacity must never exceed the instructor's ability to maintain a continuous line of sight for all carriages.
- Unstable Loading: No usage of external weights (e.g., kettlebells or dumbbells) while standing or high-kneeling on a moving carriage, unless three-point contact is maintained.
- Advanced Repertoire: High-risk inversions, advanced spinal articulation (e.g., high bridge/headstands on reformer), or acrobatics are excluded from this Group Reformer scope.
- Clinical Populations: Instruction for individuals with acute injuries or chronic clinical conditions requiring specialised rehabilitation.

HAVE DEMONSTRATED:

- Competence of delivering the David Lloyd Clubs Group Reformer Class Formats to a group in a David Lloyd Clubs Reformer Studio.
- Competence in adapting and progressing the pre-designed session plans by following David Lloyd Clubs Group Reformer Formats programming guidelines, using the provided Exercise Matrix and Exercise Library to modify and adapt session plans to meet the individual needs of participants.
- A full understanding of David Lloyd Clubs health and safety processes and procedures including those for screening members prior to classes and Reformer equipment set up and use according to manufacturer's guidelines.

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, however, when delivering the David Lloyd Clubs branded Reformer Classes in David Lloyd Reformer Studios, the standardised programming model must be adhered to.

Examples of specialisms that may be added:

- 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.