

STUDIO CODE OF ETHICS AND CONDUCT

Ethical Principles for Instructors

At Body Central Studio we believe that the excellence within each of our instructors becomes magnified when we work together from a place of shared values. Our goal is to bring this level of professionalism into each of our interactions with participants and instructors alike.

As a member of the Register of Exercise Professionals, the studio has set out its principles in line with their code of ethics and conduct and will adhere to the following:

Roles and Responsibilities:

identify and meet the needs of individuals

improve performance or fitness through programmes of safe, effective and enjoyable exercise

create an environment in which individuals are motivated to maintain their participation and improve their performance of fitness

act with integrity and respect

maintain and develop your personal competence.

Principle 1: Rights

- ❖ respect for individual differences and diversity
- ❖ show good practice in challenging discrimination and unfairness
- ❖ have discretion in dealing with confidential client disclosure.

Principle 2: Relationships

- ❖ make the client's needs a priority, and when planning an appropriate training programme, promote the client's welfare and best interests
- ❖ show clarity in all forms of communication with clients, professional colleagues and medical practitioners, ensuring honesty, accuracy and cooperation when seeking agreements, and avoiding misrepresentation or any conflict of interest arising between clients and professional obligations
- ❖ have integrity as an exercise professional and recognition of the position of trust this role has.

Principle 3: Personal Responsibilities

- ❖ have a high standard of professional conduct appropriate to dealings with all client groups that meets the image and expectations aim to maintain for the role of an exercise professional working in the fitness industry

- ❖ show an understanding of legal responsibilities and accountability when dealing with the clients, and awareness of the need for honesty and accuracy in substantiating claims of authenticity when promoting services
- ❖ be aware of the working environment and able to deal with all reasonably foreseeable accidents and emergencies, protecting oneself, colleagues and clients
- ❖ be a positive role model, maintaining control, respect and dignity for all involved in your profession promote health and well-being, delivering effective sessions to your clients.

Principle 4: Professional Standards

- ❖ actively seeking to update knowledge and improve professional skills
- ❖ accept responsibility and be accountable for professional decisions or actions
- ❖ recognise the need, when appropriate, to refer to another professional specialist
- ❖ practise activities for which training, and competence are recognised.

Principle 5: Safe Working Practice

- ❖ have a responsible attitude to the care and safety of clients within the training environment and in planned activities, ensuring both are appropriate to the needs of individuals
- ❖ ensure appropriate ratio of instructors to clients within any group session, so that at all times, the safety of all clients is paramount
- ❖ ensure that preparation has taken place for the activity in terms of safety, including the safe use of equipment.