

FITNESS NORTHERN IRELAND

Code of Ethical Practice

The purpose of this Code of Ethics is to establish and maintain standards for Exercise and Fitness Instructors and to inform and protect members of the public using their services.

Ethical standards comprise such values as integrity, responsibility, competence and confidentiality.

The Instructor in assenting to this code, accepts responsibility to the class participants, colleagues, the Governing Body and to society.

This Code of Ethics is a framework within which to work. It is a series of guidelines rather than a set of instructions. The responsibility for Exercise activity is deliberately undertaken to ensure the observation of the principles embodied in this Code of Ethics.

Humanity

Exercise and Fitness Activities take place in many and diverse situations and should have the following underpinning values in common.

- Prejudice against people with disabilities or who suffer social and economic disadvantage. There should be equality of opportunity for all, in respect of, race, age, religious belief, sexual orientation, gender, marital status or whether they have dependant or not. There is no place for discrimination on any of the above points in an environment which seeks to enhance individual and group development through exercise.
- Participant needs must be at the centre of the process. Fitness Northern Ireland which supports, co-ordinates and manages the training of Instructors will provide opportunities which meet these needs in a flexible manner.
- Opportunities provided should empower participants, re-affirm, enable and assist their individual right to make choices and decisions.
- Exercise and Fitness Activities should offer participants opportunities to extend their knowledge, and understanding of their own fitness and health.
- Each participant is individual and should feel confident that individuality and diversity are valued by the instructor.
- Every participant has a right to an environment which provides for their physical and personal safety and within which feels physically and personally safe

Integrity

- The Instructor should not be involved in public criticism of colleagues.
- The Instructor must encourage participants to behave in accordance with the Fitness Northern Ireland Code of Ethics.
- The Instructor must never advocate the use or dispense drugs or other banned performance enhancing substances. Also substitute foods or dietary supplements for monetary gain or not.
- The Instructor shall confine their teaching activities to those for which they have been trained.

Confidentiality

The Instructor is custodian to screening forms which may hold confidential information. While these are necessary for safe exercise prescription the instructor must keep records in a secure place. Permission should be sought from the participant if information is to be shared with a third party.

Personal Appearance

The Instructor has an obligation to be a positive role model in terms of health, cleanliness and functional efficiency and should not engage in any behaviour that adversely affects other instructors, participants or the Governing Body Fitness Northern Ireland.

The Instructor must consistently display high personal standards.

Safety

- The Instructor has a responsibility to ensure the safety of the participant with whom they work as far as possible within the limits of their control, and ensure that the participants are aware of their own personal responsibility to themselves.
- All reasonable steps should be taken to establish a safe working environment, in line with current legislation.
- The appropriate level and intensity as well as the manner in which exercise is taught should be in keeping with regular and approved practice within the content of the OCR level 2 Certificate in Fitness Instructing.
- Physical contact should only be made with permission of the participant in the pursuit of correct technique.
- The activity should be suitable for the age, experience and ability of the participants.

Updated by E Boyd.....