Code of Ethics and Professional Conduct

Bureau of Fitness Standards · bureauoffitness.org

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Owner	Standards Council
Review	Every 3 years, or sooner if requirements change

> Issued by BFS management as an interim edition. It will be reviewed and ratified by the Governing Board at its first meeting after the committees are constituted.

Principles

- **Safety first:** put the safety, health and wellbeing of clients first.
- **Competence:** work within the scope of your certification and your competence; refer when needs go beyond it.
- **Respect:** treat every person fairly and with dignity, without discrimination.
- **Integrity:** be honest about your qualifications, services, prices and results.
- **Confidentiality:** protect client information.
- **Accountability:** keep records, keep your competence current and co-operate with BFS.

Conduct requirements

1. Screen clients before exercise and get informed consent, including consent for any physical contact.
2. Do not diagnose or treat medical conditions; refer to a qualified health professional when red flags or symptoms appear.
3. Never supply, recommend, sell or advise on prohibited substances or methods; follow the World Anti-Doping Code where it applies.
4. Keep professional boundaries; never exploit a client financially, emotionally or sexually.
5. Use only evidence-informed methods and do not make false or exaggerated claims.
6. Keep client records accurate, secure and confidential.
7. Maintain valid first aid / CPR / AED certification and your CPD.
8. Use BFS certificates, the BFS name and marks only as permitted by the Use of Certificates and Marks Policy.
9. Report serious incidents, and tell BFS within 30 days of any criminal charge or finding relevant to safe practice.
10. Co-operate with BFS audits, complaints and investigations.

Agreement

Candidates sign this Code on application and certified persons re-affirm it every year. Breaches are handled under the Disciplinary and Sanctions Procedure.