



E-verification & DigiLocker Services

Code of Ethical Practice

Fitness professionals add significant value to the health, wellness and physical well being. In performing their role, it is expected that all CQC registered fitness professionals maintain a highest degree of professionalism and ethical conduct.

All CQC registered fitness professionals agree to follow the five principles of this code:

1. Uphold Professional Standards

Registered fitness professionals will always:

- Act with integrity and maintain professionalism
- Maintain a high level of competence through qualification, and undertaking continuing professional development
- Operate within their scope of practice
- Respect the rights and dignity of every participant regardless of gender, age, disability, ethnicity, sexual orientation, religious or political affiliation, or any other legally prohibited grounds of discrimination
- Ensure any physical contact is appropriate and is carried out with the participant's full consent
- Inform participants clearly of any financial costs related to the activity
- Discuss with parents/guardians the exercise programmes to be provided to minors under the age of 16
- Refer on to another allied professional or specialist when appropriate

2. Maintain Safety

Registered Fitness Professionals will:

- Prioritise the health and safety of participants, including meeting all obligations under the Health and Safety at Work Act 2015
- Ensure that every participant has been appropriately pre-screened
- Never advocate or condone the use of prohibited drugs, or banned performance enhancing substances
- Identify and respect the physical limits and ability of participants

3. Appropriate Relationships

A Fitness professional will:

- Not engage in any form of unwanted intimate or sexual contact with a participant, including the use of innuendo, or gestures
- Regardless of any relationship status with a participant, ensure that professional standards are maintained when providing exercise services

4. Respect Privacy

To protect the privacy of participants, a fitness professional will:

- Safeguard confidential information relating to participants
- Only disclose information to other persons/ organisations that is necessary, and with the explicit permission of the participant

5. General Professionalism

A fitness professional must never:

- Do anything that brings themselves, another exercise professional, an exercise facility/workplace or the exercise industry into disrepute. They will ensure when making any comment (public or otherwise) to be clear that they are making a personal comment, and their view may not necessarily be the opinion of the profession/industry
- Make any claim that is deceptive, derogatory, or that cannot be substantiated

Breaches of the code

If you believe a CQC registered fitness professional is in breach of the code, you may make a formal complaint to CQC. Cases may be brought before a CQC disciplinary panel, and the panel is empowered to make binding decisions. Should a breach be found, sanctions may include suspension or termination of CQC membership, a reprimand or formal warning, or other determination the panel considers appropriate.

To contact us, send us an email at info@councilforqualitycontrol.org