



Code of Ethical Practice:

This code of ethics is intended to act as a clear guide to all Fitness Professionals registered with REPs Ireland. In performing their role, it is expected that all REPs registered exercise professionals maintain a high standard of professionalism and ethical conduct.

This code does not replace the principles and procedures adopted by employing bodies, relevant legislation nor do they deny other rights within society not specially mentioned.

All REPs Ireland registered exercise professionals agree to follow the five principles of this code:

1. Uphold Professional Standards

Registered exercise professionals will:

- Maintain a high level of competence by ensuring that continuous professional development is maintained in accordance with REPs Ireland requirements.
- Acknowledge the boundaries of their competence and recognise the need, where appropriate to refer to another professional specialist.
- Respect the right of clients and not discriminate on the basis of ethnicity, culture, impairment, language, age, gender, sexual preference, religion, political beliefs or status in society.
- Inform participants clearly of any financial costs related to activities or services.

2. Appropriate Relationships:

Registered exercise professionals will:

- Not enter into personal relationships with clients which damages the reputation of your employer and/or the professional trust provided through your role as a Fitness Professional.
- Respect the needs, traditions, practices, special competencies, and responsibilities of their own and other professions.
- Ensure clarity in all forms of communication with clients ensuring honesty and accuracy, avoiding miscommunication or any conflict.
- Ensure any physical contact is appropriate and is carried out with the participants' full consent.
- Ensure compliance with Children First legislation regarding safeguarding children when working with people under the age of 18.

3. Safe Working Practice

Registered exercise professionals will:

- Prioritise the health and safety of their clients.
- Ensure that all participants have been appropriately pre-screened and prepared for the use of equipment, where appropriate.
- Ensure fitness training provided is applicable to the qualification you are registered to deliver.
- Ensure that activities are appropriate to the needs of the client and all exercise is performed in a safe and controlled manner.



- Never advocate or condone the use of prohibited drugs or banned performance enhancing substances.

4. Personal Responsibilities

An exercise professional will:

- Have appropriate and adequate insurance cover for the activities that they carry out.
- Contribute to the continuing development of the profession by critical evaluation of professional practice, research, apprenticeships, continuing education and membership of REPs Ireland.
- Seek ethical approval from relevant bodies and informed consent from participants if undertaking research.
- Ensure when publishing articles or comments, that it is clear whether they are representing the profession or whether they are making personal comment.

5. Respect Privacy

An exercise professional will ensure:

- Confidential information relating to clients complies with data protection legislation and any other relevant legislation.
- To only disclose information to other persons/organisations that is necessary, and with the explicit permission of the client.

Breaches of the Code of Ethical Practice:

If you believe a REPs Ireland registered exercise professional is in breach of the Code of Ethical Practice, you may make a formal complaint to REPs Ireland. On review, if a breach is found to have occurred it will be deemed misconduct. Sanctions may include suspension or termination of REPs registration. For further details of this procedure, visit our website: www.repsireland.ie