

This Code of Conduct sets out the principles of conduct, performance and ethics for registrants in Sport and Exercise Nutrition. These are standards that registrants and those wishing to apply to the register must adhere and seek to ensure that registrants provide services in a professional, ethical and moral manner.

Clients such as athletes, parents and carers, coaches, managers and professional peers will have similar expectations of a Registered Sport & Exercise Nutrition Professional as they have of a Registered Health Care Professional¹.

The standards outlined have been drawn from the codes of conduct of the professional bodies that underpin Sport and Exercise Nutrition, namely The British Association of Sport and Exercise Sciences, The British Dietetic Association, The Nutrition Society and The Health Professions Council. As such registrants are further bound by the code of conduct of their own professional body.

As an independent SENr practitioner, who practises autonomously, the registrant must take into account the following principles:

- All clients have the right to expect the highest standards of professionalism, consideration and respect.
- The law requires that working practices are safe and that the welfare of the client is paramount.
- You are personally accountable for your practice. This means that you are answerable for your actions and omissions, regardless of advice or directions from another professional.

The purpose of this Code of Professional Conduct is to provide a set of principles that apply to all Sport and Exercise Nutritionists. It should be read in conjunction with the SENr Professional Competencies document which sets out the professional competences expected of a Sport and Exercise Nutritionist.

The Code is necessarily broad and cannot provide definitive answers to the many dilemmas that registrants may experience within their professional practice. For this reason, it is obviously open to different interpretations, depending on the circumstances to which it is applied. However, if used as a guidance document, this Code should support all SENr practitioners to ensure that their practice is safe, effective and of high quality.

Any action that conflicts with the word or spirit of this Code should be considered unethical.

As such the register may take action against a registrant who does not keep to the standards set out in this Code and/or continue to meet the SENr professional competences expected of the registrant.

Uncertainty or dispute as to the interpretation or application of this Code should be referred, in the first instance, to the SENr Registration Committee.

¹The Health Professions Council's 'Standards of Conduct, Performance and Ethics'(2008) and 'Standards of Proficiency' (2007).

Standards of Conduct

As a Sport and Exercise Nutritionist, and more broadly as a health professional, you must protect the health and well-being of people who use your services in every circumstance. This means you must always keep high standards of conduct, performance, ethics and professional practice.

Conduct

You must always:

1. act in the best interests of your clients and users;
2. respect the confidentiality of your clients and users;
3. acknowledge equality, diversity and the rights of the individual;
4. maintain high standards of personal conduct;
5. provide any important information about conduct, competence or health;
6. hold professional indemnity insurance;
7. not promote the use or misuse of barred substances such as those listed by WADA;
8. let us know if you are convicted of a criminal offence, receive a conditional discharge for an offence, or if you accept a police caution.

Performance

You must always:

1. keep your professional knowledge and skills up-to-date;
2. make ethically sound decisions that are consistent with relevant legislation, organisational policies and current research evidence;
3. act within the limits of your knowledge, skills and experience and, if necessary, refer on to another professional;
4. maintain proper and effective communications with clients, users and professionals;
5. effectively supervise tasks you have asked others to carry out for you;
6. ensure working practices, including the workplace, are safe;
7. obtain informed consent before conducting a procedure or providing a service;
8. keep accurate client and user records;
9. limit your work or stop practising if your performance or judgement is affected by your health;
10. not support the use of supplements with unsubstantiated claims to efficacy.

Ethics

You must always:

1. carry out your duties in a professional and ethical way;
2. behave with integrity and honesty;
3. make sure that your behaviour does not damage your profession's reputation.

Professional Practice

You must never:

1. operate outside the legal and ethical responsibilities of professional practice;
2. exploit relationships with clients for personal gain or gratification;
3. promote or sell supplements or proprietary products in the sporting world for personal profit (an action that would lead to removal from the register).