

The Dutch Strength and Fitness Association

CODE OF CONDUCT

JUNE 2018

Introduction

KNKF register has a single purpose which is to ensure that we have enough skilled exercise professionals in the right places, so the fitness industry is able to safeguard and to promote the health and interests of the people who use their services. KNKF is the process and structure where we give exercise professionals the recognition of their achievement, so they are able to practise safely, effectively and legally. It is the outcome of all of the work undertaken by KNKF in developing standards and promoting the larger Dutch concepts of lifelong learning.

A successful KNKF will help to give consumers, employers and partners in medical professions the necessary level of confidence in the professionalism of exercise professionals and is a structure for increased mobility of workers. Registration with KNKF means that an exercise professional has met prescribed minimum standards of good practice; including the adoption of the Code of conduct, and that they are committed to raising standards through a process of Lifelong Learning (LLP) which includes continuing professional development (CPD).

KNKF register is an independent process for the registering of instructors, trainers and teachers working in the health, fitness and physical activity sector. It is a system, based on KNKF database. Registration means that an exercise professional has met the agreed prescribed minimum standards of good practice, including the adoption of a Code of Conduct and that they are committed to raising standards through a process of personal, career professional development. The standards used for KNKF register have been developed through extensive consultation and define the knowledge, skills and competencies that an exercise professionals need to achieve registration. It is important to establish, publicise and maintain standards of ethical behaviour in fitness instructing practice, and to inform and protect members of the public and customers using the services of exercise professionals. This Code of conduct defines what is best in good practice for professionals in the fitness sector by reflecting on the core values of rights, relationships, responsibilities and standards.

Registration is achieved and maintained through the gaining of qualifications and training, which are recognised through the KNKF Programme and which are internationally benchmarked. Members of KNKF register also have to respect any specific laws and requirements of the country they are working in and where required will also hold appropriate liability insurance.

The Code of conduct

The Purpose of the Code:

This Code of Practice embodies the responsibilities and professional standards and aims to clarify the training providers' role in setting a benchmark for an acceptable standard of provision to support KNKF register members and in positively contributing to the professionalising of the Strength fitness sector.

The Responsibilities and Professional Standards to be Observed by KNKF Register members :

- To underpin and uphold the principles of KNKF, its Standards Council, and the mission and objectives of KNKF register and its Code of conduct.
- To work with other partners to both promote and to protect the integrity of KNKF and to seek so far as it is possible the commonality of standards in the interests of securing appropriate professional conduct by exercise professionals.
- Be fair, honest and considerate to all candidates and potential learners and to display control, respect, dignity and professionalism.
- Maintain a responsible attitude to the care and safety of participants within the training environment and in planned activities ensuring that they are appropriate and meet the needs of participants.
- At all times to have in place adequate and appropriate liability and indemnity insurance to protect participants from any legal liability arising.
- To demonstrate a duty of care and to be aware of their working environment and to be able to deal with all reasonably foreseeable accidents and emergencies – and to protect themselves, their colleagues and participants.
- Ensure due account is taken of an individual's level of achievement and prior learning and to accept the level and status awarded by KNKF, and which should be deemed as acquired prior learning and experience.
- Clarify in advance with participants the number of sessions and/or time commitments, together with all fees and charges, accepted methods of payment, and any other potential costs involved in their training programme.
- Not to smoke, drink alcohol or take recreational drugs before or whilst instructing or to ever advocate or condone the use of prohibited drugs or other banned performance enhancing substances.
- Ensure that the activities and training programmes they advocate and direct are appropriate for the age, maturity, experience and ability of the participant(s).
- Make sure all candidates are given a clear explanation of the learning outcomes of their training programme.
- Promote the execution of safe and effective practice and plan all sessions so that they meet the learning outcomes and expectations of their candidates.

- Not to deliberately mislead candidates in the expected outcome from a piece of training and to ensure that KNKF standards, KNKF status of registration are fully explained and detailed to help delegates in their choice of training solutions.
- Not make false claim or representation about their company or training/qualification and not to make any false statements or value judgments about any other.
- To promote KNKF on their website, in promotional information and certificates of achievement, and to use the agreed logos and formats.

I / we agree to the terms and conditions of the KNKF Code of Conduct

Signed _____
Name _____

Date _____
Company _____

E-mail address _____