

# UK STRENGTH AND CONDITIONING ASSOCIATION

## CODE OF CONDUCT

This code of conduct lays out the conditions of membership of the UK Strength and Conditioning Association (UKSCA).

1. Not to exceed my own competence, expertise and qualifications in any aspect of any services I may provide, and not to carry out work above my level, as in the Scope of Practice document.
2. To refer to an appropriate professional any matter which appears to lie or does lie within another specialist's area of expertise.
3. To seek appropriate advice in any situation where I may lack the necessary experience or competence.
4. To inform the UKSCA immediately in the event of any change in, addition to, or withdrawal of any of the qualifications outlined in my application for membership of the Association.
5. To inform the UKSCA immediately in the event of any disciplinary or legal proceedings being commenced against me.
6. To observe and comply fully with the regulations laid down by the athlete's Governing Body and International Federation, including but not limited to IOC/WADA anti-doping regulations.
7. To keep fully informed of developments, changes and information relating to strength and conditioning practice and research.
8. I agree at all times that I will act in the best interest of the athlete/client. This includes, maintain careful client records of programme development, training and assessment activities, injuries, alterations to programmes and any comments made. I also acknowledge that under the Data Protection Act (1998), all records are the property of the athlete/client, and on request they have the right to view such records. Further, I shall not share these records or use them in any form, including for research purposes, without their prior written consent of the client/athlete.
9. To comply with all provisions of the Data Protection Act 1998 in respect of the storage or processing by myself or any of my employees of any personal data relating to athletes, teams, squads, organisations or other bodies to whom I am providing services or have done so in the past.
10. To adhere to the code of ethics and standards laid down by the relevant Ethics Committee if undertaking research.
11. Not to behave in any way which would bring the athlete's Governing Body, International Federation or the UKSCA into disrepute.
12. To comply with all Child Protection, Vulnerable individuals, Racial, Sexual and Disability Discrimination legislation.
13. To respect the client/strength & conditioning specialist relationship and to respect the client's confidentiality and maintain trust at all times.
14. To make clear to all concerned, the levels of confidentiality pertaining to all information and to proceed, wherever possible with the client's consent.
15. To maintain full and appropriate insurance cover for any services I provide
16. I will not make any claims or statements misrepresenting strength and conditioning.
17. I will not make claims or statements on behalf of the UK Strength & Conditioning Association, unless I become a duly elected official of the Association.
18. In the event of any breach of any of the provisions of this Code of Conduct I understand that my membership of the UKSCA may be revoked.