

Code of Conduct

This Code of Conduct outlines the expectations for both clients and the practitioner to ensure a safe, respectful, and effective training and support environment.

1. Respectful Behaviour

All clients are expected to treat the practitioner, staff (if applicable), and other clients with respect at all times. Any abusive, aggressive, or inappropriate behaviour will not be tolerated.

2. Commitment to Safety

Clients must follow all instructions given during sessions to ensure safe participation. It is the client's responsibility to disclose any medical conditions, injuries, or changes in health status prior to and during training.

3. Honesty and Disclosure

Clients must provide accurate and complete information regarding their health, lifestyle, and medical history. This ensures that all guidance and training provided is safe and appropriate.

4. Punctuality

Clients are expected to arrive on time for all scheduled sessions. Late arrivals may result in a shortened session without refund or extension.

5. Personal Responsibility

Participation in fitness or health-related activities is voluntary. Clients understand that they are responsible for their own health decisions and actions both during and outside of sessions.

6. Professional Boundaries

A professional relationship must be maintained at all times. Inappropriate requests, behaviour, or attempts to breach professional boundaries may result in termination of services.

7. Health and Medical Responsibility

Clients are encouraged to consult their GP or healthcare provider before beginning any new exercise or health programme, especially if they have pre-existing medical conditions.

8. Right to Refuse Service

The practitioner reserves the right to refuse or discontinue services if it is deemed unsafe, inappropriate, or if the Code of Conduct is not followed.