



Code of Professional Conduct

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 to. The purpose of the Code is 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 and Exercise Nutrition Professional as they have of a Registered Health and Care Professional.

The standards outlined have been drawn from the codes of conduct of related organisations underpinning the sport and exercise sector, namely The British Association of Sport and Exercise Sciences¹, The British Dietetic Association² and The Health and Care Professions Council³.

As an independent and autonomous SENR practitioner, 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 dietitians and nutritionists. It should be read in conjunction with the SENR Graduate and Practitioner Competencies⁴ documents which set out the competences expected of SENR registrants at each stage of their career.

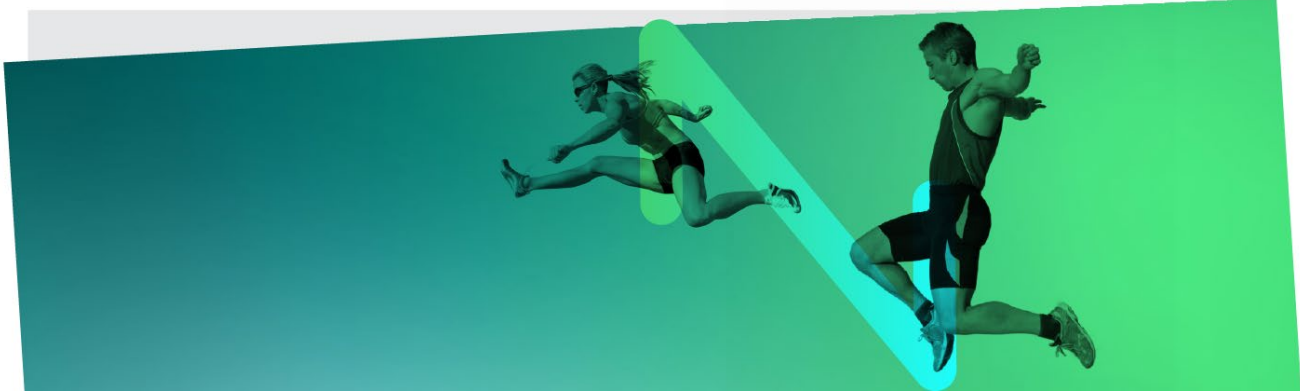
The Code is necessarily broad and cannot provide definitive answers to the many dilemmas that registrants may experience within their professional practice. For this reason, it is obviously open to different interpretations, depending on the circumstances to which it is applied. However, if used as a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

¹ British Association of Sport and Exercise Sciences, Code of Conduct (2017)

² British Dietetic Association, Code of Professional Conduct (2017)

³ HCPC Standards of Conduct, Performance and Ethics (2016)

⁴ SENR Graduate and Practitioner Competency Framework (2014)



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 competences expected of the registrant.

Uncertainty or informal queries relating to the Code should be referred, in the first instance, to the SENR Board via senr@bda.uk.com

Formal concerns or disputes relating to the interpretation or application of this Code should be referred to the BDA's Honorary Secretary. Further information can be found [here](#).

Standards of Conduct

As a Sport and Exercise dietitian or nutritionist, 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 service users;
2. respect the confidentiality of your clients and service 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. **adopt the UK Anti-Doping and World Anti- Doping Agency (WADA) position that cheating, including doping, in sport is fundamentally contrary to the spirit of sport, undermining the otherwise positive impact of sport on society.⁵**
8. inform the SENR if you are convicted of a criminal offence, receive a conditional discharge for an offence, or if you accept a police caution.

⁵ SENR Clean Sport Commitment



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, service 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, detailed, timely and secure client and user records;
9. limit your work or stop practising if your performance or judgement is affected by your health;
10. be mindful NOT to 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 financial gain (an action that is likely to lead to removal from the Register).



References

¹ British Association of Sport and Exercise Sciences, Code of Conduct (2021) (https://www.bases.org.uk/imgs/code_of_conduct202.pdf)

² British Dietetic Association, Code of Professional Conduct (2017) (<https://www.bda.uk.com/uploads/assets/ef8656c5-320e-4d8d-b5c7ff7c82519d47/Code-of-Conduct.pdf>)

³ HCPC Standards of Conduct, Performance and Ethics (2016) (<https://www.hcpc-uk.org/standards/standards-of-conduct-performance-and-ethics/>)

⁴ SENR Graduate and Practitioner Competency Framework (2022) (<https://www.bda.uk.com/uploads/assets/a4dde1b2-39a0-43b5-917bb22e3564f748/SENR-Competency-Framework-2022.doc>)

⁵ SENR Clean Sport Commitment (2022) (<https://www.bda.uk.com/uploads/assets/603473bd-b4e1-474f-83a83cb6fb1c68e8/SENR-Clean-Sport-Commitment-Statement-2022.pdf>)