

Fitness Professionals Ireland (FPI) - Registration Form

SECTION 1 - PERSONAL DETAILS

Title: Mrs Ms Mr Dr Other Date of Birth: (dd/mm/vv) _____

First Name: _____ Surname: _____

Home Address: _____

Daytime Telephone Number: _____ Email: _____

Employment Status within Fitness Industry: Full-Time: Part-Time: Self Employed: Voluntary:

Leisure Club/Facility/Gym where you work if applicable: _____

Job Title: _____

All correspondence from Fitness Professionals Ireland is sent electronically therefore it is essential you have an email address. We will regularly send you emails regarding your registration, upcoming events and courses, news and information on continuing your professional development in the fitness industry. National Fitness News e-zine is emailed to FPI members 3 times per year in January, May and September. Please notify us if any of your personal details above change. Also, please add ncef@ul.ie to your email contacts list to ensure FPI emails are not diverted to your spam folder.

SECTION 2 - MEMBERSHIP CATEGORIES

Please tick the membership category you wish to apply for: FPI Full Membership: FPI Student Membership:

SECTION 3 - QUALIFICATIONS

1. Please detail your primary exercise & fitness qualifications in the table below.
2. If you are not a graduate of the NCEF, please attach a copy of your qualifications to this application form.
3. Student applicants, please attach a letter of registration from the programme/course/college you are currently attending.

	Qualification	Training Provider/University	Date of Completion
Primary Fitness Instructor Qualification			
Qualification 2			
Qualification 3			

SECTION 4 - PROFESSIONAL INSURANCE

Fitness Professionals Ireland recommends the following insurance company who offer a discounted premium to FPI members:- Holistic Insurance Services www.holisticinsurance.co.uk

If you already hold professional insurance, please outline the details below:-

Policy Number: _____ Insurer: _____ Valid To: _____

SECTION 5 - DATA PROTECTION & CODE OF ETHICAL PRACTICE

By signing below you agree to adhere to the FPI Code of Ethical Practice (attached).

Signed: _____

Date: _____

SECTION 6 - PAYMENT DETAILS

Please complete this section in full if you wish to process your membership fee of €45 by visa/debit card. You may also post this form with your membership fee (cheque/postal order) to NCEF, P1-011 1st Floor, PESS Building, University of Limerick, Castletroy, Limerick. Further details on Fitness Professionals Ireland is available here www.ncef.ie

Credit Card/Debit Card Cheque Bank Draft/Postal Order Annual Registration Fee €45

Credit Card Number:

Cardholders Name: _____ Expiry Date: /

CVV (3 digits on the back of the card):



Fitness Professionals Ireland (FPI) Code of Ethical Conduct

It is the responsibility of the FPI Member to maintain the standards as set down by Fitness Professionals Ireland and/or by your employer. Also, to establish & maintain your own credibility by being professional in your role as an Exercise & Health Fitness Professional by:

- Showing, honesty, integrity and trustworthiness. (This includes refraining from disclosing any confidential information given to you by a client or colleague).
- Demonstrating a positive & appropriate personal appearance.
- Being punctual at all times.
- Being welcoming and approachable.
- Appearing competent and confident.
- Being prepared and well organised.
- Showing good posture & personal technique.
- Being a positive role model in your lifestyle practices.
- Respect and promote the training facility/facilities in which you work.
- Carry out all duties as laid down by your employer in a positive and professional manner.
- Instruct safe and effective group exercise classes by adhering to the following guidelines:
 - ✓ Use sound professional judgment in exercise selection.
 - ✓ Prioritise all movement choices by a) safety b) effectiveness c) creativity & individuality.
 - ✓ Adhere to safe guidelines for music speed & music volume. (IDEA recommends not more than 90 decibels (dB) for music volume and not more than 100dB for the instructor's voice).
 - ✓ Gain further training if you wish to teach specialty group classes e.g. Pilates, Boxercise, TRX or work with special populations e.g. older adults, children & teenagers.
 - ✓ Be prepared to refer clients to specialists when necessary e.g. a client who is carrying an injury, a client with a suspected eating disorder. Referrals should always be carried out in a sensitive, discreet and caring manner.
- Evaluate clients and design safe, personalised and effective exercise programmes. Do not adopt a 'one programme for all' approach.
- Provide safe, diligent and effective gym supervision.
- In the course of your work, either in a group or individual situation, always ask a client's permission if you wish to use physical touching as a means of correcting alignment and/or focusing a client's concentration on a targeted area. Immediately discontinue the use of touch at a client's request or if a client displays signs of discomfort.
- Avoid sexually oriented banter and inappropriate physical contact with clients or colleagues.
- Never compromise a professional relationship with a colleague or client sexually, economically or otherwise.
- Recommend or sell products or services only if they will benefit a client's health or well-being.
- In your dealings with clients or colleagues never discriminate based on race, colour, creed, gender, age, disability or nationality.
- Promote healthy and active lifestyles in your local community and in your place of work.
- Respect other fitness professional's opinions and refrain from discrediting a fellow fitness professional.
- Respect other professionals you may come in to contact within your work.
- Keep up to date with trends and developments within the industry by reading/conducting up to date research and/or by attending workshops and conferences when and where possible.
- Avail of professional insurance as part of the FPI scheme or within a suitable alternative scheme.