



ANGIE KOUROUPAKI

PERSONAL TRAINER & SPORTS NUTRITIONIST

ETHICS / INSURANCE / SAFETY

As Personal Trainer & Sports Nutritionist, I will be guided by the best protections of the client and I will practice within the scope of my education and knowledge. I will maintain the education and experience necessary to appropriately train clients and guide them nutritionally; I will behave in a positive and constructive manner; and I will use truth, fairness and integrity to guide all my professional decisions and relationships.

1. **I am always guided by the best interest of the client.**
 - a. My main responsibility is the client's safety, health and welfare. I never risk this responsibility for my own personal advantage or financial benefit.
 - b. The services I recommend benefit the client's health and well-being, and not my financial income.
 - c. The quantity of training sessions/nutritional plans always based on the client's needs.
2. **I sustain professional boundaries**
 - a. Never exploit—sexually, economically or otherwise—a professional relationship with a supervisor, an employee, a colleague or a client.
 - b. I respect the client's right to privacy and confidential been kept.
 - c. I use physical touching appropriately during training sessions or body composition consultations, as a means of modifying position and/or focusing a client's concentration on the aimed area. I immediately suspend the use of touch at a client's request or if the client shows signs of discomfort.
 - d. I emphasis on the business relationship, I do not pay attention at the client's personal life, except as is professional appropriate.
 - e. When I am unable to maintain appropriate professional boundaries, I either terminate the professional relationship or refer the client to an appropriate professional if known.
3. **I maintain the education and experience necessary to appropriately train client and give them nutritional advice and guidance**
 - a. I continuously update concepts and develop practices essential to providing the highest-quality services to clients.
 - b. I recognize my services limitations and I refer clients to other professionals for issues that fall beyond my limitations.
 - c. For health screening, fitness assessment, nutritional consultation, progression and exercise performance, I follow the scientific standards outlined by scientists and professionals in the fields of medicine, exercise nutrition, health and fitness.
4. **I use truth, fairness and integrity to guide all professional decisions and relationships**
 - a. In all professional and business relationships, I clearly establish and support honesty and trustworthiness.
 - b. I truthfully represent my qualifications.
 - c. I am honest and fair in marketing materials. I help the client develop informed judgments, opinions and choices and I avoid superficiality.
 - d. I make my contract language clear and understandable as much as possible.
 - e. I administer consistent pricing and procedural policies.
 - f. I never solicit business from another trainer's or nutritionist's client. When interacting with clients of other trainers or nutritionists.
5. **I show respect for clients and colleagues**
 - a. I act with honesty in my relationships with colleagues, facility owners and other health professionals to help guarantee that each client benefits optimally from all authorities.
 - b. I never discriminate based on race, creed, colour, gender, age, physical handicap or nationality.
 - c. When disagreements or oppositions occur, I focus on behaviour, real evidence and nonderogatory methods of communication, not on critical statements, diffusion, the placing of blame or other negative responses.

- d. I present fitness and nutritional evidence completely and accurately in order to help the client make informed choices.
- 6. **I uphold a professional image through behaviour and appearance**
 - a. I avoid smoking, substance abuse and unhealthy eating behaviour.
 - b. I speak and clothing in a way that increases the client's comfort level.



Certificate of Insurance

This certificate is confirmation that

Miss Angeliki Maria Kouroupaki

Has Public Liability cover of up to £2 Million and Professional Indemnity of up to £1 Million

Public Liability
Effective from: 10/01/2018
Until 09/01/2019

Professional Indemnity
Effective from: 10/01/2018
Until 09/01/2019

Subject to the terms and conditions of Insure4Sport
Policy Number: I4S457137

Signed on behalf of the underwriters



John Woosey
Authorised Signatory, Insure4Sport

This certificate is proof that the policy holder has Sport Liability insurance which includes Public Liability and Professional Indemnity.
For full terms and conditions of the policy please refer to your insurance schedule and policy information booklet.

Insure4Sport, The Royals, Altrincham Road, Manchester M22 4BJ
Tel: 0800 158 5530
email: admin@insure4sport.co.uk
www.insure4sport.co.uk