



Established 2003

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Ethics & Safety Compliance Standards
For Public Review

Welcome to the “Ethics & Safety Compliance Standards” ESCS Fitness Trainer Service Requirements

As a personal training client, prospective employer, a curious member of the general public, or concerned fitness professional, this page will describe the basic minimum requirements concerning the services provided by the fitness professional displaying the above ESCS seal. Feel free to review this information and make further inquiries if necessary through other pages on this website. If a fitness professional displaying this seal is not complying with the below minimum requirements the trainer is doing a disservice to you and to the personal fitness training profession. We need to know so we can correct this activity. Also, log on from time to time as these “Trainer Requirements” may be updated regularly. Thank you and enjoy your visit while on our website.

Client Screening Questionnaire

***The most valuable client service provided by a fitness trainer is your risk factor identification**

***The trainer should always recommend, verbally and in writing, that clients consult their physicians prior to starting an exercise program or increasing the intensity of an existing program**

***Trainers should always maintain CPR Certification**

Questionnaire Procedure

1st Appointment

Inform Client of Professional Confidentiality

(A sample Disclosure Agreement Form is included in these Guidelines)

Major Health Risk Factor Identification...

Diabetes
Clinical Obesity
A Total Cholesterol to HDL Cholesterol ratio > 5:1
Abnormal resting ECG

Client Personal Medical History...

heart attack	bypass surgery
cardiac surgery	extreme chest discomfort
irregular heart beat	high blood pressure greater than 140 / 90
heart murmurs	rheumatic fever
ankle swelling	any vascular diseases
phlebitis	unusual shortness of breath
abnormal blood fats	asthma, emphysema, bronchitis
stroke	past history of diabetes
emotional disorders	recent hospitalization and cause
drug allergies	orthopedic problems, or arthritis
smoker over 35	

Family history of Illness or Disease...

Premature death of immediate family member under age 50

Acquire Cardiovascular Risk Profile Information...

A score of 32 or higher constitutes a risk factor
(A sample form is located elsewhere in these Guidelines)

Current Client Medication

Chronic illness, Injury or Range-of-Motion Limitation

Complete Par-Q & You form

Any concerns not listed that may affect your ability to start a fitness program

*A response of "YES" to any of the above questions and a client must be required to get a complete physical and/or a "Physician's Release" prior to exercise. Following the instructions on a Par-Q Form may require Physician's involvement as well.

*Trainer should describe "CONTRAINDICATIONS TO EXERCISE" both prior to and during exercise performance. These include: Joint Pain, Dizziness, Nausea, Rapid Pulse, Excessive Sweating, Extreme Muscle Soreness, Cramping, Chest Pain. Upon occurrence of one or more of the above, the client should be instructed to stop exercising and consult with their personal physician.

Trainer Ethics & Conduct Policies & Procedures For Review Board Review & Approval

Established... Oct, 2003

*Fitness Professionals displaying the "Ethics & Safety Compliance Standards" Seal
will be compelled to conduct themselves professionally

All "Seal" license suspension cases, unless otherwise stated below, are subject to the vote of a randomly appointed committee of six (6) fitness trainers certified by nationally recognized agencies in good standing from the ESCS Database, with no prior knowledge of the individual in question. The need for a committee appointment rests with the ESCS Chairman. Said "Suspension Committee Members" will be provided with all pertinent information and given five (5) working days to decide. The decision to suspend the display of an "Ethics & Safety Compliance Standards" Seal must be unanimous and is considered final. Written statements from peers, clients, and credible individuals with involvement in each case, may be acquired as documentation of the trainer's conduct. The trainer in question may present his/her case to the Chairman and on to the committee with the understanding that the final decision rests solely with that committee.

The following activities engaged in by the fitness professional in question may be considered grounds for loss of Seal license, possible organizational suspension and/or if appropriate, punishment by law strictly enforced.

- a. Failure to maintain a nationally recognized certification status will result in suspension of rights to Seal license.
- b. Provision of the official "Ethics & Safety Compliance Standards" Seal to any third party for duplication will be considered copyright and trademark violation punishable by law. NO persons without express written permission from the ESCS Committee Chairman will duplicate and display this seal.
- c. Conviction of a felony offense at any time *after* initial date of application and Seal licensing.
- d. A Fitness Professional proven or convicted of having been involved in the illegal use, sale, or distribution of anabolic substances and/or any other controlled substance.
- e. Performance of unethical activities or any activity so viewed upon by an appointed "Suspension Committee" as to bring discredit to the personal training profession. The office of the ESCS Chairman will be duly responsible for determining the need for a "Suspension Committee" appointment based upon the gravity of a related report. Complaints regarding but not limited to lude and immoral conduct, grossly reckless exercise instruction, disrespectfulness, unprofessional behavior and conduct, inappropriate sexual advances, excessive profane language, may all be considered.
- f. Allowing personal appearance (manner of dress or hygiene) to deteriorate to such an extent that while associating with persons while representing him/herself as a fitness professional, discredits the personal training profession.
- g. Knowingly providing services to those who are flagrantly at risk without proper medical release and/or complete physicals, not employing screening procedures consistent with minimum standard guidelines agreed upon in these documents.
- h. Liable, slanderous, damaging remarks or literature presented by any fitness professional regarding another fitness professional, professional organization, or credible individual or group of individuals that discredits the personal training profession.