

## I. Interpretation

The following definitions and rules of interpretation apply in this Code of Conduct (unless the context requires otherwise).

### I.1. Definitions:

**Association:** The British Association of Sport and Exercise Sciences.

**Board:** The Board of Directors of the Association.

**Chair:** The Chair of the Board.

**Client:** All participants and those individuals who come into contact with Members acting in their professional capacity.

**Code:** This Code of Conduct as amended from time to time.

**Council:** The Science Council.

**Disciplinary Policy:** The Disciplinary Policy of the Association from time to time in place.

**Division:** The Divisions of the Association, as set out in paragraph 2.1 of this Code.

**Division Chair:** The chairperson of each Division.

**Equal Opportunities Policy:** The Equal Opportunities Policy of the Association from time to time in place.

**Members:** Members of BASES including Fellows.

**Safeguarding and Welfare Policy:** The Safeguarding and Welfare Policy of the Association from time to time in place.

- I.2. Members are reminded that the authority of the Association is vested in the Board, which alone has the power to review and recommend amendment to this Code.
- I.3. Any matter relating to the interpretation of this Code shall be referred, at first, by any Member to the relevant Division Chair for a ruling. Such Division Chair may, in his/her sole discretion, refer such matters to the Board for final determination.
- I.4. This Code of Conduct (the “**Code**”) is divided into three sections:
  - (1) General applicable provisions
  - (2) Research ethics
  - (3) Professional conduct.
- I.5. Headings and paragraph numbering is included for ease of reference only and is not intended to affect the interpretation or application of this Code.

## General applicable provisions

### 2. Introduction

- 2.1. This Code sets out the principles of conduct and research ethics for the guidance of Members of the Association and its five constituent Divisions:
  - (1) Biomechanics and Motor Behaviour
  - (2) Physiology and Nutrition
  - (3) Psychology

- (4) Physical Activity for Health
- (5) Sport and Performance  
(the **Divisions**).

- 2.2. All Members are bound by the provisions of this Code and the professional guidelines of each Division from time to time in place, which may, for example, provide further detail in respect of experimental techniques, protocols and analysis procedures, the obtaining of medico-legal clearance and informed consent and research ethics. The professional guidelines of the Divisions form part of this Code as if they were set out herein.
- 2.3. Members are reminded that in addition to this Code, they will also be subject to other policies which may include (without limitation) Codes of Conduct, Codes of Practice and Research Ethics Policies (for example), depending on the extent to which a Member is a member of another professional or educational body. This Code is not intended to displace any such policies, and Members should always strive to conduct themselves and their practice in a way which meets the most stringent rules applicable to them as well as current thinking on “good practice”.

### 3. The Science Council

- 3.1. Without prejudice to the foregoing provisions of this Code, Members registered with the Science Council are expressly reminded that they are bound by the Science Council Model Rules for Registrants, which state that Registrants (as defined therein) must:
  - 3.1.1 Exercise their professional skills and judgment to the best of their ability and discharge their professional responsibilities with integrity, serving as an example to others;
  - 3.1.2 Have regard at all times to the public interest;
  - 3.1.3 Do all in their power to ensure that their professional activities do not put the health and safety of others at risk;
  - 3.1.4 When called upon to give a professional opinion, do so with objectivity and reliability;
  - 3.1.5 Never engage in corrupt practice;
  - 3.1.6 Undertake appropriate Continuing Professional Development (CPD) and be able to demonstrate this to others; and
  - 3.1.7 Further the interests of and maintain the dignity and welfare of their Licensed Body (as defined by the Council) and profession;
- 3.2. Members, whether or not Registrants of the Council, are expected at all times to conduct themselves in a manner consistent with the provisions set out at clauses 3.1.1 to 3.1.7 above.

### 4. Aims of BASES

- 4.1. Members are reminded that the aims of the Association are:
  - (a) the promotion of research in sport and exercise sciences;
  - (b) the encouragement of evidence-based practice in sport and exercise sciences;
  - (c) the distribution of knowledge in sport and exercise sciences;
  - (d) the development and maintenance of high professional standards for those involved in sport and exercise sciences;
  - (e) the representation of the interests of sport and exercise sciences nationally and internationally.
- 4.2. This Code is intended to reflect and give effect to the aims of the Association. Members are expected at all times to

- conduct themselves in accordance with this Code and in a manner that promotes the aims of the Association.
- 4.3. In furthering the aims above and their individual working practices, Members must at all times have regard to the three following principles:
- all Clients have the right to expect the highest standards of professionalism, consideration and respect;
  - the pursuit of scientific knowledge requires that research and testing is carried out with utmost integrity;
  - the law requires that working practices are safe, that the welfare of the Client is paramount and that data is used and stored in accordance with the law.

## Research ethics

### 5. Ethical clearance

- 5.1. Any Member wanting to conduct a research study in relation to his/her applied work shall seek and obtain prior ethical approval from a recognised body. For the purposes of this clause, recognised bodies will include universities and NHS Research Ethics Committees and the NHS Health Research Authority.

### 6. Informed consent and confidentiality

#### 6.1 Informed consent

- 6.1.1 Informed consent is the knowing consent of a Client (or legally authorised representative in the case of a child, vulnerable adult or those who may not be able to provide their own informed consent) who is in a position to exercise free power of choice without any undue inducement or element of force, fraud, deceit or coercion.
- 6.1.2 No Member may undertake any work or activity (including without limitation data collection or processing) without first having the informed consent of all participating Clients.
- 6.1.3 In most cases, informed consent may be obtained by having the client read and sign a document setting out all of the information relevant to the proposed investigation, test or procedure. This would normally include a description of the investigation and its objectives, the procedures to be followed, an outline of the risks and benefits, an offer to answer any queries, an instruction that the client is free to withdraw at any point without prejudice, together with an explanation concerning confidentiality, data use and storage and any complaint procedure applicable to the client.

#### 6.2 Confidentiality

- 6.2.1 It is of paramount importance that all Members must preserve the confidentiality of confidential information acquired in their work and research, which must not be devolved without prior written consent of a Client or participant (other than in accordance with the law).
- 6.2.2 All Clients and participants must be informed that they have a right to a copy of such information relating to them and all Members must supply a copy if so requested. It is deemed to be good practice to supply copies in any event, as a matter of course.

## Professional conduct

### 7. Data protection and responsibility

- 7.1 The storage and use of individually identifiable data must be carried out in accordance with the provisions of the Data Protection Act 1998 (the "Act") and Members must ensure that they are familiar with the principles established by the Act and that their working practices accord with those principles.
- 7.2 The obtaining of data and its presentation/publication must be unbiased and responsible. Validity, objectivity and reliability are key principles and caution should be exercised with the interpretation and explanation of test results.

- 7.3 Members should seek to maximise the accessibility of research findings and, wherever appropriate, publish them in the interest of both science, and sport and exercise.
- 7.4 Publication of data must not disclose the identity of any individual client unless the prior written consent of the individual is obtained and any such use, storage and disclosure of the information must be conducted in accordance with the Act.

### 8. Competence

- 8.1 Members must recognise their limitations in qualifications, experience, expertise and competence and must operate within these limits, restricting the interpretation of results to those that they are qualified to give and in employing any equipment and techniques which they are qualified to use.
- 8.2 Any matter whose essence appears to lie within another specialist field such as medicine or physiotherapy, or another discipline within BASES, must be referred to an appropriate professional within such a field.
- 8.3 Members must not misrepresent their qualifications, experience or expertise in any way or exaggerate or mislead clients in respect of the effectiveness of any techniques they undertake.
- 8.4 Professional Members should seek to become accredited where and when appropriate.
- 8.5 All Members must be knowledgeable in respect of contemporary research and practice.

### 9. Professional and personal conduct

- 9.1 Members' paramount concern must be the well-being of their Clients and participants.
- 9.2 Members must conduct themselves in such a way that brings credit to their specialist areas.
- 9.3 Members must not practice or work when they are not fit to operate effectively and professionally.
- 9.4 Members must not exploit relationships with Clients or participants for personal gain or gratification.
- 9.5 Members must not in any way jeopardise the safety or interests of Clients.
- 9.6 Members must try to be totally unbiased and objective in their practices and actions.
- 9.7 Members must ensure, where appropriate, the highest standards of safety and working practices and research both in respect of work undertaken by Members themselves or by others under their supervision.
- 9.8 Members must respond, with all due expedition, to any enquiry from any Client or any other member of BASES or any committee of BASES.
- 9.9 Members must ensure that suitable insurance indemnity cover is in place for all areas of work that they undertake.
- 9.10 Members must not do any act or thing, or omit to do any act or thing, which in any way brings, or is likely to bring, BASES into disrepute.

### 10. Officers

- 10.1 All officers of BASES and the individual Divisions must:
- act with strict impartiality with respect of any matter referred to them for consideration as officers;
  - use their best endeavours to make the best use of all resources available to BASES in the interests of BASES and its Members;
  - make a prior declaration in respect of any matter in which they have direct or indirect personal interest;
  - not take part in any part of or vote on any matter in which they have a direct or indirect personal interest.