

## **BANT Fitness to Practice Declaration**

I hereby acknowledge and declare that as a BANT Member, I am committed to upholding the highest standards of conduct, ethics and performance. I understand and accept that my role carries significant responsibilities in relation to my clients, the nutritional therapy profession, and the broader professional landscape and community. In recognition of this, I affirm the following:

**Commitment to Professionalism:** I confirm that I am compliant with the professional practice guidelines and standards set for professional practice by my regulatory body CNHC for Registered Nutritional Therapists and BANT for BANT Registered Nutritionists<sup>®</sup>. I confirm that my online presence is also compliant. I will prioritise the welfare and safety of individuals under my care and/or influence, and I will conduct myself with respect, honesty, and integrity in all professional interactions.

**Maintaining Competence:** I will stay informed about advancements, best practices, and changes to relevant guidelines, standards, and legislation. I will ensure that my knowledge, skills, and abilities remain current and relevant by meeting my CPD requirement for registration each year. I will seek supervision or support when faced with challenges beyond my expertise to ensure the highest standard of care and professional conduct.

**Professional Boundaries and Scope of Practice:** I understand and respect the importance of maintaining appropriate boundaries and adhering to the defined scope of practice based on my scope of practice as a Registered Nutritional Therapy Practitioner and BANT Registered Nutritionist<sup>®</sup>. I will work within the limits of my training, qualifications, and competence. I will refer individuals to other professionals when their needs exceed my scope of practice or expertise.

**Preserving Professional Reputation:** I recognise the impact of my actions on the reputation of the profession. I commit to conduct myself in a manner that avoids bringing myself and our profession into disrepute through my behaviour, in person and online. I am committed to not undermine public confidence or bring the profession into disrepute e.g., soliciting other practitioners' clients or ideas, or disclosing confidential information.

**Media and Social Media Responsibility:** I acknowledge that my actions and interactions on social media and other online platforms reflect not only on myself but also on the integrity of the profession. I will exercise discretion and professionalism in my online presence, refraining from engaging in behaviour that could compromise the reputation of BANT nutrition practitioners and nutritional therapy professionals.

**Health and Wellbeing:** I recognise the importance of my own physical and mental health in providing quality care in all my commitments. I commit to maintaining a healthy balance between personal care and professional responsibilities. In the event that I am unable to perform my duties due to personal health challenges, I am committed to taking responsible steps to safeguard my clients' wellbeing.

***By signing this declaration as part of my membership application and subsequent annual membership renewals, I affirm my commitment to the principles outlined above and commitment to uphold the standards of professional practice.***