

Eating and Exercise Disorders – Our Member Assurance

Our member assurance is designed to ensure that you, the participant, are always supported and are signposted appropriately by having clear guidelines in place for the roles and responsibilities of our Exercise Professionals. At all times you will be treated fairly and supportively, with dignity and respect and without judgement, with our prime objective being to promote a healthy balanced lifestyle for you.

The support guidelines for our staff were developed following publication of Guidance for Exercise and Eating Disorders in HE/FE Sport and Physical Activity Departments (2019), which was co-produced by a number of universities with experience in this area, together with specialists in the field of eating and exercise disorders - whether that be personal or professional experience.

Role of the Exercise Professional

In relation to eating and exercise disorders, the role of the Exercise Professional is to support and signpost you to appropriate professionals who are trained to take further action if required. We will not cross the boundary into the role of clinicians or therapists as it is not our role to treat or prescribe exercise for you, it is to ensure that you have a supportive, welcoming and trusting environment where you feel safe and are not judged. While we will not prescribe exercise, we will educate you on the functionality of individual exercises and its overall purpose in your life and promote the National Physical Activity Guidelines for Health.

Should a member of staff have a reason for concern, they will follow the guidance below:

- Staff will always respect your privacy and use an appropriate physical space to have discussions.
- Staff are aware it is your choice whether to disclose personal information and if such information is disclosed, staff will listen to you with respect.
- You will be supported in a non-judgemental way to ensure you know that you are in a trusted and safe environment.
- Whilst you are using the facility, we will continue to offer you professional support, however if you have unhealthy or unrealistic goals, in relation to eating or exercise, staff will not support or reinforce them.
- While staff will not prescribe recovery protocols using exercise, they will guide you towards the functionality of individual exercises and to the overall purpose of exercise in your life.
- Staff will be clear on what they can and cannot keep confidential and what circumstances may require disclosure to third parties, such as if there is a risk to your health and safety or that of another individual.

If you have any questions relating to our assurance to you, please contact:

Seona McKenzie, Health & Fitness Manager, Strathclyde Sport seona.mckenzie@strath.ac.uk

Signposting

Disability and Wellbeing +44(0)141 548 3402

Occupational Health +44(0)141 548 4824

Security (General Enquiries) EXT 3333

NHS 24 ... 111

Breathing Space (Helpline).....0800 83 85 87

Nightline (Helpline)..... 0141 55 22 555

Helping Distressed students – A guide for Staff

disability-wellbeing@strath.ac.uk

occupationalhealth@strath.ac.uk

Security (Emergency) EXT2222

Glasgow Royal Infirmary 0141 211 4000

Samaritans (Helpline)..... 0141 248 4488

Advice Hub0141 567 5040