



Remote Consultation:

What CSEP-CPTs and CSEP-CEPs need to know to stay protected

Did you know that over 80 per cent of the Canadian population is living in urban areas?¹ This population density combined with the sheer size of our country results in vast areas where clients may be underserved by health and fitness professionals. While services are often available in urban areas, clients may have difficulty accessing services in rural, remote and northern communities.

This presents an opportunity for health and fitness professionals who are able to offer remote consultation services. Remote consultation refers to the provision of professional services which involves communication with a client who is remotely located from the CSEP-Certified Personal Trainer (CSEP-CPT) or CSEP-Certified Exercise Physiologist (CSEP-CEP) providing the service.

Technologies and applications for remote consultation can include videoconferencing, email, apps, web-based communication, and wearable technology, among others.



Your Partner in Protection

Does my CSEP professional liability insurance policy cover remote consultation?

Yes, it does. Your CSEP professional liability insurance policy protects you 24 hours/day, 7 days/week – whether you are providing CSEP-CPT or CSEP-CEP services face to face or via remote consultation to clients anywhere in Canada.

But remember, the same professionalism is expected in remote consultations as with face to face interactions. You must be working within your scope of practice and you should follow the same professional standards, including the use of appropriate pre-screening measures and informed consent forms.

Want to know more?

The BMS Group team are experts in health and fitness professional liability insurance products and services. To learn more about the risks and liabilities associated with remote consultation or to speak with a representative, contact BMS Group at 1-844-517-1370 or csep.insurance@bmsgroup.com.

Contact Us

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¹ Statistics Canada, 2011 Census of Population.