

To ensure the confidentiality of data and compliance with the General Data Protection Regulation Act (GDPR) the following privacy notice explains simply what information I might collect from you, how I use your data and who it might be shared with.

### How we collect and use your information

At commencement of personal training Ross Fitness will carry out a fitness check including completion of health and fitness questionnaire, data consent form and you will also receive a copy of our terms and conditions. Ross Fitness will process your confidential information – which includes your name, contact details (telephone number, email address and/or address), relevant medical history, current nutrition and fitness regime and body measurements.

The data will be stored securely, no longer than necessary and solely for the completion of the business activities stated below.

- For the purpose of administration in connection with fitness training and exercise classes.
- To ensure you are covered by my insurance.
- Medical information may be shared with the emergency services in order to assist with any emergency situation that may arise.
- Occasionally, I may contact you with information regarding activities and information, which I think might be of interest to you.
- To create statistical data and/or inferred non-personal information, which I or our business partners may use to provide and improve our online services.
- We may contact you to notify you regarding your personal training or fitness classes, to resolve a dispute, to collect fees or monies owed, to poll your opinions through surveys or questionnaires, to send updates about our company, or as otherwise necessary to contact you to enforce our terms and conditions, applicable national laws, and any agreement we may have with you.

#### Third-parties

Ross Fitness will not publish or share your confidential data with any other third parties than mentioned herein. Third parties contacted by Ross Fitness are under a strict data protection agreement.

#### Ross Fitness Website

My company is hosted on the Wix.com platform. Wix.com provides us with the online platform that allows me to advertise my services to you. Your data may be stored through Wix.com's data storage, databases and the general Wix.com applications. They store your data on secure servers behind a firewall.

#### Contact Form

In response to any contact form enquiries I will use your chosen method of communication e.g. via email, telephone, text messages, or postal mail for the purpose of responding only. I will not store your details until you complete a registration form with me on commencement of training.

#### Photos and Video

Ross Fitness may take photographs and/or video recordings of fitness training for promotional work or as an aid to teaching. Students agree that images may be edited and reproduced for these purposes.

#### Policy Updates

We reserve the right to modify this privacy policy at any time, so please review it frequently online. Changes and clarifications will take effect immediately upon their posting on the website. If we make material changes to this policy, we will notify you here that it has been updated, so that you are aware of what information we collect, how we use it, and under what circumstances, if any, we use and/or disclose it.

#### Questions and contact information

If you would like to: access, amend or delete any personal information I have about you, you are invited to contact me at [rcpt@live.co.uk](mailto:rcpt@live.co.uk) or call [07708 766084](tel:07708766084) for postal address.