**PRIVACY POLICY**

**BACKGROUND:**

Dan Raynham The Fitness Scientist understands that your privacy is important to you and that you care about how your personal data is used. I respect and value the privacy of everyone who visits this website, [www.danraynham.com](http://www.danraynham.com) (“MySite”) and will only collect and use personal data in ways that are described here, and in a way that is consistent with myobligations and your rights under the law.

Please read this Privacy Policy carefully and ensure that you understand it.

1. **Definitions and Interpretation**

In this Policy the following terms shall have the following meanings:

| **“Account”** | means an account required to access and/or use certain areas and features of **My** Site; |
| --- | --- |
| **“Cookie”** | means a small text file placed on your computer or device by **My** Site when you visit certain parts of **My** Site and/or when you use certain features of **My** Site. Details of the Cookies used by **My** Site are set out in Part 14, below; and |
| **[“Cookie Law”** | means the relevant parts of the Privacy and Electronic Communications (EC Directive) Regulations 2003;**]** |

1. **Information About Me**

**My** Site is owned and operated by Dan Raynham The Fitness Scientist a sole trader etc. registered in England.

Email address: dan@danraynham.com

Telephone number: +447957 297972

1. **What Does This Policy Cover?**

This Privacy Policy applies only to your use of **My** Site. **My** Site may contain links to other websites. Please note that Ihave no control over how your data is collected, stored, or used by other websites and Iadvise you to check the privacy policies of any such websites before providing any data to them.

1. **What Is Personal Data?**

Personal data is defined by the UK GDPR and the Data Protection Act 2018 (collectively, “the Data Protection Legislation”) as ‘any information relating to an identifiable person who can be directly or indirectly identified in particular by reference to an identifier’.

Personal data is, in simpler terms, any information about you that enables you to be identified. Personal data covers obvious information such as your name and contact details, but it also covers less obvious information such as identification numbers, electronic location data, and other online identifiers.

1. **What Are My Rights?**

Under the Data Protection Legislation, you have the following rights, which I will always work to uphold:

* + - 1. The right to be informed about **My** collection and use of your personal data. This Privacy Policy should tell you everything you need to know, but you can always contact me to find out more or to ask any questions using the details in Part 15.
			2. The right to access the personal data I hold about you. Part 13 will tell you how to do this.
			3. The right to have your personal data rectified if any of your personal data held byme is inaccurate or incomplete. Please contact **me** using the details in Part 15 to find out more.
			4. The right to be forgotten, i.e. the right to ask **me** to delete or otherwise dispose of any of your personal data that **I** hold. Please contact **me** using the details in Part 15 to find out more.
			5. The right to restrict (i.e. prevent) the processing of your personal data.
			6. The right to object to **me** using your personal data for a particular purpose or purposes.
			7. The right to withdraw consent. This means that, if **I am** relying on your consent as the legal basis for using your personal data, you are free to withdraw that consent at any time.
			8. The right to data portability. This means that, if you have provided personal data to **me** directly, **I am** using it with your consent or for the performance of a contract, and that data is processed using automated means, you can ask **me** for a copy of that personal data to re-use with another service or business in many cases.
			9. Rights relating to automated decision-making and profiling. **I** do not use your personal data in this way.

For more information about **My** use of your personal data or exercising your rights as outlined above, please contact **me** using the details provided in Part 15.

It is important that your personal data is kept accurate and up-to-date. If any of the personal data **I** hold about you changes, please keep **me** informed as long as **I** have that data.

Further information about your rights can also be obtained from the Information Commissioner’s Office or your local Citizens Advice Bureau.

If you have any cause for complaint about **My** use of your personal data, you have the right to lodge a complaint with the Information Commissioner’s Office.

**I** would welcome the opportunity to resolve your concernsmyself, however, so please contact **me** first, using the details in Part 15.

1. **What Data Do You Collect and How?**

Depending upon your use of **My** Site, **I** may collect and hold some or all of the personal and non-personal data set out in the table below, using the methods also set out in the table. Please also see Part 14 for more information about **My** use of Cookies and similar technologies. **I** do not collect any ‘special category’ or ‘sensitive’ personal data **AND/OR** personal data relating to children **AND/OR** data relating to criminal convictions and/or offences**.**

| **Data Collected** | **How I**  |
| --- | --- |
| Technical information, e.g. IP address, browser type and version, operating system | Collected through Wix analytics |
|  |  |
|  |  |

1. **How Do You Use My Personal Data?**

Under the Data Protection Legislation, **I** must always have a lawful basis for using personal data. The following table describes how **I** may use your personal data, and **My** lawful bases for doing so:

| **What I Do** | **What Data I Use** | **My Lawful**  |
| --- | --- | --- |
| Administering **My** business. | Health and fitness information. | To create personalised fitness plans. |
| Supplying **My** servicesto you. | Health and fitness information. | To create personalised fitness plans. |
| Managing payments for **My** services**.** | Contact and payment details. | To create personalised fitness plans. |
| Personalising and tailoring My servicesfor you. | Health and fitness information. | To create personalised fitness plans. |
| Communicating with you. | Health and fitness information and contact details. | To create personalised fitness plans. |

**I** will only use your personal data for the purpose(s) for which it was originally collected unless **I** reasonably believe that another purpose is compatible with that or those original purpose(s) and need to use your personal data for that purpose. If **I** do use your personal data in this way and you wish **me** to explain how the new purpose is compatible with the original, please contact **me** using the details in Part 15.

If **I** need to use your personal data for a purpose that is unrelated to, or incompatible with, the purpose(s) for which it was originally collected, **I** will inform you and explain the legal basis which allows **me** to do so.

In some circumstances, where permitted or required by law, **I** may process your personal data without your knowledge or consent. This will only be done within the bounds of the Data Protection Legislation and your legal rights.

1. **How Long Will You Keep My Personal Data?**

**I** will not keep your personal data for any longer than is necessary in light of the reason(s) for which it was first collected. Your personal data will therefore be kept for the following periods (or, where there is no fixed period, the following factors will be used to determine how long it is kept):

| **Type of Data** | **How Long I Keep It** |
| --- | --- |
| Identity Information including <<insert data collected, e.g. name, title, date of birth, gender>>. | Until you ask for me to delete the data. |
| Contact information including <<insert data collected, e.g. address, email address, telephone number | Until you ask for me to delete the data. |
| Payment information e.g. card details, bank account numbers | Until you ask for me to delete the data. |
| Technical information e.g. IP address, browser type and version, operating system | Until you ask for me to delete the data. |

1. **How and Where Do You Store or Transfer My Personal Data?**

**I** will only store your personal datain the UK. This means that it will be fully protected under the Data Protection Legislation.

The security of your personal data is essential to **me**, and to protect your data, **I** take a number of important measures, including the following:

* limiting access to your personal data to those employees, agents, contractors, and other third parties with a legitimate need to know and ensuring that they are subject to duties of confidentiality;
* procedures for dealing with data breaches (the accidental or unlawful destruction, loss, alteration, unauthorised disclosure of, or access to, your personal data) including notifying you and/or the Information Commissioner’s Office where **I am** legally required to do so;

1. **Do You Share My Personal Data?**

Iwill not share any of your personal data with any third parties for any purposes, subject to the following exception**[**s**]**.

In some limited circumstances, **I** may be legally required to share certain personal data, which might include yours, if **I am** involved in legal proceedings or complying with legal obligations, a court order, or the instructions of a government authority.

If any of your personal data is shared with a third party, as described above, **I** will take steps to ensure that your personal data is handled safely, securely, and in accordance with your rights, **My** obligations, and the third party’s obligations under the law, as described above in Part 9.

If any personal data is transferred outside of the UK, **I** will take suitable steps in order to ensure that your personal data is treated just as safely and securely as it would be within the UK and under the Data Protection Legislation, as explained above in Part 9.

In some limited circumstances, **I** may be legally required to share certain personal data, which might include yours, if **I am** involved in legal proceedings or complying with legal obligations, a court order, or the instructions of a government authority.

1. **How Can I Control My Personal Data?**
	* 1. In addition to your rights under the Data Protection Legislation, set out in Part 5, whenyou submit personal data via **My** Site, you may be given options to restrict **My** use of your personal data. In particular, **I** aim to give you strong controls on **My** use of your data for direct marketing purposes (including the ability to opt-out of receiving emails from **me** which you may do by unsubscribing using the links provided in **My** emails**.**
		2. You may also wish to sign up to one or more of the preference services operating in the UK: The Telephone Preference Service (“the TPS”), the Corporate Telephone Preference Service (“the CTPS”), and the Mailing Preference Service (“the MPS”). These may help to prevent you from receiving unsolicited marketing. Please note, however, that these services will not prevent you from receiving marketing communications that you have consented to receiving.
2. **How Can I Access My Personal Data?**

If you want to know what personal data **I** have about you, you can ask **me** for details of that personal data and for a copy of it (where any such personal data is held). This is known as a “subject access request”.

All subject access requests should be made in writing and sent to the email or postal addresses shown in Part 15. There is not normally any charge for a subject access request. If your request is ‘manifestly unfounded or excessive’ (for example, if you make repetitive requests) a fee may be charged to cover **My** administrative costs in responding.

**I** will respond to your subject access request within **28 days** and, in any case, not more than one month of receiving it. Normally, **I** aim to provide a complete response, including a copy of your personal data within that time. In some cases, however, particularly if your request is more complex, more time may be required up to a maximum of three months from the date **I** receive your request. You will be kept fully informed of **My** progress.

1. **How Do You Use Cookies?**

**My** Site may place and access certain first-party Cookies on your computer or device. First-party Cookies are those placed directly by **me** and are used only by **me**. **I** use Cookies to facilitate and improve your experience of **My** Site and to provide and improve services. **I** have carefully chosen these Cookies and have taken steps to ensure that your privacy and personal data is protected and respected at all times.

All Cookies used by and on **My** Site are used in accordance with current Cookie Law.

Before Cookies are placed on your computer or device, you will be shown a pop-up requesting your consent to set those Cookies. By giving your consent to the placing of Cookies you are enabling **me** to provide the best possible experience and service to you. You may, if you wish, deny consent to the placing of Cookies; however certain features of **My** Site may not function fully or as intended. You will be given the opportunity to allow only first-party Cookies and block third-party Cookies.

Certain features of **My** Site depend on Cookies to function. Cookie Law deems these Cookies to be “strictly necessary”. These Cookies are shown in the table below. Your consent will not be sought to place these Cookies, but it is still important that you are aware of them. You may still block these Cookies by changing your internet browser’s settings as detailed below, but please be aware that **My** Site may not work properly if you do so. **I** have taken great care to ensure that your privacy is not at risk by allowing them.

**My** Site uses analytics services provided by Wix. Website analytics refers to a set of tools used to collect and analyse anonymous usage information, enabling **me** to better understand how **My** Site is used. This, in turn, enables **me** to improve **My** Site and the services offered through it.

The analytics service(s) used by **My** Site use(s) Cookies to gather the required information. You do not have to allow **me** to use these Cookies, however whilst **My** use of them does not pose any risk to your privacy or your safe use of **My** Site, it does enable **me** to continually improve **My** Site, making it a better and more useful experience for you.

The analytics service(s) used by **My** Site use(s) the following Cookies:

In addition to the controls that **I** provide, you can choose to enable or disable Cookies in your internet browser. Most internet browsers also enable you to choose whether you wish to disable all Cookies or only third-party Cookies. By default, most internet browsers accept Cookies, but this can be changed. For further details, please consult the help menu in your internet browser or the documentation that came with your device.

You can choose to delete Cookies on your computer or device at any time, however you may lose any information that enables you to access Our Site more quickly and efficiently including, but not limited to, login and personalisation settings.

It is recommended that you keep your internet browser and operating system up-to-date and that you consult the help and guidance provided by the developer of your internet browser and manufacturer of your computer or device if you are unsure about adjusting your privacy settings.

**OR**

**My** Site may place and access certain first-party Cookies on your computer or device. First-party Cookies are those placed directly by **me** and are used only by **me**. **I** use Cookies to facilitate and improve your experience of **My** Site and to provide and improve **My** services. In addition, **My** Site uses analytics services provided by Wix, which also use Cookies. Website analytics refers to a set of tools used to collect and analyse usage statistics, enabling **me** to better understand how people use **My** Site.

1. **How Do I Contact You?**

To contact **me** about anything to do with your personal data and data protection, including to make a subject access request, please use the contact details set out above.

1. **Changes to this Privacy Policy**

**I** may change this Privacy Notice from time to time. This may be necessary, for example, if the law changes, or if **I** change **My** business in a way that affects personal data protection.

Any changes will be immediately posted on **My** Site and you will be deemed to have accepted the terms of the Privacy Policy on your first use of **My** Site following the alterations. **I** recommend that you check this page regularly to keep up-to-date. This Privacy Policy was last updated on 14thJanuary 2022..