

Data Protection Privacy Policy

What information I hold?

Your contact details and the information you provided when you completed the health questionnaire upon joining a class, and, any subsequent information you may have provided.

Is this information confidential?

All information provided is confidential. It is only provided to the class teacher to be aware of any health issues or limitations you may have.

What is the personal data used for?

The data is only used to:

- Contact you to advise of future dates and general news by way of a newsletter.
- Contact you should a class be cancelled.
- Contact you if you have asked me to do so to discuss anything relating to a class or your health.

I do not sell or pass on your data to anyone else.

How long do I keep your personal data?

For as long as you attend a class with me, or, until such time you decide that you wish to have your data removed.

What happens to your data if you wish to have it removed?

I will delete all your details from my database and your health form will be destroyed. However, this will mean that I will be unable to contact you by email, telephone or write to you. Therefore, I cannot contact you in relation to the points mentioned above. And, you would need to bring your health details each time you attend a class.

How do you request that your details be removed?

Send an email to gill@fitforlifeforyou.com requesting that you would like your details to be removed.

Should you have any questions or concerns arising from the above please feel free to contact me: gill@fitforlifeforyou.com or 07887 570 935.