



## Terms and Conditions

The purpose of this DISCLAIMER AND NOTICE is to make you conscious of the potential risks connected with activity in any exercise, physical fitness or training program. And to help you make an informed decision about whether you should participate in these activities.

You should understand that participating in any exercise or exercise program carries the possibility of physical injury. You should be in good physical condition and able to participate in the exercise. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, and assume all risk of injury to yourself.

Injuries of all types can occur when participating in exercise, physical fitness and training programs, and we strongly encourage all participants to obtain a comprehensive physical examination by a licensed physician PRIOR to undertaking any exercise

You hereby agree to release, discharge, and indemnify Fitness Training Company Limited against any loss, liability, damage, claim, or expense of any nature whatsoever, including without limitation legal costs arising from the content of this website or involvement in any of our classes

## GDPR COMPLIANCE STATEMENT

At F1tness Training, we understand that we have a responsibility to protect and respect your privacy and look after your personal data.

This Privacy Notice, inclusive of our General Terms of Service, explains what personal data we collect, how we use your personal data, reasons we may need to disclose your personal data to others and how we store your personal data securely.

For clarity, F1tness Training may be both data controller and data processor for your personal data under certain circumstances.

We must advise that this policy is subject to change, so please check our website on a regular basis for any further changes.

## Who are we?

F1tness Training Co Ltd caters for both individuals and corporate clients, offering a full range of services from one-to-one personal training to management of corporate gyms and fitness programmes.



## How the law protects you

Data protection laws state that we are only able to process personal data if we have valid reasons to do so. The reasons we process your personal data include, but not limited to, your consent, performance of a contract, billing and to contact you with quotations and similar.

## How do we collect personal data from you?

We receive information about you from you when you use our website, complete forms on our website, if you contact us by phone, email, or otherwise in respect of any of our products and services or during the purchasing of any such product.

If you contact us to provide a quotation – we will store the relevant information in our Quotations folder in Microsoft outlook as an e-mailed enquiry. This will only include your company name and e mail address – combined with the information on the products you have asked us to quote for you.

## What type of data do we collect from you?

The personal data that we may collect from you includes your name, address, email address, phone numbers. We also retain records of your queries and correspondence, in the event you contact us.

We merely process such data on your behalf, subject to our Terms and Conditions and you are responsible for any applicable legal requirements in respect of your content.

## How do we use your data?

We use information about you in the following ways:

- To provide you with services;
- To comply with the contractual obligations, we have with you;
- To help us identify you and any accounts you hold with us;
- To provide customer care, including responding to your requests if you contact us with a query;
- To notify you about changes to our website and services;
- To provide you with information about services that you request from us or which we feel may interest you, where you have consented to be contacted for such purposes; and
- To inform you of service and price changes.



## Retention periods

We will keep your personal data for the duration of the period you are a customer of Fitness Training. We shall retain your data only for as long as necessary in accordance with applicable laws.

On the closure of your account, we may keep your data for up to 7 years after you have cancelled your services with us. We may not be able to delete your data before this time due to our legal and/or accountancy obligations. We may also keep it for research or statistical purposes. We assure you that your personal data shall only be used for these purposes stated herein.

## Who has access to your personal data?

Here is a list of all the ways that we may use your personal data and how we share the information with third parties. For clarity, we have grouped them into the specific products and services that we offer:

### Third Parties

For the avoidance of doubt, we do not and never shall sell or pass your personal data to third parties for marketing or advertising purposes.

## Your rights

In preventing the use or processing of your personal data, it may delay or prevent us from fulfilling our contractual obligations to you. It may also mean that we shall be unable to provide our quotations for our services.

You have the right to object to our use of your personal data, or ask us to delete, remove or stop using it if there is no need for us to keep it. This is known as your “right to be forgotten”. There are legal and accountancy reasons why we will need to keep your data, but please do inform us if you think we are retaining or using your personal data incorrectly.

Our Privacy Notice shall be made clear to you at the point of collection of your personal data.

We will not contact you for marketing purposes unless you have given us your prior consent. You can change your marketing preferences at any time by e mailing Steve Dowse [steve@fitnesstrainingcompany.co.uk](mailto:steve@fitnesstrainingcompany.co.uk)



## Accessing and updating your data

You have the right to access the information we hold about you. Please email your requests to [steve@fitnesstrainingcompany.co.uk](mailto:steve@fitnesstrainingcompany.co.uk) so that we can obtain this information for you.

## Where we store your personal data

We follow accepted standards to store and protect the personal data we collect, including the use of encryption if appropriate. Hard copy Invoices and Delivery notes are stored in locked filing cabinets in our office – and the office is alarmed with Red Care backup – and maintained through a NACOSS approved Alarms company.

All quotations we provide to you are stored in Outlook on our Windows PC. Our PCs are secured requiring secure login access – and full Anti-Virus and live malware prevention software by Eset – is used to form a barrier to protect our systems from any unlawful access. Eset is automatically updated on a regular basis. As the transmission of information via the internet is not completely secure, we cannot guarantee the security of your data transmitted to our site and any transmission is at your own risk.

All data passed through our Website is encrypted and sent via the internet using HTTPS – thus minimising as much as possible the risk of any data breach. All orders / invoicing information is stored on our PC Network in Sage Line 50. For the Purposes of compliance with GDPR – we have installed an SSL Certificate on our Web Server (This is a Global Sign domain name SSL.)

Once we have received your information, we will use strict procedures and security features to try to prevent unauthorised access.

## Liability

We agree to take reasonable measures to protect your data in accordance with applicable laws and in accordance with our General Terms and Conditions:

## Data Breaches

In the event of a data breach, we shall ensure that our obligations under applicable data protection laws are complied with where necessary.



## Your right to make a complaint

You have the right to make a complaint about how we process your personal data to the Information Commissioner:

<https://ico.org.uk/concerns/>

*Information Commissioner's Office*

*Wycliffe House , Water Lane , Wilmslow, Cheshire, SK9 5AF Tel: 0303 123 1113*