

GDPR notice

Please read and to agree, tick consent on the webpage:
www.katebrooksfitness.com

Personal information:

1. All data is collected purely for the purposes of designing and informing the delivery of wellbeing and fitness related input.
2. The health screening form or PAR-Q is a requirement for all coaches and Personal Trainers forms part of this data collection alongside, a Client questionnaire and optional sign up for newsletter and the blog.
3. Data requests can be made at any time, preferably by e-mail to info@katebrooksfitness.com
4. All data will only be stored for as long as our engagement continues and a maximum of 12 months after cessation of engagement.
5. All data is securely stored in a series of password protected documents and will not be shared with any third parties.

Communication and Marketing:

1. Communication will be conducted using a combination of, e-mail and WhatsApp. Training sessions will be online using Zoom.
2. Any Training session will not be recorded unless specifically organised at the time for the purposes of reviewing technique primarily.
3. Should the desire to record a training session for Marketing purposes in any way arise, explicit, specific permission would be requested.
4. Any newsletter or blog that you sign up to via the website www.katebrooksfitness.com can be unsubscribed from at any time and the details of which, will be clear on these communications.

Thanks for reading. Please confirm agreement by ticking the box on the booking form or by return of e-mail if you've received this by e-mail.

If you have any questions feel free to ask the data protection officer
info@katebrooksfitness.com.