

Privacy Policy

This privacy policy sets out how Balance health and fitness uses and protects any information that you give to us when you use this website.

We are committed to ensuring that your privacy is protected. Should we ask you to provide certain information by which you can be identified when using this website, then you can be assured that it will only be used in accordance with this privacy statement.

We may change this policy from time to time by updating this page. You should check this page from time to time to ensure that you are happy with any changes. This policy is effective from 14/09/13 and updated on 24/05/18 due to the GDPR.

What we collect

We may collect the following information:

- name
- contact information including email address
- demographic information such as postcode, school and training preferences
- information about your body weight, measurements, and other relevant statistics
- details of your weekly diet and exercise
- emergency contact details
- physical questionnaire covering your ability to exercise safely

What we do with the information we gather

We require this information to understand your needs and provide you with a better service, and in particular for the following reasons:

- Internal record keeping.
- Providing you with your intended service.
- Contacting someone in an emergency.
- To contact you in case of cancellation.
- To keep you updated with information on competitions, training opportunities and other events that relate to the services you use.

Security

We are committed to ensuring that your information is secure. In order to prevent unauthorised access or disclosure, we have put in place suitable physical, electronic and managerial procedures to safeguard and secure the information we collect online.

Links to other websites

Our website may contain links to other websites of interest. However, once you have used these links to leave our site, you should note that we do not have any control over that other website. Therefore, we cannot be responsible for the protection and privacy of any information which you provide whilst visiting such sites and such sites are not governed by this privacy statement. You should exercise caution and look at the privacy statement applicable to the website in question.

Controlling your personal information

We will not sell, distribute or lease your personal information to third parties unless we are required by law to do so.

Your personal information will be disposed of in an appropriate manner 6 months after you stop using our services.

You may request details of personal information which we hold about you under the Data Protection Act 1998 and GDPR. If you would like a copy of the information held on you please write to Balance health and fitness, Upper Farm Cottage, Claypits, Eastington, Gloucestershire, GL10 3AJ or email info@balance-hf.co.uk.

If you believe that any information we are holding on you is incorrect or incomplete, please write to or email us as soon as possible, at the above address. We will promptly correct any information found to be incorrect.

If you no longer wish to receive any information from us regarding your services then you can inform us via the above email or address.