

Privacy Policy

This privacy policy sets out how Dale McLean Personal Training uses and protects any information that you give Dale McLean Personal Training when you are a Personal Training Client.

Dale McLean Personal Training is committed to ensuring that your privacy is protected. Should we ask you to provide sensitive information for personal training purposes, then you can be assured that it will only be used in accordance with this privacy statement.

Dale McLean Personal Training may change this policy from time to time by updating this page. If Dale McLean Personal Training requires to change anything within this policy, you will be notified immediately.

This policy is effective from **25th May 2018**.

What we collect

We may collect the following information:

- Name and job title
- Contact information including email address and phone number
- Demographic information such as address, postcode, preferences, and interests
- Other information relevant to customer surveys and/or offers
- Biometric information
- Information for a 'Physical Readiness Questionnaire' (PARQ)
- Personal information such as food diary
- Personal Training programme information

What we do with the information we gather

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

- Internal record keeping
- We may use the information to improve our products and services
- We may periodically send promotional emails about new products, special offers or other information which we think you may find interesting using the email address which you have provided.
- To produce effective personalised programmes to allow you to meet your personal health and fitness goals
- We use the information to provide a safe working training environment during and out with personal training sessions.

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Security

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

Links to other websites

Our website and emails 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

You may choose to restrict the collection or use of your personal information in the following ways:

- Whenever you are asked to fill in a form on the online service, look for the box that you can click to indicate that you do not want the information to be used by anybody for direct marketing purposes.
- If you have previously agreed to us using your personal information for direct marketing purposes, you may change your mind at any time by writing to Dale McLean Personal Training, 17 Orbiston Drive, Bellshill, North Lanarkshire, ML4 2LT or emailing us at contactus@dalemcleanfitness.com

We will not sell, distribute, or lease your personal information to third parties. We may use your personal information to send you promotional information about third parties which we think you may find interesting if you tell us that you wish this to happen.

You may request details of personal information which we hold about you under the **Data Protection Act 2018**. If you would like a copy of the information held on you please write to Dale McLean Personal Training, 17 Orbiston Drive, Bellshill, North Lanarkshire, ML4 2LT or email us at contactus@dalemcleanfitness.com

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.