



DATA POLICY

TYPE OF DATA COLLECTION

Full name & home address
Email address & contact details
Emergency contact details & doctor's details
Medical history & family medical history
Food habits, allergies & intolerances
Body weight & measurements

DATA PROCESSING & STORAGE

Data from the health questionnaire is either completed and sent to PT by client or completed in full during initial consultation. All digital data is stored on a secure cloud and never on a local hard drive or portable drive for security and privacy purposes. Any physical data collection will be stored in a secure filing cabinet. In the event that a client and PT's commitment is terminated, all digital and physical data will be stored safely for up to 12 months before being permanently deleted or shredded respectively.

DATA USAGE

All data collected is used for the following purposes:
Contact information
Emergencies
Understanding crucial medical information
Identifying potential risks
Avoiding triggering certain allergies
Using measurements to assess health risks
Using measurements to create accurate and safe goals

MARKETING

Contact details such as email addresses will be used to communicate with clients and promote classes and sessions, discounts and offers and competitions. Clients are welcome to opt out of promotional emails anytime upon request.

DATA PROTECTION RIGHTS

Clients are entitled to the following:
The right to access - You have the right to request the PT for copies of your personal data.

The right to rectification - You have the right to request that the PT correct any information you believe is inaccurate. You also have the right to request the PT to complete information you believe is incomplete.

The right to erasure - You have the right to request that the PT erase your personal data, under certain conditions.

The right to restrict processing - You have the right to request that the PT restrict the processing of your personal data, under certain conditions.

The right to object to processing - You have the right to object to the PT processing your personal data, under certain conditions.

The right to data portability - You have the right to request that the PT transfer the data that we have collected to another organisation, or directly to you, under certain conditions.

If you make a request, we have one month to respond to you. If you would like to exercise any of these rights, please contact the PT via email: averagejoepersonaltrainer@gmail.com or call: 07849 628714

COOKIES

Cookies are text files placed on your computer to collect standard Internet log information and visitor behaviour information. When you visit websites, they may collect information from you automatically through cookies or similar technology. For further information, visit allaboutcookies.org.

PRIVACY POLICIES OF OTHER WEBSITES

The Average Joe PT website may contain links to other websites. The privacy policy applies only to our website, so if you click on a link to another website, you should read their privacy policy.

CHANGES TO OUR PRIVACY POLICY

Average Joe keeps its privacy policy under regular review and places any updates on this web page. This privacy policy was last updated on 26th January 2021.

HOW TO CONTACT US

If you have any questions about Average Joe's privacy policy, the data we hold on you, or you would like to exercise one of your data protection rights, please do not hesitate to contact us.

Email: averagejoepersonaltrainer@gmail.com

Call: 07849628714

HOW TO CONTACT THE APPROPRIATE AUTHORITY

Should you wish to report a complaint or if you feel that the PT has not addressed your concern in a satisfactory manner, you may contact the Information Commissioner's Office on 0303 123 1113.