



GDPR Privacy Policy

General Data Protection Regulations 2018

In accordance with the GPDR Statement

GDPR stands for General Data Protection Regulation and replaces the previous Data Protection. It was approved by the EU Parliament in 2016 and comes into effect on 25th May 2018. GDPR states that personal data should be 'processed fairly & lawfully' and 'collected for specified, explicit and legitimate purposes' and that individuals' data is not processed without their knowledge and is only processed with their 'explicit' consent. GDPR covers personal data relating to individuals. Fitness Pilates Northwich is committed to protecting the rights and freedoms of individuals with respect to the processing of children's, parents, visitors and staff personal data. The Data Protection Act gives individuals the right to know what information is held about them. It provides a framework to ensure that personal information is handled properly.

What we do at Fitness Pilates Northwich

We do not disclose or sell personal data to third parties.

We do not disclose personal data to other class participants.

Fitness Pilates Northwich uses contact numbers and emails for updates, individual communication, invoices and general information.

Emergency contact numbers are used by Fitness Pilates Northwich for the sole use of emergency contact only.

Paper PAR-Q forms are stored in a secured, locked filing cabinet in the owner's home.

Hard copy information is destroyed through shredding.

Documents including data such as names, date of birth and emergency contact numbers are shredded after the relevant retention period.

Fitness Pilates Northwich collects a large amount of personal data every year including; names and addresses. These records are shredded if the participant does not attend or a request for the information to be disposed of.

Fitness Pilates Northwich stores personal data held visually in photographs or video clips or as sound recordings. No full names are stored with images in photo albums, displays, on the website or on our social media sites, unless agreed with the participant.

Access to Fitness Pilates personal Data, Social Media Accounts, Newsletters and booking systems are password protected and are not available to participants or members of the Public. The owner has sole access to all this data. Any portable data storage used to store personal data, e.g. USB memory sticks, are password protected and/or stored in a locked filing cabinet.

GDPR includes 7 rights for individuals

1) The right to be informed

Fitness Pilates Northwich is qualified and insured to teach Fitness Pilates classes and as so, is required to collect and manage certain data. Fitness Pilates Northwich collects participants' names, addresses, emergency telephone numbers and email addresses. We also collect participant's full name, addresses, date of birth along with any medical requirements via a PAR-Q form which are stored securely. Paper PAR-Q forms are stored in a secured filing cabinet in the instructor's home office.

2) The right of access

At any point an individual can make a request relating to their data and we will need to provide a response (within 1 month). Fitness Pilates Northwich can refuse a request, if we have a lawful obligation to retain data but we will inform the individual of the reasons for the rejection.

3) The right to erasure

You have the right to request the deletion of your data where there is no compelling reason for its continued use. However Fitness Pilates Northwich has a legal duty to keep participant's details for a reasonable time*.

4) The right to restrict processing

Participants can object to Fitness Pilates Northwich processing their data. This means that records can be stored but must not be used in any way, for example newsletters, emails, updates and text service. In this situation, Fitness Pilates Northwich has no obligation to refund any classes missed or cancelled due to 'lack of communication'. It will be the participants responsibility to ensure they are informed about the class scheduling and updates.

5) The right to data portability

Fitness Pilates Northwich requires data, for example PAR-Q forms to be transferred from participant, to instructor, to computer. We use secure file transfer systems and dispose by shredding any hard copies.

6) The right to object

Participants can object to their data being used for certain activities like marketing or research. Fitness Pilates Northwich does not use personal data for such purposes.

7) The right not to be subject to automated decision-making including profiling.

Automated decisions and profiling are used for marketing based organisations. Fitness Pilates Northwich does not use personal data for such purposes.

This Policy was issued by Vicki Weller, Instructor/owner of Fitness Pilates Northwich, June 2025.

Policy review date: June 2026.