



Dec McLaughlin Nutrition Privacy Policy 2020

1. INTRODUCTION

This privacy notice provides you with details of how I collect and process your personal data when you agree to registering for my nutrition services. Declan McLaughlin is the data controller and is responsible for your personal data.

Contact details are: Declan McLaughlin, Dec McLaughlin Nutrition
Residing address: Available on request via decclaughlinnutrition@gmail.com
Number: 07849 242090
Email: decclaughlinnutrition@gmail.com

If you are not happy with any aspect of how I collect and use your data, you have the right to complain to the Information Commissioner's Office (ICO), the UK supervisory authority for data protection issues (www.ico.org.uk). I would be grateful if you would contact me first if you do have a complaint so that I can try to resolve it for you.

2. WHAT DATA DO I COLLECT FROM YOU?

Personal data refers to any information capable of identifying an individual. It does not include anonymised data. By providing me with information, you expressly consent to my use of your personal information in accordance with this privacy policy.

I may process certain types of data about you as follows:

- Identity data – may include first name, maiden name, last name, title, date of birth and gender
- Contact data – may include your billing address, email address and telephone numbers
- Health and fitness data – may include calorie intake, activity levels, sleep and other miscellaneous wellbeing information
- Financial data – may include your bank account and payment card details
- Transaction data – may include details about payments between us and other details of purchases made by you.

3. HOW I COLLECT YOUR PERSONAL DATA

Direct interactions: You may provide data by filling in forms either during my coaching, keeping a note of food and drink consumed, or by communicating with me by phone, video call and email. I do not receive or share any of your data with any third parties.

4. HOW I USE YOUR PERSONAL DATA

I will only use your personal data when legally permitted. The data you provide will help me tailor individual health and fitness recommendations during our coaching. Your data will only be used for the purpose of your nutrition coaching.

5. DISCLOSURES OF YOUR PERSONAL DATA

As a general rule I do not disclose any information collected, other than HM Revenue & Customs, regulators and other authorities based in the United Kingdom and other relevant jurisdictions who require reporting of process activities in certain circumstances.

6. DATA SECURITY

I have put in place appropriate measures to prevent your personal data from being accidentally lost, used or accessed in an unauthorised way, altered or disclosed.

7. DATA RETENTION

I will only retain your personal data for as long as necessary to fulfil the purpose it was collected for, including for the purposes of satisfying any legal, accounting, or reporting requirements. By law, I have to keep basic information about my customers (including contact, identity, financial and transactional data) for seven years after they cease being customers for tax purposes.

8. YOUR LEGAL RIGHTS

Under certain circumstances, you have rights under data protection laws in relation to your personal data. These include the right to:

- Request access to your personal data • Request correction of your personal data
- Request erasure of your personal data • Object to processing of your personal data
- Request restriction of processing your personal data • Request transfer of your personal data
- Right to withdraw consent You can see more about these rights at: <https://ico.org.uk/for-organisations/guide-to-the-general-data-protection-regulation-gdpr/individualrights/>

If you wish to exercise any of the rights set out above, please contact me. You will not have to pay a fee to access your personal data (or to exercise any of the other rights). However, I may charge a reasonable fee if your request is clearly unfounded, repetitive or excessive.

Alternatively, I may refuse to comply with your request in these circumstances. I will try to respond to all legitimate requests within one month. Occasionally, it may take longer, in which case I will notify you and keep you updated.

9. THIRD PARTY LINKS

This website may include links to third party websites. Clicking on those links may allow third parties to collect or share data about you. I do not control these third party website and am not responsible for their privacy statements. When you leave my website, I encourage you to read the privacy notice of every website you visit.

10. COOKIES

By using the website, you consent to the use of cookies. Cookies are small pieces of text sent by your web browser by a website you visit. A cookie file is stored in your web browser and allows the website or a third party to recognise you and make your next visit easier and the website more useful to you. Cookies can be 'persistent' or 'session' cookies.

Persistent cookies remain on your personal computer or mobile device when you go offline, while session cookies are deleted as soon as you close your web browser. You can set your browser to refuse all or some browser cookies, or to alert you when websites set or access cookies.

When you use and access the website, I may place a number of cookies files in your browser.

I use cookies for the following purposes:

- To enable certain functions of the website, I use both session and persistent cookies on the service and we use different types of cookies to run the service. I may use essential cookies to authenticate users and prevent fraudulent use of user accounts.

11. Changes to my privacy policy

Any changes made to this privacy policy in the future will be posted on this page and, where appropriate, notified to you by email.

Declan McLaughlin
decmlaughlinnutrition@gmail.com
07849 242090