

COOKIE POLICY - ALM Fitness Ltd

This Policy will tell you about cookies, what they are, and why we use them, including how to delete them.

What's a cookie?

A "cookie" is a piece of information that is stored on your computer's hard drive and which records how you move your way around a website so that, when you revisit that website, it can present tailored options based on the information stored about your last visit. Cookies can also be used to analyse traffic and for advertising and marketing purposes. Cookies are used by nearly all websites and do not harm your system.

Cookies can also be categorised as follows:

- *Strictly necessary cookies:* These cookies are essential to enable you to use the website effectively, such as when buying a product and / or service, and therefore cannot be turned off. Without these cookies, the services available to you on our website cannot be provided. These cookies do not gather information about you that could be used for marketing or remembering where you have been on the internet.
- *Performance cookies:* These cookies enable us to monitor and improve the performance of our website. For example, they allow us to count visits, identify traffic sources and see which parts of the site are most popular.
- *Functionality cookies:* These cookies allow our website to remember choices you make and provide enhanced features. For instance, we may be able to provide you with news or updates relevant to the services you use. They may also be used to provide services you have requested such as viewing a video or commenting on a blog. The information these cookies collect is usually anonymized.

How to control or delete cookies

Should you wish to control or delete cookies, you can do this through your browser settings. Please be aware that controlling or deleting cookies may impact the functionality of this website. The 'Help' function within your browser should tell you how. However, if you use your browser settings to block all cookies (including essential cookies) you may not be able to access all or parts of our site.

Alternatively, you can visit www.aboutcookies.org which contains comprehensive information on how to control or delete cookies on a wide variety of browsers. You will also find details on how to delete cookies from your computer as well as more general information about cookies. For information on how to do this on the browser of your portable device, such as a mobile telephone, iPad, smartphone, tablet, you will need to refer to your handset help guide or manual.

How do ALM use cookies?

We use cookies to track your use of our website. This enables us to understand how you use the site and track any patterns with regards how you are using our website. This helps us to develop and improve our website as well as products and / or services in response to what you might

need or request.

Checking you are happy to accept cookies

The law tells us we can store cookies on your computer if they are essential to the operation of this website but for all others, we need to take steps to confirm with you we can use them. To do this, we display a cookie banner when you visit our website which explains why we use cookies and asks for your consent by clicking 'OK'. Should you choose to move to another page without clicking 'OK', we will also consider this as your consent for the setting of cookies on your device.

The list of cookies

Below is a list of the cookies that are set on the ALM website by type, lifespan, who set it and its purpose.

Necessary Cookies				
Name	Provider	Type	Purpose	Expiry
Csrftoken	Goteamup.com	HTTP	Helps prevent cross site request forgery attacks	1 year
JSESSIONID	Nr-data.net	HTTP	Preserves users states across page requests	Session
_ga	Power.io	HTTP	Generates statistical information on how a visitor uses the site.	2 years
_gat	Power.io	HTTP	Used by Google Analytics to handle request rate.	Session
_gid	Power.io	HTTP	Registers a unique ID that is used to generate statistical data on how the visitor used the website	Session
Marketing Cookies				
GPS	Youtube.com	HTTP	Registers a unique ID on mobile devices to enable tracking based on geographical GPS location.	Session
r/collect	DoubleClick.net	Pixel		Session
VISITOR_INFOR1_LIVE	Youtube.com	HTTP	Tries to estimate user's bandwidth on pages with integrated Youtube videos.	179 days
YSC	Youtube.com	HTTP	Registers a unique ID to keep statistics of what videos the user has seen	Session
_asc	Powr.io	HTTP	Provides a Facebook Feed to the website	Session
_auc	Powr.io	HTTP	Provides a Facebook Feed to the website	1 year
Ahoy_unique_4279999	Powr.io	HTTP	Provides a Facebook Feed to the website	239 days
Ahoy_visit	Powr.io	HTTP	Provides a Facebook Feed to the website	239 days
Ahoy_visitor	Powr.io	HTTP	Provides a Facebook Feed to	Session

			the website	
Atrk.gif	Certify.alexametrics.com	Pixel	Ranks website traffic statistics	Session
Cmp223494143	Trackcmp.net	HTTP	Active Campaign Functionality	1 year
Unique_id	Powr.io	HTTP	Provides a Facebook Feed to the website	Session
Split	Powr.io	HTTP	Provides a Facebook Feed to the website	1 year

ALM stands for ALM Fitness Ltd. Our company number is 11313975 and we are registered to Coneybury Farm, Alcester Road, Flyford Flavell, Worcester, WR7 4DF.

While we can't provide you with any technical advice in relation to your personal devices, if you have any questions about how we use your personal information, please email amy@almfitness.co.uk or call 07740 366419.