



# Privacy Policy

Review date 18/11/2025

Signed off by Christopher Herbert

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Fit For Life Youth CIC ("we," "us," or "our") is committed to protecting the privacy and personal information of individuals who interact with our non-profit organization. This Privacy Policy outlines how we collect, use, disclose, and safeguard personal information in accordance with the applicable data protection laws in the United Kingdom, including the General Data Protection Regulation (GDPR).

## 1. Information We Collect

We may collect and process the following categories of personal information:

### 1.1. Personal Information Provided by You:

- Contact information (such as name, address, email address, and phone number) when you register for our services or contact us.
  - Demographic information (such as age, gender, and interests) when you voluntarily provide it.
  - Any other personal information you choose to provide us when interacting with our organization.
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## 1.2. Automatically Collected Information:

We may automatically collect certain information when you visit our website or use our services, including:

- Log information, such as your IP address, browser type, referring/exit pages, and operating system.
- Information collected through cookies and similar tracking technologies to enhance your experience and analyze usage patterns.

## 2. Use of Information

We may use the collected personal information for the following purposes:

### 2.1. Providing and Improving Our Services:

- To communicate with you and respond to your inquiries or requests.
- To deliver the services you have requested, such as educational programs, events, or updates.
- To personalize your experience and improve our services.

### 2.2. Legal Compliance:

- To comply with applicable laws, regulations, and legal obligations.
  - To protect against fraudulent, unauthorized, or illegal activities.
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### 2.3. Marketing and Communication:

- To send you promotional materials, newsletters, or other information about our organization that we believe may be of interest to you, with your consent where required by law.

### 3. Sharing of Information

We may share personal information with third parties in the following circumstances:

#### 3.1. Service Providers:

We may engage trusted third-party service providers to perform various business functions on our behalf, such as website hosting, data analysis, and marketing. These service providers have access to personal information necessary to perform their functions but are prohibited from using it for any other purpose.

#### 3.2. Legal Requirements:

We may disclose personal information if required by law, regulation, legal process, or governmental request.

#### 3.3. Consent:

We may share personal information with your consent or at your direction.

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#### 4. Data Security

We take reasonable measures to protect personal information from unauthorized access, disclosure, alteration, or destruction. However, no method of transmission over the Internet or electronic storage is 100% secure, and we cannot guarantee absolute security.

#### 5. Data Retention

We will retain personal information for as long as necessary to fulfill the purposes outlined in this Privacy Policy or as required by law. When the information is no longer needed, we will securely dispose of it.

#### 6. Your Rights

You have certain rights regarding your personal information, subject to applicable law, including the right to:

- Access, correct, or delete your personal information.
- Object to or restrict the processing of your personal information.
- Withdraw your consent for certain processing activities.
- Receive a copy of your personal information in a structured, commonly used, and machine-readable format.

To exercise these rights or make any inquiries or requests regarding your personal information, please contact us using the information provided in Section

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## 7. Third-Party Websites

Our website may contain links to third-party websites or services. This Privacy Policy does not apply to those third-party websites or services, and we are not responsible for their privacy practices. We encourage you to review the privacy policies of those