

Sass Yoga and Wellbeing Privacy Notice

Contact details

Website: www.sassyoga.co.uk

Email: kate@sassyoga.co.uk

Telephone: 07736306361

Post: Sass Yoga and Wellbeing, 12 Huddersfield Road, Delph, Saddleworth OL3 5EG

Contact Kate for any data protection matters.

What type of information we have

We currently collect and process the following information: name, email address, telephone number, date of birth, hometown, relevant medical conditions and corresponding medication as well as the name and contact number of a designated relative or friend.

As well as the above, you will be asked a series of health and safety questions with a yes or no answer and you can elaborate if you wish.

How we get the information and why we we have it

We collect minimal personal information about you when you choose to register online via the Smoothbook.co booking system to attend a class. Under the General Data Protection Regulation (GDPR), the lawful bases we rely on for processing this information are: your consent. You are able to remove your consent at any time by contacting us via any of the methods listed at the top of this page.

What we do with the information

The personal information is collected via a simple physical activity readiness questionnaire (PAR-Q). The PAR-Q is designed to keep us fully informed and to make sure the recommended exercise is suitable for you. The PAR-Q seeks to identify people who need a doctor's advice before embarking on their chosen activity.

As well as this, email addresses are collected to ensure you remain up to date with class and business information relevant to you - for example if a class is cancelled. A monthly newsletter is also sent via email and you can choose to opt out of this if you wish by emailing kate@sassyoga.co.uk or ticking the unsubscribe link in the email.

The personal information collected is solely used for the reasons listed above and will not be shared with any individual or third party outside of Sass Yoga and Wellbeing.

How we store your information

The information is stored on an online portal managed by smoothbook.co. They have a separate privacy policy which you can read and agree to when you register online.

Personal information is held securely during your time as a customer of Sass Yoga and Wellbeing. If you cease use of the online booking system, or register and never attend a class, your information will be held securely for a maximum of three years before being permanently destroyed.

Should you choose to return after this three year period, you will be required to register online again.

Your data protection rights

Under data protection law, you have rights including:

Your right of access - You have the right to ask us for copies of your personal information.

Your right to rectification - You have the right to ask us to rectify information you think is inaccurate. You also have the right to ask us to complete information you think is incomplete.

Your right to erasure - You have the right to ask us to erase your personal information in certain circumstances.

Your right to restriction of processing - You have the right to ask us to restrict the processing of your information in certain circumstances.

Your right to object to processing - You have the the right to object to the processing of your personal data in certain circumstances.

Your right to data portability - You have the right to ask that we transfer the information you gave us to another organisation, or to you, in certain circumstances.

You are not required to pay any charge for exercising your rights. If you make a request, we have one month to respond to you.

Please contact us using the details at the top of this page if you wish to make a request.

How to complain

Should you wish to make a complaint, in the first instance, please contact Kate Sassanelli using any of the details from the top of this page.

You can also complain to the ICO if you are unhappy with how we have used your data.

Information Commissioner's Office, Wycliffe House, Water Lane, Wilmslow, Cheshire SK9 5AF. Helpline number: 0303 123 1113