# Cookies Policy

**Approval date: March 2026** **Approved by Trustees: March 2026**

**Review date: March 2027**

## 1. Who we are

**This website is operated by North Somerset Sports Foundation, a registered charity.**

**This policy applies to all websites and services operated by the Foundation, including The Gym Lab.**

**North Somerset Sports Foundation is the data controller for the purposes of applicable data protection legislation.**

## 2. What are cookies?

Cookies are small text files placed on your device when you visit a website.

They are widely used to:

- Enable websites to function properly
- Improve user experience
- Provide information to website owners about how the site is used
-

Cookies may be:

- Session cookies (deleted when you close your browser)
- Persistent cookies (remain on your device for a set period)

## 3. Legal Basis for Using Cookies

**We use cookies in accordance with:**

- UK General Data Protection Regulation (UK GDPR)
- Privacy and Electronic Communications Regulations (PECR)
- We will only place non-essential cookies on your device where you have given clear, informed consent via our cookie banner.

**You can withdraw or change your consent at any time.**

## 4. How We Use Cookies

**We use cookies to:**

- Ensure the website functions correctly
- Maintain security
- Understand how visitors use the website
- Improve performance and user experience

**We do not use cookies to collect personally identifiable information unless you choose to provide it.**

## 5. Types of Cookies We Use

### 5.1 Essential Cookies

**These cookies are strictly necessary for the website to function.**
**They enable core features such as:**

- Page navigation
- Security
- Access to secure areas
- These cookies do not require consent.

### 5.2 Analytics Cookies

**These cookies help us understand how visitors use our website.**
**They collect information such as:**

- Number of visitors
- Pages visited
- Time spent on the website
- User journeys

**This data is:**

- Aggregated
- Anonymised where possible
- These cookies are only used with your consent.

### 5.3 Third-Party Cookies

**Some services on our website are provided by third parties, which may set cookies.**
**These may include:**

- Google Analytics
- Google Maps
- Embedded content
- Social media platforms (e.g. Instagram)

**We do not control these cookies. Users should review third-party privacy policies.**

## 6. Google Analytics

**We use Google Analytics to understand website usage.**
**Google Analytics may collect:**

- IP address (anonymised where possible)
- Device and browser information
- Behaviour on the website
- Data may be transferred outside the UK. Where this occurs, appropriate safeguards are used.

More information:
https://policies.google.com/technologies/partner-sites

Google Analytics cookies will only be used with your consent.

## 7. Managing Cookies

**When you visit our website, you will be presented with a cookie banner allowing you to:**

- Accept all cookies
- Reject non-essential cookies
- Manage your preferences

**You can:**

- Change your preferences at any time via the website
- Control cookies via your browser settings

**More information:**
https://www.allaboutcookies.org

## 8. Your Rights

**Under data protection law, you have the right to:**

- Withdraw consent at any time
- Access your personal data
- Request correction or deletion
- For more information, please refer to our Privacy Notice.

## 9. Changes to This Policy

**We may update this policy to reflect:**

- Changes in legislation
- Changes in technology
- Changes to our services
- Updates will be published on this page.

## 10. Contact

If you have any questions about this policy, please contact:
North Somerset Sports Foundation
Davis Lane
Clevedon
North Somerset
BS21 6TG

**Email: development@nssportsfoundation.co.uk**