Springfit Academy Cookies Policy

What are Cookies?

A cookie is a text file containing small amounts of information which is placed by a website within a computer or device through your web browser; the cookie is subsequently sent back to the same website by the browser.

Cookies are helpful, not harmful, and are designed to assist your computer or device to remember something the user has done within that website e.g. remembering that the user has logged in, or which buttons have been clicked.

There are specific cookies related to knowing a user is logged in or not. These are known as authentication cookies. Authentication cookies are important for the website to know what information to show you, or if it needs to ask you to log in.

Why does Springfit Academy use Cookies?

At Springfit Academy we use cookies and similar technologies to facilitate repeat subscriptions or merchandise orders, to recognise customers and understand browsing behaviour. This enables us to understand what elements of our site work well, and which ones don't. We use this information to improve our website experience and be as informative as possible for you.

Do I have to accept Cookies?

To make full use of the Springfit Academy contact, interest and login services, cookies need to be enabled on your browser; certain features will not work if you reject cookies. Cookies are used to offer a personalised experience when browsing the website on your computer, tablet or other mobile device.

If you choose not to allow cookies you will still be able to browse the site but your experience will not be as good as if you have cookies enabled.

Do Cookies contain my personal information?

No, cookies do not contain confidential information such as your home address, telephone number or credit card details.

Springfit Academy Share Tools

We offer our members the ability to share news on social networking sites such as Facebook and Twitter. If you take the opportunity to share content in this way, the social network may send cookies to your browser. We do not control the setting of, and accept no liability in connection with these cookies. Please look at the social network's websites for more information about what they do with cookies and how you can manage them.

Springfit Academy Cookies List

To help you understand how we use cookies we are providing a list of the cookies in use on Springfit.org.

About this List

This list is current as of 1st August 2012. We will update this list as we become aware of any additional cookie information following any changes to the website. Whilst we intend to keep this page current, there may occasionally be some cookies missing from the list.

Google Analytics

Cookies	_utma, _utmb, _utmc,
Domain	springfitacademy.co.uk
Purpose and functionality relying on the cookie	We use Google Analytics to help us understand how our customers navigate to and through our website. These cookies enable the function of Google analytics. This service helps us understand how long customers spend visiting different pages and how often they return to our website. Google Analytics also helps us work out the effectiveness of our digital marketing campaigns. You can find out how to opt out of these cookies here:https://tools.google.com/dlpage/gaoptout

Cookies	w3tc_referrer
Domain	springfitacademy.co.uk
Page	Used to remember web pages you have visited to make them quicker to re-load. Only valid for the duration of your browsing session.

Third Party Cookies

Springfit Academy may use carefully selected third parties to provide certain services to improve the service we offer to you. Some of these third parties use cookies. Third party cookies are those that are set by a domain different to the one that the user is visiting. Information about how we use third parties and what cookies they use and why, is given below.

Springfit Academy also provides links to external third party websites and you may choose to click through to these sites. If you do so, these third party sites may send cookies to your browser. We do not control the setting of, and accept no liability in connection with, these cookies.

Managing Your Cookies

You have different options to manage the cookies on your computer or device. You can change your browser settings to prevent cookies from being accepted, or, depending on which browser you are using, you might be able to receive an alert when a website is trying to place one on your browser. With most browsers you can allow first party cookies to be set but refuse third party cookies.

If you change your cookie preferences, you will still be able to browse around the site but certain functions will not be available, for example you will not be able to place a repeat order, set up a new account or access an existing account. Also, by not allowing cookies, some of our standard functionality will not work.

You can delete cookies stored in your browser by using a function in your browser. Whilst this does not mean you won't collect cookies in the future, it gives you freedom to delete your cookies after you have been online. This function is often known as 'clearing cookies'.

Clearing your cookies on one browser of one device does not automatically clear them on another.

By using the Springfit Academy website, you are agreeing to our Privacy and Cookie policies and consent to the use of cookies and similar technologies by us and any carefully selected third party partners as described in these policies. If you do not agree to such use, please exit the website or adjust your browser settings as set out below.

If you wish to find out more about cookies, we find this website quite helpful
www.aboutcookies.org