

KJ Pilates And Yoga

General Data Protection Regulation Consent

This document explains what personal data I hold on you and how it is used. Your data is NOT shared with any other 3rd party and is used solely in relation to my business.

When you join one of my classes I require you to complete a Physical Activity Readiness Questionnaire (PAR-Q).

The medical information you provide on the PAR-Q enables me to offer safe and manageable options and adaptations for exercises carried out during the class in regard to any relevant injuries or conditions that you declare to me. If you choose not to declare something that is relevant then I can not take this into account during the exercises in the class and I will not be responsible for any injuries or issues sustained as a consequence.

The emergency contact details you provide will only be used in case of a personal emergency during the class. It enables me to contact somebody you know to alert them to the emergency.

Your contact details are used for me to contact you in relation to the class, to alert you if the class is cancelled or to remind you the class is starting back up again after a break.

The PAR-Q document and the information you provided therein is kept confidential and is not shared with anyone else.

The PAR-Q is valid for 12 months or until you declare a change in your medical condition. The PAR-Q will be kept for 6 months after expiry and will then be destroyed.

By completing the PAR-Q and signing the T&C, you are consenting to my holding and using this information for the required purpose and for the relevant period of time.