



Strength & Conditioning Education

Policy

Cookies Policy

What are cookies?

A cookie is a small text file which asks permission to be placed on your computer's hard drive when you visit some websites.

A cookie has a name and stores a value. For example, one of the cookies we use is called "referrerType" and stores the page you were on when you clicked a link to visit our website - it helps us see where our visitors come from.

Cookies allow web applications to respond to you as an individual. The web application can tailor its operations to your needs, likes and dislikes by gathering and remembering information about your preferences.

Cookies cannot harm your computer: they are one of the simplest (and oldest) web technologies, used by millions of websites.

Cookies used on this website do not store any personally identifiable information (such as your name).

Cookie expiration

Cookies will be automatically removed from your computer when they reach their 'expiration date'. When a cookie is set, it is given an expiration date - this is the date that your browser will automatically remove it from your computer.

When you revisit a website, the expiration date can be updated to maintain the cookie.

Cookies can also be set to be deleted when you end your 'session' a website by leaving the website. With some browsers, these cookies will be removed when you restart your browser (close and open it again) or the next time you restart your computer.

You can manually delete any existing cookies stored on your computer - please refer to the help documentation for your browser of choice for more information on deleting, enabling and disabling cookies.

How we use cookies

Cookies allow web applications to respond to you as an individual. The web application can tailor its operations to your needs, likes and dislikes by gathering and remembering information about your preferences.

At Strength and Conditioning Education we use cookies to remember when you've visited our site before and to gather analytical information on how you use our website - such as which pages you visit. We use this information to help us learn about our users and improve both our website and services.

You can choose to accept or decline cookies. Most web browsers automatically accept cookies, but you can usually modify your browser setting to decline cookies if you prefer.

This may prevent you from taking full advantage of the website.

You can also remove any cookies from your browser that have been set by the websites you visit - please refer to the help documentation for your browser of choice.

Third party cookies

In addition to our own cookies, we work with carefully-selected third party services that may also set cookies when you visit our website - for example Google Analytics.

All third party cookies adhere to the same standard as our own - importantly, no personally identifiable information is stored in cookies set by third parties.

Cookies use by this website

For a comprehensive list of the cookies we use on our website please contact

info@strenthandconditioningeducation.com for more details.