

# Guard-Up Boxing CIC – Privacy Policy

*Last updated: 22/09/2025*

Guard-Up Boxing CIC (“we”, “our”, “us”) is committed to protecting your privacy and handling your personal information with transparency, care, and respect. This Privacy Policy explains what information we collect, how we use it, and your rights under the UK General Data Protection Regulation (UK GDPR) and the Data Protection Act 2018.

By contacting us, taking part in our activities, or using our website [www.guardupboxing.co.uk](http://www.guardupboxing.co.uk), you agree to the terms of this Privacy Policy.

---

## 1. Information We Collect

We may collect personal information about you when you:

- Register for or take part in our sessions and activities
- Contact us by phone, email, or via our website
- Subscribe to our newsletters or promotional materials
- Enter surveys, competitions, or prize draws
- Provide feedback about our services

### The information we collect may include:

- **Personal details:** name, date of birth, address, contact details, preferred communication methods
- **Health information:** relevant medical details needed to assess your readiness for physical exercise (with your explicit consent)
- **Sensitive information** (only if you choose to provide it): e.g., racial/ethnic background, religion, or other data required to support your participation
- **Feedback and survey responses**

---

## 2. How We Use Your Information

We use your personal information to:

- Deliver the activities and services you request (e.g., class bookings, events)
- Keep accurate membership and participation records
- Ensure your health and safety during activities
- Improve our services and the way we operate
- Contact you with updates, newsletters, promotions, or opportunities (if you’ve given consent)
- Prevent crime and aid in the prosecution of offenders where necessary
- Notify you of any changes to our services or terms

We will never sell your personal data to third parties.

---

### 3. Marketing

With your consent, we may contact you about services, events, or opportunities we think may be of interest. You can opt out of marketing communications at any time by emailing **guardupboxing23@gmail.com**.

---

### 4. Sharing Your Information

We only share your personal data with:

- Trusted third-party providers who help us deliver services (e.g., booking systems, payment processors)
- Authorities where required by law or to protect safety
- With your consent, in other specific situations

---

### 5. Website Visitors & Cookies

When you visit our website, we may collect:

- Basic contact details if you fill in forms
- Technical information via cookies (small text files stored on your device) to help us improve your experience

You can learn more about cookies and how to manage them here: <https://ico.org.uk/for-the-public/online/cookies/>.

Turning off cookies may affect how our site works for you.

---

### 6. Data Security

We use strict technical and organisational measures to protect your personal information against loss, misuse, or unauthorised access.

---

### 7. Your Rights

Under UK GDPR, you have the right to:

- Access the personal data we hold about you
- Request corrections to inaccurate information
- Request deletion of your data (where applicable)
- Restrict or object to the way your data is processed
- Withdraw your consent at any time (where consent is the basis for processing)

- Lodge a complaint with the Information Commissioner's Office (ICO) if you are unhappy with how your data has been handled

For more information, visit [www.ico.org.uk](http://www.ico.org.uk).

---

## 8. Changes to this Policy

We may update this Privacy Policy from time to time to reflect changes in our practices or legal requirements. Please check our website regularly for updates.

---

## 9. Contact Us

If you have any questions, concerns, or requests about this Privacy Policy, please contact us at:

✉ [guardupboxing23@gmail.com](mailto:guardupboxing23@gmail.com)  
🌐 [www.guardupboxing.co.uk](http://www.guardupboxing.co.uk)

