



Fitness First Jersey Cookie Notice

To make our website work properly, we sometimes place small data files called cookies on your computer or device. Most websites do this too. Our website is:

<http://www.fitnessfirstjersey.com/>

What are cookies?

A cookie is a small text file that our website saves on your computer or mobile device when you visit one of our sites. It enables our website to remember your actions and preferences (such as login, language, font size and other display preferences) over a period of time, so you don't have to keep re-entering them whenever you come back to the site or browse from one page to another.

How do we use cookies?

We use cookies and other technologies to ensure everyone who uses our website has the best possible experience. Cookies also help us keep your account safe. By agreeing to this cookie policy, you are agreeing to the use of cookies and similar technologies for the purposes we describe in this policy.

What types of cookie are there and which ones do we use?

There are two types of cookie:

- **Persistent cookies** remain on a user's device for a set period of time specified in the cookie. They are activated each time that the user visits the website that created that particular cookie.
- **Session cookies** are temporary. They allow website operators to link the actions of a user during a browser session. A browser session starts when a user opens the browser window and finishes when they close the browser window. Once you close the browser, all session cookies are deleted.

Cookies also have, broadly speaking, four different functions and can be categorised as follow: 'strictly necessary' cookies, 'performance' cookies, 'functionality' cookies and 'targeting' or 'advertising' cookies.

Strictly necessary cookies are essential to navigate around a website and use its features. Without them, you wouldn't be able to use basic services like viewing other pages etc. These cookies do not gather information about you that could be used for marketing or remembering where you've been on the internet.

Examples of how we use 'strictly necessary' cookies include:

- Setting unique identifiers for each unique visitor, so site numbers can be analysed.
- Navigation of the website pages

Performance cookies collect data for statistical purposes on how visitors use a website; they don't contain personal information such as names and email addresses and are used to improve your user experience of a website.

Here are some examples of how we use performance cookies:

- Gathering data about visits to the website, including numbers of visitors and visits, length of time spent on the site, pages clicked on or where visitors have come from.
- For comparison with other websites using data collected by industry-accepted measurement and research companies.

Information supplied by performance cookies helps us to understand how you use the website; for example, whether or not you have visited before, what you looked at or clicked on and how you found us. We can then use this data to help improve our services. We generally use independent analytics companies to perform these services for us and when this is the case, these cookies may be set by a third-party company (third party cookies).

Preference cookies allow users to customise how a website looks for them: they can remember usernames, language preferences and regions, and can be used to provide more personal services like local weather reports and traffic news.

Here is an example of how we use functionality cookies:

- Remembering if you've been to the site before so that messages intended for first-time users are not displayed to you.

Advertising and targeting cookies are used to deliver advertisements more relevant to you but can also limit the number of times you see an advertisement and be used to chart the effectiveness of an ad campaign by tracking users' clicks. They can also provide security in transactions. They are usually placed by third-party advertising networks with a website operator's permission but can be placed by the operator themselves. They can remember that you have visited a website, and this information can be shared with other organisations, including other advertisers. They cannot determine who you are though, as the data collected is never linked to your profile.

How to control cookies

You can **control and/or delete** cookies as you wish – for details, see aboutcookies.org. You can delete all cookies that are already on your computer and you can set most browsers to prevent them from being placed. If you do this, however, you may have to manually adjust some preferences every time you visit a site and some services and functionalities may not work.

| Category | Name of Cookie | Purpose | Expiration |
|-------------|----------------|--|------------|
| Performance | _ga | This helps us count how many people visit the website by tracking if you've visited it before | 2 years |
| | _gat | This is used to manage the rate that page view request are made | 10 minutes |
| | _gid | Registers a unique ID that is used to generate statistical data | 2 years |
| | __smToken | Determines if the visitor is logged in or not | 1 year |
| | Collect | Used to send data to Google Analytics about the visitor's device and behaviour. Tracks visitor across devices and marketing channels | Session |
| Preference | NID | The NID cookie contains a unique ID Google uses to remember your preferences and other information, such as your preferred language (e.g. English), how many search results you wish to have shown per page (e.g. 10 or 20), and whether or not you wish to have Google's Safe-Search filter turned on. | 6 months |
| | ANID | Set by Google. This cookie sets a unique ID to remember your preferences and other information such as website statistics and track conversion rates. This cookie set by a third party (DoubleClick) are used for serving targeted advertisements that are relevant to you across the web. Targeted advertisements may be displayed to you based on your previous visits to this website. For example, advertisements about a topic you have expressed an interest in while browsing our site may be displayed t you across the web. In addition, this cookie measures the conversion rate of ads presented to the user. | 1 week |
| | 1P_JAR | Set by Google. This cookie sets a unique ID to remember your preferences and other information such as website statistics and track conversion rates. | 1 week |
| | DV | Collect information about how visitors use our site. | Session |

| | | | |
|------------------|------------------|--|------------|
| Necessary | _cfduid | is used to identify individual clients behind a shared IP address and apply security settings on a per-client basis. | 1 year |
| | __smVID | sign-up function on website, provided by sumo.com | 29 days |
| | __smSessionId | | 1 day |
| | rc::a | This cookie is used to distinguish between humans and bots. This is beneficial for the website, in order to make valid reports on the use of their website. | Persistent |
| | rc::b | | session |
| | rc::c | | session |
| Marketing | cto_lwid | Collects data on visitor behaviour from multiple websites, in order to present more relevant advertisement - This also allows the website to limit the number of times that the visitor is shown the same advertisement. | |
| | IDE | Used by DoubleClick to register and report the website user's actions after viewing or clicking one of the advertiser's ads with the purpose of measuring the efficiency of an ad and to present targeted ads to the user. | persistent |
| | _fbp | Used by Facebook to deliver a series of advertisement products such as real time bidding from third party advertisers. | 1 year |
| | tr | Used by Facebook to deliver a series of advertisement products such as real time bidding from third party advertisers. | 3 months |
| | fr | | Session |
| | consent | used to track users consent and eventually to avoid repeating the short disclosure in future pages and future visits. | 3 months |
| | ads/ga-audiences | Used by Google AdWords to re-engage visitors that are likely to convert to customers based on the visitor's online behaviour across websites. | 1 month |