

## Privacy Policy

**Effective Date:** October 2025

**Owner:** Georgie Islip Coaching

### 1. Introduction

Georgie Islip Coaching (“I,” “me,” “my,” or “the coach”) is committed to protecting your privacy in compliance with applicable laws, including the **Personal Information Protection and Electronic Documents Act (PIPEDA)** in Canada, the **General Data Protection Regulation (GDPR)** in the EU/UK, and US privacy laws such as the **California Consumer Privacy Act (CCPA/CPRA)** and the **CAN-SPAM Act**.

This Privacy Policy explains how I collect, use, disclose, and protect your information when you use my website, sign up for resources, or receive my coaching services.

### 2. Information I Collect

I may collect the following types of personal information:

- **Contact Information:** name, email, phone number, mailing address, social media details.
- **Coaching Information:** fitness history, training data, nutrition habits, injuries, performance goals (only what you choose to share).
- **Payment Information:** billing details collected securely through third-party processors.
- **Technical Data:** IP address, browser type, device info, website usage, and cookie data.

### 3. Purpose of Collection

Your personal data is used only for:

- Delivering coaching services and personalized training plans.
- Communicating with you about coaching, events, or resources.
- Sending newsletters, guides, or offers (only with your consent).

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- Processing payments and maintaining billing records.
- Improving my website and services through analytics.
- Complying with legal, tax, and regulatory requirements.

#### 4. Legal Basis for Processing (GDPR/UK)

For EU/UK athletes, I process data under the following legal bases:

- **Consent:** for newsletters, free guides, or marketing.
- **Contract:** to provide coaching services.
- **Legal Obligation:** for tax or regulatory compliance.
- **Legitimate Interests:** to improve services while protecting privacy rights.

#### 5. US Consumer Privacy Rights (CCPA/CPRA)

If you are a California resident, you have the right to:

- **Know** what personal data I collect and how it is used.
- **Request Access** to the personal data I hold about you.
- **Request Deletion** of your personal data (with some exceptions).
- **Opt Out** of the sale or sharing of your personal data (note: I do not sell your data).
- **Non-Discrimination:** you will not be penalized for exercising privacy rights.

These rights may also extend under similar US state laws (Colorado, Virginia, Utah, Connecticut).

To exercise these rights, contact me at the details below.

#### 6. Marketing & Emails (CAN-SPAM)

If you subscribe to my newsletter or guides, I will send occasional updates. You can unsubscribe at any time by clicking the link in emails or contacting me directly. I comply with the **CAN-SPAM Act** by ensuring:

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- Clear identification of marketing emails.
- Honest subject lines.
- Easy opt-out/unsubscribe.

## 7. Data Sharing

I do not sell personal information. Data may only be shared with:

- **Service Providers:** payment processors, scheduling tools, secure cloud platforms, email providers.
- **Legal Authorities:** if required to comply with law or protect safety.

All third parties must safeguard your data according to GDPR, PIPEDA, and US privacy standards.

## 8. International Transfers

If your data is transferred internationally (e.g., between Canada, the US, or EU), I ensure adequate protections through GDPR-approved safeguards or secure contracts with service providers.

## 9. Data Retention

I retain your personal data only as long as necessary for the purposes outlined in this Policy, or as required by law. When no longer needed, data is securely deleted or anonymized.

## 10. Your Rights

Depending on your location, you may have the right to:

- Access the personal data I hold about you.
- Request corrections or deletion.

- Restrict or object to data processing.
- Receive your data in a portable format.
- Withdraw consent at any time.

I will respond to verified requests within the legally required timeframe (30 days for GDPR/UK, 45 days for CCPA/US).

#### 11. Cookies & Tracking

This website may use cookies, pixels, and analytics tools (such as Google Analytics) to understand visitor behavior and improve performance. You can disable cookies in your browser.

#### 12. Data Security

I use reasonable technical and organizational safeguards to protect your data. However, no system is 100% secure, and you share data at your own risk.

#### 13. Children's Privacy

My services are not intended for children under 16. I do not knowingly collect data from minors. If you believe a child has provided personal data, contact me to remove it.

#### 14. Changes to This Policy

This Privacy Policy may be updated from time to time. Changes will be posted on my website with a revised effective date.

#### 15. Contact

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

**Georgie Islip Ultra Running & Online Coach**

Email: [georgie@georgieislip.com](mailto:georgie@georgieislip.com)

Website: [www.georgieislip.com](http://www.georgieislip.com)