



AT ONE WITH NATURE
www.owntoday.life

Data Protection Policy

Signed:

Christopher Arrowsmith (Director)

Date: 25.03.2024

Review Date	Version	Name	Revision Comment

Our contact details:

Name: AT ONE WITH NATURE LTD.

Address: 13 BRAUNTON CLOSE, HUCKNALL, NOTTINGHAM. NG15 6NX.

Phone Number: 07966077447

E-mail: info@owntoday.life

The type of personal information we collect:

We currently collect and process the following information:

- Personal identifiers, contacts, and characteristics (for example, name and contact details, email addressed)
- Medical information
- Emergency Contact Details

How we get the personal information and why we have it:

Most of the personal information we process is provided to us directly by you for one of the following reasons:

- To provide quotations or contracts for services
- To determine medical suitability for participation in our programmes
- To compile appropriate risk assessments, where necessary

We use the information that you have given us in order to:

- To provide quotations or contracts for services
- To determine medical suitability for participation in our programmes
- To compile appropriate risk assessments, where necessary
- Assess the effectiveness of our programmes
- (With written consent) market our services

Under the UK General Data Protection Regulation (UK GDPR), the lawful bases we rely on for processing this information are:

(a) Your consent. You are able to remove your consent at any time. You can do this by contacting At One With Nature LTD., 13 Braunton Close, Hucknall, NG15 6NX or via info@owntoday.life.

(b) We have a contractual obligation.

(c) We have a legal obligation.

(d) We have a legitimate interest.

Your information is securely stored.

We keep the personal information for no longer than is necessary. For programme participants, the Medical Needs Form, Physical-Activity-Readiness-Questionnaire and the Participant Questionnaire will be retained for up to 5 years.

We will then dispose your information by deleting it from all cloud storage and shredding any physical copies.

Your data protection rights:

Under data protection law, you have rights including:

Your right of access - You have the right to ask us for copies of your personal information.

Your right to rectification - You have the right to ask us to rectify personal information you think is inaccurate. You also have the right to ask us to complete information you think is incomplete.

Your right to erasure - You have the right to ask us to erase your personal information in certain circumstances.

Your right to restriction of processing - You have the right to ask us to restrict the processing of your personal information in certain circumstances.

Your right to object to processing - You have the right to object to the processing of your personal information in certain circumstances.

Your right to data portability - You have the right to ask that we transfer the personal information you gave us to another organisation, or to you, in certain circumstances.

You are not required to pay any charge for exercising your rights. If you make a request, we have one month to respond to you.

Please contact us at At One With Nature LTD., 13 Braunton Close, Hucknall, NG15 6NX or via info@owntoday.life if you wish to make a request.

Contact information:

Data subjects can contact the Data Protection Officer at:

Christopher James Arrowsmith - info@owntoday.life or 13 Braunton Close, Hucknall, Nottingham. NG15 6NX

Approval and effective date:

This Data Protection Policy was approved by Christopher James Arrowsmith and is effective from 25.03.2024.

How to complain:

If you have any concerns about our use of your personal information, you can make a complaint to us at info@owntoday.life or 13 Braunton Close, Hucknall, Nottingham. NG15 6NX.

You can also complain to the ICO if you are unhappy with how we have used your data.

The ICO's address:

Information Commissioner's Office
Wycliffe House
Water Lane
Wilmslow
Cheshire
SK9 5AF

Helpline number: 0303 123 1113

ICO website: <https://www.ico.org.uk>

