



# PATRYK HRYCAK

PERSONAL TRAINER

## PRIVACY POLICY

**Dear user,**

Data confidentiality and protection of our customers' privacy is a priority for us. Therefore, out of concern for the security of your data and respecting the applicable laws of Poland and the European Union, we have established a policy setting out the principles of how to collect, process and use personal data.

The Privacy Policy of our website is in accordance with the applicable regulations concerning the protection of personal data, i.e. the provisions of Regulation 2016/679 of the European Parliament and of the Council of 27 April 2016 on the protection of individuals with regard to the processing of personal data and on the free movement of such data and repealing Directive 95/46/EC (General Data Protection Regulation) ((OJ EU.L No. 119, p. 1), hereinafter referred to as "GDPR") applicable from 25.05.2018 with new national rules.

### **I. Data protection policy**

#### **1. Who is the administrator of your data?**

The administrator of your personal data is Personal Trainer Patryk Hrycak

05-123 Chotomów 8A Bagienna Street

(hereinafter also referred to as the 'Administrator').

#### **2. How to contact him?**

The Administrator has not appointed a Data Protection Officer. In matters concerning the protection of personal data and in order to exercise your rights, please contact us:

- by writing by traditional mail to the address given in point. 1,

- from the phone number: +48 666 365 941

-by sending a message to an e-mail: [patryk.hrycak@onet.eu](mailto:patryk.hrycak@onet.eu)

-or through the form on the website: <https://www.patrykhrycak.com>.

#### **3. What data do we process?**

The Website collects information voluntarily provided by the User, including the data provided in the form is processed for the purpose resulting from the function of a particular form, e.g. to make the process of handling the information contact, purchase services or products offered on the Website, set up an account in the Website, as well as lodge a complaint. For the purposes of providing services on the website, personal data of the Users are processed, in particular: e-mail address, first name, surname, address, VAT ID number.

Additionally, during a visit to our website, data concerning your activity are automatically recorded, including IP address, browser type and version, operating system type, date and time of your visit, URL address, type of device used to access the URL.

#### **4. what is the purpose of processing your data?**

Personal data provided by you will be processed by the Administrator for the following purposes:

1. preparation, conclusion and performance of a contract for the provision of, among others
  - personal training services (including the planning of the training programme including health data, as well as the storage of data necessary for the ongoing telephone and e-mail contact to provide information about the personal training service),
  - training services provided via the Internet (including establishing training plans and storing personal data necessary for ongoing telephone and e-mail contact),
  - dietary services (including the creation of dietary recommendations, the dietary menu and the storage of personal data necessary for ongoing telephone and e-mail contact);
2. perform actions in accordance with the consent granted by the Client;
3. perform the Administrator's legal obligations;
4. related to the possible determination, defence and enforcement of claims;
5. related to the realization of a legally protected interest, e.g. for analytical, archival (evidential) purposes;
6. providing services of the highest quality, adjusted to your condition and health, as well as customer satisfaction surveys;
7. enabling you to set up a User Account and use the functionalities available there.
8. take advantage of other services offered on our website, including in particular the purchase of training and nutrition manuals, ebooks, diaries, etc.
9. contact the persons submitting the application via the contact form available at <https://www.patrykhrycak.com/> or the Administrator's email address;
10. marketing, including direct marketing, to offer new services and products, among other things, to send to the e-mail address you have provided, of course after you have given your consent;
11. to benefit from the first free consultation or first free training which is available at <https://www.patrykhrycak.com/>;
12. improve the quality of your services and increase their efficiency.

#### **5. what is the legal basis for processing your data?**

The legal basis for the processing of your personal data under Articles 6(1) and 9(2) of the GDPR is:

- your consent to their processing,
  - to perform the contract to which you are a party, or to take action at your request, before concluding the contract
- the Administrator's legitimate interest,
- the need to comply with the legal obligation imposed on the data Officer.

#### **6. Is it mandatory to consent to the processing of your data?**

Your consent to the processing of personal data by the Administrator is voluntary and you are not obliged to give it, but it is necessary for the purpose:

- proper performance of the contract by the Administrator

subscribe to the newsletter and receive commercial and marketing information through it

- receive to the e-mail address provided by you the guides, materials and other instructions related to training and dietary services provided by the Administrator.

- to take advantage of the first free consultations or the first free training which are available at <https://www.patrykhrycak.com/>.

By contacting the Administrator through your email address as well as the contact form on the website - <https://www.patrykhrycak.com/> you provide your email address or phone number as well as other personal data that are processed to contact you.

## **7. What rights do you have?**

According to the GDPR, you have the following rights:

The right of access to personal data, including the right to obtain information from the Administrator as to whether and to what extent your data are processed, in accordance with art. 15 of the GDPR;

the right to rectify personal data if it is inaccurate and outdated, and to complete it if it is incomplete, in accordance with Article 16 of the GDPR;

the right to delete personal data in accordance with Article 17 of the GDPR;

the right to restrict the processing of personal data in accordance with Article 18 of the GDPR;

the right to transfer personal data in accordance with Article 20 of the GDPR;

the right to object to the processing of personal data in accordance with Article 21 of the GDPR;

the right to challenge a decision which is based solely on automated processing, including profiling, and which produces legal effects on an individual or similarly affects an individual in accordance with Article 22 of the GDPR;

the right to lodge a complaint with the President of the Office of Personal Data Protection in accordance with Article 77 of the GDPR;

the right to withdraw consent to data processing at any time, pursuant to Article 7(3) of the GDPR.

The scope of each of these rights derives from the aforementioned provisions of the GDPR, and you may exercise them by sending a request or any other type of letter to the Administrator's address indicated above, by sending a message to the Administrator's e-mail address or by completing and sending the form available at [www.patrykhrycak.com](http://www.patrykhrycak.com).

Your applications will be completed without undue delay, but no later than 30 days after receipt. This period may be extended by a further 60 days due to the complexity of the request or the number of requests, which we will inform you about.

### **8. Is your data safe?**

The Administrator ensures an adequate level of security of your personal data and makes every effort to provide all physical, technical and organizational measures to protect your personal data against accidental or intentional destruction, accidental loss, alteration, unauthorized disclosure, use or access, in accordance with the applicable GDPR and data protection regulations.

Your personal data may be processed by third parties only if such entity undertakes to provide appropriate technical and organisational measures to ensure the security of personal data processing as well as to maintain the confidentiality of such data.

### **9. How long will your data be stored?**

Your data will be processed until there is a basis for their processing, i.e:

1) if you give your consent until it is revoked, limited or other actions on your part limiting it, - what you can do by letter to the Administrator's address, in the form of an e-mail to [patryk.hrycak@onet.eu](mailto:patryk.hrycak@onet.eu) or by filling in and sending the form placed on [www.patrykhrycak.com](http://www.patrykhrycak.com). However, we would like to point out that the above actions on your part will make it impossible to perform the contract for the provision of services, and moreover will cause that you will not receive current information from the Administrator.

2) in case of necessity of data to perform the contract, for the period of its execution and until the moment of limitation of claims from this contract (3 years or 6 years), in case of a 6-year period it is extended to the end of the calendar year in which the 6-year period expires - e.g. if the 6-year period expires on 1 May of a given year, the limitation period is extended to 31 December of that year). The beginning of the period is calculated from the date on which the claim falls due,

3) where the processing is based on a legitimate interest of the controller, until you object effectively,

4) for tax and accounting purposes to the extent and for the duration consistent with the applicable regulations.

### **10. Is your data shared with third parties?**

Your personal data may be transferred to other entities cooperating with the Administrator, including in particular:

a) the entity providing website hosting;

b) companies providing support and management of IT infrastructure;

c) companies providing advice on personal data protection;

d) Facebook, Twitter, Instagram, Dotpay, Google Analytics, Google AdWords.

e) it may happen that e.g. on the basis of the applicable law or a decision of a competent authority, we may also have to transfer your personal data to other entities, including authorised state authorities

## **II. Cookies policy**

### **1. Information about the cookies.**

The website uses cookies. Cookies (so-called "cookies") are IT data, in particular text files, which are stored on the user's terminal equipment and are designed to use the website. Cookies usually contain the name of the website from which they come from, the time they are stored on your terminal device and a unique number. Entity placing cookies on your terminal equipment and obtaining access to them is the operator of the Service.

### **2. What is the purpose of the use of cookies?**

Cookies are used for the following purposes:

- a. adjusting the content of websites to the user's preferences and optimizing the use of websites; in particular, these files allow you to recognize the website user's device and properly display the website, tailored to his individual needs,
- b. Create statistics that help to understand how Service Users use the Web sites, which allows to improve their structure and content;
- c. Maintain a Service User session (once logged in) so that the User does not need to re-enter his or her login and password on each subpage of the Service;
- d. Specifying the User's profile for the purpose of displaying customized materials on advertising networks, in particular Google.

### **3. What Cookie files do we use?**

The administrator uses the following types of Cookies:

1. internal Cookies - files placed and read from the User's Device by the Service's ICT system;
2. external Cookies - files placed and read from the User Device by the Website's IT systems of partners, service providers or the Administrator's recipients;
3. session cookies - files placed and read from the User Device by the Service or External Services during one session of a given Device. After the session is over, the files are deleted from the User Device;
4. permanent cookies - files uploaded and read from the User Device by the Website or External Services until they are manually deleted. Files are not deleted automatically after the end of the session unless the User Device configuration is set to delete cookies after the end of the session.

The Administrator may cooperate with External Services that may place Cookies on User Devices, in particular: Google Analytics, Google AdWords, Facebook, Instagram, YouTube, Dotpay, Twitter.

### **4. Are Cookies safe?**

Cookies used by the Administrator are safe for the User Device. These files allow to adjust the Service individually to the User's requirements. In particular, it is not possible for viruses or other inappropriate software to get into the User Device. The Administrator shall not be liable for the security of cookie files coming from external Websites.

### **5. Can you delete cookies from your device?**

Your web browser automatically deletes cookies for which the expiry date has passed. You can also delete cookies yourself at any time. To do so, you should change your browser settings for cookies.

#### **CHANGING PRIVACY POLICY**

The policy is reviewed and, if necessary, updated on an ongoing basis. The Administrator reserves the right to change the Privacy Policy at any time. The amendments to the Privacy Policy shall come into force upon their publication in the Service.