

COOKIE POLICY

Ingham Sports & Wellness

Last updated: 14/11/2025

1. Introduction

This Cookie Policy explains how Ingham Sports & Wellness (“we”, “us”, “our”) uses cookies and similar technologies on our website www.ingham sportswellness.co.uk (“the Website”).

By continuing to browse or use our Website, you agree to the use of cookies in accordance with this policy.

2. What Are Cookies?

Cookies are small text files placed on your device when you visit a website. Cookies help us provide essential website functions, improve performance, and personalise your experience.

Cookies do **not** allow us to access your computer or personal information.

3. Types of Cookies We Use

a) Strictly Necessary Cookies

These cookies are essential for the Website to function properly. They enable core features such as:

- Security
- Page navigation
- Booking system functionality

These cookies cannot be switched off.

b) Performance & Analytics Cookies

These cookies help us understand how visitors use our Website.

We may use tools such as Google Analytics to gather anonymous data, including:

- Number of visitors
- Pages viewed

- Time spent on site
- Device and browser type

This helps us improve our Website and user experience.

c) Functionality Cookies

These cookies remember your preferences and enhance your experience.

Examples include:

- Remembering login details (if applicable)
- Saving booking or form preferences

d) Third-Party Cookies

Some third-party tools integrated into our Website may also place cookies, such as:

- Online booking platforms
- Payment providers
- Analytics services
- Embedded content (e.g., maps, videos)

These providers have their own privacy and cookie policies.

4. How We Use Cookies

We use cookies to:

- Ensure the Website functions properly
- Improve speed and performance
- Analyse user behaviour to enhance the site
- Personalise your experience
- Support secure login or booking functionality

We **do not** use cookies to:

- ✗ Collect sensitive personal information
- ✗ Track your online activity outside our Website

 Sell data to third parties

5. Managing Cookies

You can control and manage cookies at any time through your browser settings.

You may choose to:

- Accept all cookies
- Block some or all cookies
- Delete previously stored cookies

Please note: disabling certain cookies may affect how the Website functions, including booking features.

Links to manage cookies on popular browsers:

- **Chrome:** Settings → Privacy → Cookies
 - **Safari:** Preferences → Privacy
 - **Firefox:** Options → Privacy & Security
 - **Edge:** Settings → Site Permissions → Cookies
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6. Changes to This Policy

We may update this Cookie Policy from time to time.

Any changes will be posted on this page with a revised update date.

7. Contact Us

For questions about this Cookie Policy, please contact:

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 www.inghamssportswellness.co.uk

 Diss, Norfolk