

## PRIVACY POLICY

Last Updated: 19.11.2025

SKAT Strength ("we," "our," or "us") is committed to protecting your privacy and ensuring that your personal information is handled responsibly. This Privacy Policy explains how we collect, use, store, and protect your data when you visit our website, contact us, or use our coaching services.

### 1. Information We Collect

- Personal Information: name, email, phone number, contact form submissions.
- Coaching & Health Information: training history, fitness level, performance data, and relevant health details (only with consent).
- Automatically Collected Data: IP address, device type, browser details, pages visited, cookies, analytics data.
- Payment Information: handled securely by third-party processors; we do not store credit card details.

### 2. How We Use Your Information

We use your data to deliver coaching services, personalize programs, create BridgeAthletic accounts, communicate with you, improve the website, and comply with legal obligations.

### 3. Legal Basis (GDPR)

We process data through consent, contracts, legitimate interests, or legal requirements.

### 4. Sharing Information

Only shared with service providers like BridgeAthletic, analytics tools, payment processors, or legal authorities when required.

### 5. International Transfers

Data may be stored or processed internationally using GDPR-compliant safeguards.

### 6. Data Retention

Data is kept only as long as needed for services, legal compliance, or until you request deletion.

### 7. Cookies

We use cookies for functionality, analytics, and performance. Users may disable cookies in their browser.

### 8. Your Rights

You may request access, correction, deletion, restriction, portability, or withdrawal of consent.

### 9. Children's Privacy

We do not knowingly collect data from individuals under 16.

### 10. Contact

Email: sayam98@gmail.com

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## TERMS & CONDITIONS

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### 1. Acceptance of Terms

By using this website or services, you agree to these Terms & Conditions.

## 2. Eligibility

Users must be at least 16 years old.

## 3. Coaching Services

SKAT Strength provides online coaching through BridgeAthletic. You acknowledge that results vary and agree to train safely and consult medical professionals when needed.

## 4. Payments & Billing

Payments are processed by secure third parties. All fees are upfront unless otherwise agreed. Refunds follow our stated Refund Policy.

## 5. Intellectual Property

All content belongs to SKAT Strength. No copying, distributing, or modifying allowed without permission.

## 6. Client Responsibilities

You must provide accurate information and ensure your training environment is safe.

## 7. Health Disclaimer

Coaching is not medical advice. Consult medical professionals for any health concerns.

## 8. Limitation of Liability

We are not liable for injuries, damages, or misuse of programs. Liability limited to the amount paid.

## 9. Termination

We may suspend services if Terms are violated.

## 10. Governing Law

These Terms are governed by applicable national and international laws.

## 11. Contact

Email: sayam98@gmail.com

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## DISCLAIMER

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The information and coaching provided by SKAT Strength are for educational and fitness purposes only. They do NOT replace medical advice, diagnosis, or treatment.

You acknowledge:

- You participate voluntarily.
- You assume all risks.
- You are responsible for your own safety and health decisions.

Stop training immediately and seek medical help if you experience dizziness, fainting, chest pain, or unusual symptoms.

Contact: sayam98@gmail.com

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## COOKIE POLICY

Last Updated: 19.11.2025

### 1. What Are Cookies?

Cookies are small files stored on your device to improve user experience.

### 2. Types of Cookies We Use

- Essential: needed for basic site operation.
- Analytics: to understand visitor behavior (e.g., Google Analytics).
- Performance: enhance site functionality.
- Advertising: retargeting and marketing (if enabled).

### 3. Managing Cookies

Users may disable cookies through browser settings, though some site features may not function properly.

### 4. Third-Party Cookies

External services may place their own cookies. We do not control these.

### 5. Contact

Email: sayam98@gmail.com