

Free cookies policy: cover

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Cookies policy

1. Introduction

- 1.1 Our website uses cookies.
- 1.2 Insofar as those cookies are not strictly necessary for the provision of [our website and services], we will ask you to consent to our use of cookies when you first visit our website.

2. Credit

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3. About cookies

- 3.1 A cookie is a file containing an identifier (a string of letters and numbers) that is sent by a web server to a web browser and is stored by the browser. The identifier is then sent back to the server each time the browser requests a page from the server.
- 3.2 Cookies may be either "persistent" cookies or "session" cookies: a persistent cookie will be stored by a web browser and will remain valid until its set expiry date, unless deleted by the user before the expiry date; a session cookie, on the other hand, will expire at the end of the user session, when the web browser is closed.
- 3.3 Cookies do not typically contain any information that personally identifies a user, but personal information that we store about you may be linked to the information stored in and obtained from cookies.

4. Cookies that we use

- 4.1 We use cookies for the following purposes:
 - (a) [authentication - we use cookies [to identify you when you visit our website and as you navigate our website][(cookies used for this purpose are: *[identify cookies]*)]];
 - (b) [status - we use cookies [to help us to determine if you are logged into our website][(cookies used for this purpose are: *[identify cookies]*)]];
 - (c) [shopping cart - we use cookies to [maintain the state of your shopping cart as you navigate our website][(cookies used for this purpose are: *[identify cookies]*)]];

- (d) [personalisation - we use cookies [to store information about your preferences and to personalise our website for you]] (cookies used for this purpose are: *[identify cookies]*);
- (e) [security - we use cookies [as an element of the security measures used to protect user accounts, including preventing fraudulent use of login credentials, and to protect our website and services generally]] (cookies used for this purpose are: *[identify cookies]*);
- (f) [advertising - we use cookies [to help us to display advertisements that will be relevant to you]] (cookies used for this purpose are: *[identify cookies]*);

COOKIE NAME	PROVIDER	TYPE	EXPIRY
GPS First found URL: https://www.castlecoaching.co.za/blog/ Cookie purpose description: Registers a unique ID on mobile devices to enable tracking based on geographical GPS location. Initiator: Iframe, page source line number 141 Source: https://www.youtube.com/embed/uxe7dg_6_us?feature=oembed Data is sent to: United States (adequate) Prior consent enabled: No	youtube.com	HTTP	Session
IDE First found URL: https://www.castlecoaching.co.za/blog/ Cookie purpose description: Used by Google DoubleClick to register and report the website user's actions after viewing or clicking one of the advertiser's ads with the purpose of measuring the efficacy of an ad and to present targeted ads to the user. Initiator: Iframe, page source line number 141 Source: https://www.youtube.com/embed/uxe7dg_6_us?feature=oembed Data is sent to: United States (adequate) Prior consent enabled: No	doubleclick.net	HTTP	2 years
test_cookie First found URL: https://www.castlecoaching.co.za/blog/ Cookie purpose description: Used to check if the user's browser supports cookies. Initiator: Iframe, page source line number 141 Source: https://www.youtube.com/embed/uxe7dg_6_us?feature=oembed Data is sent to: United States (adequate) Prior consent enabled: No	doubleclick.net	HTTP	Session
VISITOR_INFO1_LIVE First found URL: https://www.castlecoaching.co.za/blog/ Cookie purpose description: Tries to estimate the users' bandwidth on pages with integrated YouTube videos. Initiator: Iframe, page source line number 141 Source: https://www.youtube.com/embed/uxe7dg_6_us?feature=oembed Data is sent to: United States (adequate) Prior consent enabled: No	youtube.com	HTTP	179 days

YSC youtube.com HTTP Session

First found URL: <https://www.castlecoaching.co.za/blog/>

Cookie purpose description: Registers a unique ID to keep statistics of what videos from YouTube the user has seen.

Initiator: Iframe, page source line number 141

Source: https://www.youtube.com/embed/uxe7dg_6_us?feature=oembed

Data is sent to: United States (adequate)

Prior consent enabled: No

yt.innertube:nextId youtube.com HTML Persistent

First found URL: <https://www.castlecoaching.co.za/blog/>

Cookie purpose description: Unclassified

Initiator: Inline script, page source line number 37-40

Source: https://www.youtube.com/youtubei/v1/log_event?alt=jsonkey=AlzaSyAO_FJ2SlqU8Q4STEHLGCilw_Y9_11qcW8

Data is sent to: United States (adequate)

yt.innertube:requests youtube.com HTML Persistent

First found URL: <https://www.castlecoaching.co.za/blog/>

Cookie purpose description: Unclassified

Initiator: Inline script, page source line number 37-40

Source: https://www.youtube.com/youtubei/v1/log_event?alt=jsonkey=AlzaSyAO_FJ2SlqU8Q4STEHLGCilw_Y9_11qcW8

Data is sent to: United States (adequate)

yt-remote-cast-installed youtube.com HTML Session

First found URL: <https://www.castlecoaching.co.za/blog/>

Cookie purpose description: Stores the user's video player preferences using embedded YouTube video

Initiator: Iframe, page source line number 141

Source: https://www.youtube.com/embed/uxe7dg_6_us?feature=oembed

Data is sent to: United States (adequate)

Prior consent enabled: No

yt-remote-connected-devices	youtube.com	HTML	Persistent
First found URL: https://www.castlecoaching.co.za/blog/			
Cookie purpose description: Stores the user's video player preferences using embedded YouTube video			
Initiator: Iframe, page source line number 141			
Source: https://www.youtube.com/embed/uxe7dg_6_us?feature=oembed			
Data is sent to: United States (adequate)			
Prior consent enabled: No			
yt-remote-device-id	youtube.com	HTML	Persistent
First found URL: https://www.castlecoaching.co.za/blog/			
Cookie purpose description: Stores the user's video player preferences using embedded YouTube video			
Initiator: Iframe, page source line number 141			
Source: https://www.youtube.com/embed/uxe7dg_6_us?feature=oembed			
Data is sent to: United States (adequate)			
Prior consent enabled: No			
yt-remote-fast-check-period	youtube.com	HTML	Session
First found URL: https://www.castlecoaching.co.za/blog/			
Cookie purpose description: Stores the user's video player preferences using embedded YouTube video			
Initiator: Iframe, page source line number 141			
Source: https://www.youtube.com/embed/uxe7dg_6_us?feature=oembed			
Data is sent to: United States (adequate)			
Prior consent enabled: No			
yt-remote-session-app	youtube.com	HTML	Session
First found URL: https://www.castlecoaching.co.za/blog/			
Cookie purpose description: Stores the user's video player preferences using embedded YouTube video			
Initiator: Iframe, page source line number 141			
Source: https://www.youtube.com/embed/uxe7dg_6_us?feature=oembed			
Data is sent to: United States (adequate)			
Prior consent enabled: No			

First found URL: <https://www.castlecoaching.co.za/blog/>

Cookie purpose description: Unclassified

Initiator: Inline script, page source line number 37-40

Source: https://www.youtube.com/youtubei/v1/log_event?alt=jsonkey=AlzaSyAO_FJ2SIqU8Q4STEHLGCilw_V9_11qcW8

Data is sent to: United States (adequate)

yt.innertube::requests	youtube.com	HTML	Persistent
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First found URL: <https://www.castlecoaching.co.za/blog/>

Cookie purpose description: Unclassified

Initiator: Inline script, page source line number 37-40

Source: https://www.youtube.com/youtubei/v1/log_event?alt=jsonkey=AlzaSyAO_FJ2SIqU8Q4STEHLGCilw_V9_11qcW8

Data is sent to: United States (adequate)

yt-remote-cast-installed	youtube.com	HTML	Session
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First found URL: <https://www.castlecoaching.co.za/blog/>

Cookie purpose description: Stores the user's video player preferences using embedded YouTube video

Initiator: Iframe, page source line number 141

Source: https://www.youtube.com/embed/uxe7dg_6_us?feature=oembed

Data is sent to: United States (adequate)

Prior consent enabled: No

yt-remote-connected-devices	youtube.com	HTML	Persistent
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First found URL: <https://www.castlecoaching.co.za/blog/>

Cookie purpose description: Stores the user's video player preferences using embedded YouTube video

Initiator: Iframe, page source line number 141

Source: https://www.youtube.com/embed/uxe7dg_6_us?feature=oembed

Data is sent to: United States (adequate)

Prior consent enabled: No

yt-remote-device-id	youtube.com	HTML	Persistent
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First found URL: <https://www.castlecoaching.co.za/blog/>

Cookie purpose description: Stores the user's video player preferences using embedded YouTube video

Initiator: Iframe, page source line number 141

Source: https://www.youtube.com/embed/uxe7dg_6_us?feature=oembed

Data is sent to: United States (adequate)

Prior consent enabled: No

yt-remote-fast-check-period	youtube.com	HTML	Session
------------------------------------	-------------	------	---------

First found URL: <https://www.castlecoaching.co.za/blog/>

Cookie purpose description: Stores the user's video player preferences using embedded YouTube video

Initiator: Iframe, page source line number 141

Source: https://www.youtube.com/embed/uxe7dg_6_us?feature=oembed

Data is sent to: United States (adequate)

Prior consent enabled: No

yt-remote-session-app	youtube.com	HTML	Session
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First found URL: <https://www.castlecoaching.co.za/blog/>

Cookie purpose description: Stores the user's video player preferences using embedded YouTube video

Initiator: Iframe, page source line number 141

Source: https://www.youtube.com/embed/uxe7dg_6_us?feature=oembed

Data is sent to: United States (adequate)

Prior consent enabled: No

yt-remote-session-name	youtube.com	HTML	Session
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First found URL: <https://www.castlecoaching.co.za/blog/>

Cookie purpose description: Stores the user's video player preferences using embedded YouTube video

Initiator: Iframe, page source line number 141

Source: https://www.youtube.com/embed/uxe7dg_6_us?feature=oembed

Data is sent to: United States (adequate)

Prior consent enabled: No

Category: Unclassified (1)

Unclassified cookies are cookies that we are in the process of classifying, together with the providers of individual cookies.

COOKIE NAME	PROVIDER	TYPE	EXPIRY
et_bloom_optin_optin_2_5_imp	castlecoaching.co.za	HTTP	1 year

First found URL: <https://www.castlecoaching.co.za/blog/>

- (g) [analysis - we use cookies [to help us to analyse the use and performance of our website and services]] (cookies used for this purpose are: *[identify cookies]*); and
- (h) [cookie consent - we use cookies [to store your preferences in relation to the use of cookies more generally]] (cookies used for this purpose are: *[identify cookies]*).

[additional list items]

Category: Unclassified (1)

Unclassified cookies are cookies that we are in the process of classifying, together with the providers of individual cookies.

COOKIE NAME	PROVIDER	TYPE	EXPIRY
et_bloom_optin_optin_2_5_imp	castlecoaching.co.za	HTTP	1 year
First found URL: https://www.castlecoaching.co.za/blog/			

5. Cookies used by our service providers

- 5.1 Our service providers use cookies and those cookies may be stored on your computer when you visit our website.
- 5.2 We use Google Analytics to analyse the use of our website. Google Analytics gathers information about website use by means of cookies. The information gathered relating to our website is used to create reports about the use of our website. Google's privacy policy is available at: <https://www.google.com/policies/privacy/>. [The relevant cookies are: *[identify cookies]*.]
- 5.3 [We publish Google AdSense interest-based advertisements on our website. These are tailored by Google to reflect your interests. To determine your interests, Google will track your behaviour on our website and on other websites across the web using cookies.] OR [We publish Google AdSense advertisements on our website. To determine your interests, Google will track your behaviour on our website and on other websites across the web using cookies. This behaviour tracking allows Google to tailor the advertisements that you see on other websites to reflect your interests (but we do not publish interest-based advertisements on our website).] You can view, delete or add interest categories associated with your browser by visiting: <https://adssettings.google.com>. You can also opt out of the AdSense partner network cookie using those settings or using the Network Advertising Initiative's multi-cookie opt-out mechanism at: <http://optout.networkadvertising.org>. However, these opt-out mechanisms themselves use cookies, and if you clear the cookies from your browser your opt-out will not be maintained. To ensure that an opt-out is maintained in respect of a particular browser, you may wish to consider using the Google browser plug-ins available at:

<https://support.google.com/ads/answer/7395996>. [The relevant cookies are: [identify cookies].]

- 5.4 We use [identify service provider] to [specify service]. This service uses cookies for [specify purpose(s)]. You can view the privacy policy of this service provider at [URL]. [The relevant cookies are: [identify cookies].]

6. Managing cookies

- 6.1 Most browsers allow you to refuse to accept cookies and to delete cookies. The methods for doing so vary from browser to browser, and from version to version. You can however obtain up-to-date information about blocking and deleting cookies via these links:

- (a) <https://support.google.com/chrome/answer/95647?hl=en> (Chrome);
- (b) <https://support.mozilla.org/en-US/kb/enable-and-disable-cookies-website-preferences> (Firefox);
- (c) <http://www.opera.com/help/tutorials/security/cookies/> (Opera);
- (d) <https://support.microsoft.com/en-gb/help/17442/windows-internet-explorer-delete-manage-cookies> (Internet Explorer);
- (e) <https://support.apple.com/kb/PH21411> (Safari); and
- (f) <https://privacy.microsoft.com/en-us/windows-10-microsoft-edge-and-privacy> (Edge).

[additional list items]

- 6.2 Blocking all cookies will have a negative impact upon the usability of many websites.
- 6.3 If you block cookies, you will not be able to use all the features on our website.

7. Cookie preferences

- 7.1 You can manage your preferences relating to the use of cookies on our website by visiting: [URL]

8. Our details

- 8.1 This website is owned and operated by *Penelope Castle*.
- 8.2 We are registered in South Africa, and our registered office is at 28 Wrenrose Avenue, Burdhaven, Johannesburg.
- 8.3 Our principal place of business is at 28 Wrenrose Avenue, Burdhaven, Johannesburg.
- 8.4 You can contact us:
- (a) [by post, to 28 Wrenrose Avenue, Burdhaven, Johannesburg, 2196.

- (b) [by telephone, on +2783 628 2806; or
- (d) [by email, using penny@castlecoaching.co.za