

### What are cookies?

As is common practice with almost all professional websites this site uses cookies, which are tiny files that are downloaded to your computer, to improve your experience. This page describes what information they gather, how we use it and why we sometimes need to store these cookies. For more general information on cookies see the Wikipedia article on HTTP Cookies.

### How we use cookies

We use cookies for a variety of reasons detailed below. In most cases there are no industry standard options for disabling cookies without completely disabling the functionality and features they add to a site. It is recommended that you leave on all cookies if you are not sure whether you need them or not in case they are used to provide a service that you use.

### Disabling cookies

You can prevent the setting of cookies by adjusting the settings on your browser (see your browser Help for how to do this). Be aware that disabling cookies will affect the functionality of this and many other websites that you visit. Disabling cookies will usually result in also disabling certain functionality and features of this site. Therefore it is recommended that you do not disable cookies

### The cookies we set

When you submit data to through a form such as those found on contact pages or comment forms cookies may be set to remember your user details for future correspondence.

### Third party cookies

- In some special cases we also use cookies provided by trusted third parties. The following section details which third party cookies you might encounter through this site.
- Google Analytics: This site uses Google Analytics which is one of the most widespread and trusted analytics solution on the web for helping us to understand how you use the site and ways that we can improve your experience. These cookies may track things such as how long you spend on the site and the pages that you visit so we can continue to produce engaging content. For more information on Google Analytics cookies, see the official Google Analytics page.
- Marketing: As we sell memberships it's important for us to understand statistics about how many of the visitors to our site actually sign up online and as such this is the kind of data that these cookies will track. This is important to you as it means that we can accurately make business predictions that allow us to monitor our advertising and product costs to ensure the best possible price.

### More information

If you are looking for more information on our Cookie Policy, you can contact us through this website by filling out the Contact Us form.