# POWER HOUSE

## Cookie Policy

Draft for review | 29 October 2026

Draft pending a live cookie and storage audit, Google Analytics configuration and working consent controls. The public HTML checked on 29 October 2026 did not show a Google Analytics tag or an identifiable consent mechanism. This is not a complete browser/network audit.

### 1. Who operates this website

Lisa B PT Lifting Club, operating Power House
Unit 5, Derwent Business Park, Heage Road, Ripley, DE5 3BZ
Email: lisa@lisabpt.com

### 2. What cookies are

Cookies are small files stored on your device. Similar technologies can store or access information through browser storage or tracking requests. This policy covers these technologies as well as cookies.

### 3. Necessary technologies

Webflow hosts this website. Technologies essential for a service you request, security or remembering your privacy choices may be used without optional-cookie consent where a legal exception applies. The exact cookie names, providers, purposes and durations must be confirmed by a live audit before publication; this draft does not claim that particular necessary cookies are installed.

### 4. Google Analytics

We intend to use Google Analytics to understand visits, page use and interactions so we can improve the website. It can use online identifiers and information about your browser, device, approximate location and activity. The proposed policy is to enable optional analytics only after you choose to accept it, rather than relying on an unverified analytics exemption.

**Cookies to verify:** GA4 commonly uses **_ga** to distinguish visitors and **_ga_<container-id>** to maintain session state, with default lifetimes of up to two years that can be configured differently. These are examples, not a verified inventory for this site. The measurement ID, exact names, configured lifetimes, event/user retention and any advertising features must be checked before publication.

### 5. Your choices

The intended controls should let you accept or reject optional analytics, or manage your preferences, with an equally accessible way to refuse. Optional analytics must remain off until you consent under this approach. A persistent Cookie Settings control should let you withdraw consent later. These controls must be implemented and tested before this policy is published.

You can also delete or block cookies in your browser. This may affect requested features and does not replace the website's duty to provide appropriate choices. GoCardless or Google Forms pages opened from the website have their own privacy and cookie information.

### 6. Other technologies and changes

Any embedded videos, advertising pixels, forms or additional tracking tools must be included in the final audit and policy before being enabled. Do not assume that a cookie policy itself controls tracking. See our Privacy Policy for how personal information is handled and contact lisa@lisabpt.com with questions.