

Physical Activity Readiness Questionnaire Privacy Notice

- **Purpose**

Physical Activity Readiness Questionnaire (PARQ)

- **Description**

PARQ is a mandatory health and safety questionnaire that allows us to ensure you are physically fit to use our fitness facilities. For most people physical activity should not pose any problem or hazard, however we must be aware of any health conditions to ensure safety.

- **If you do not give us your information**

If you do not supply us with your information you will be unable to use our fitness facilities.

- **Conditions for processing personal information**

Consent – we need to process this personal information to allow us to establish that you are physically fit.

- **Your rights**

- Access to personal data
- Rectification of personal data
- Erasure of personal data
- Restrict processing of personal data

[Find out more about Your Rights](#)

- **Who we share your information with**

High Life Highland processes your personal data using third party software in order for us to store and locate PARQ information. In the event of an emergency we may share your information with NHS Highland. For a list and more information on third party processors please visit:

www.highlifehighland.com/GDPR/Data-Processors

- **How long we hold your information**

We will retain your data whilst you are an active member only. Your data will be removed two years after your last engagement with High Life Highland.

Physical Activity Readiness Questionnaire Privacy Notice

- **Data controller**

The data controller is Highland Council (High Life Highland delivers services on behalf of The Highland Council).

- **Data Protection Officer**

Contact our Data Protection Officer:

Data Protection Officer
Highland Council Headquarters
Glenurquhart Road
Inverness
IV3 5NX
01463 702029

DPO@highlifehighland.com

- **Supervisory authority**

If you are unhappy with the way we have processed your personal information you can contact the Information Commissioner:

Information Commissioner's Office
Wycliffe House
Water Lane
Wilmslow
Cheshire
SK9 5AF
Tel: 0303 123 1113

<https://ico.org.uk/global/contact-us/>