

TARA ABEL FITNESS: PRIVACY POLICY
Current to July 31, 2020

This Privacy Policy applies to the Tara Abel Fitness website: www.taraabel.com (the "Website"), and all services provided by Tara Abel Fitness, including without limitation, use of social media pages or Tara Abel Fitness App on Google Play (collectively, the "Services"). This Privacy Policy outlines how Tara Abel Fitness collects, uses and discloses certain personal and technical information and data ("Personal Information") of "you", the user of the Services and/or the Website. By using the Website and/or the Services you agree to the terms of this Privacy Policy.

1. Consent and Withdrawal of Consent: By accessing the Website and using the Services, you give Tara Abel Fitness consent to collect, use and disclose your Personal Information in accordance with the terms hereof. Your consent is implied where our purpose for collecting, using or disclosing your Personal Information would be considered obvious or reasonable in the circumstances. Your consent may also be implied where you have received notice and a reasonable opportunity to opt-out of having your Personal Information used, and you have not provided us with notice of your opting-out, including but not limited to use for mail-outs, marketing or fundraising. You may withdraw or modify your consent, subject to your legal and contractual restrictions; however, doing so will have implications on your access to the Website and Services.

2. Collection of Personal Information:

a) Types of Personal Information: Tara Abel Fitness may collect and store your Personal Information, including but not limited to: i) your name, address, phone number, email address, date of birth, gender and any other contact information; ii) details regarding your health that you specifically disclose; iii) financial information you provide to us, for example credit card information; iv) information related to areas of interest that you have provided to us; v) the domain from which you access the Internet; vi) type of web browsing software and operating system you use; vii) the dates and times you access the Website.

b) Cookies: We may use cookies to collect information. You may instruct your browser to refuse all cookies or to indicate when a cookie is being sent. If you do not accept cookies, you may not be able to use or access certain pages or services of the Website. If you do not instruct your browser to refuse all cookies or to indicate when a cookie is being sent, your consent to our use of your personal information will be implied.

c) Method of Collection: The Personal Information may be collected in various ways, including: i) Opt-in forms on the Website; ii) PAR-Q Assessments or other health assessment forms you complete; iii) via phone, email, text, chat features,

voice messaging or other electronic methods; iv) Public forums and groups; v) Browser cookies and similar technology; vi) Information may be collected from your device (computer, mobile phone, tablet and all other similar electronic or mobile devices) from which you access the Services, including without limitation, your IP address, operating system and browser type, device identifiers, device settings, device attributes, browser settings, web pages related to the Services you have visited, Services accessed before and after, content and advertising you have accessed, seen, forwarded and/or clicked-on; vii) If you engage with the Services through social media pages or other third-party platforms, Tara Abel Fitness may have access to certain information in your profile depending on your privacy settings.

d) Limit Collection and Retention of Information: Tara Abel Fitness shall limit the collection of Personal Information to provide the Services and to extent that is necessary for the defined purposes herein, and will retain such Personal Information only as long as necessary or as required by law.

e) Children under the Age of 13: The Website and Services are not intended to be used by children under the age of 13. No Personal Information shall be collected regarding individuals under the age of 13. If anyone has reason to believe we have inadvertently collected Personal Information regarding an individual under the age of 13, we ask that you contact us at info@taraabelfitness.com.

f) Sensitive Health Details: Express consent is required for the collection and use of sensitive health details about an individual, and if the individual is under the age of 18, we require parental consent in addition to the individual's express consent to collection and use of that Personal Information.

3. Use and Disclosure:

a) Tara Abel Fitness shall not use or disclose your Personal Information other than as provided for herein. We will not sell your Personal Information to other parties without your consent.

b) Collected Personal Information may be: i) used to provide specific Services to you; ii) added to a database maintained by Tara Abel Fitness to enhance the Services; iii) used to deliver information, requested products and/or services; iv) for statistical purposes; v) and to share with our social media, advertising and analytics partners who may combine it with other information that you've provided to them or that they've collected from your use of their services.

c) We may collect, use or disclose your Personal Information without your consent in the following circumstances: i) when required by law; ii) to obtain legal advice; iii) in an emergency that threatens an individual's life, health, or personal security; iv) to protect and defend the rights or property of

Tara Abel Fitness; v) for the purposes of collecting a debt or protection from fraud; vi) in the event the business is sold, in which case the Personal Information may be disclosed to the prospective Purchase of the business; and vi) any other legally established reason.

4. Security: Tara Abel Fitness is committed to the security of your Personal Information. Our Website, systems, and App use procedures to protect information collected online including firewalls to protect the loss, misuse and alteration of information under our control; however, the use of these security measures is **NOT** a 100% guarantee that information supplied over the Internet will not be intercepted. Tara Abel Fitness cannot guarantee the security of Personal Information that you send electronically and the transmission of which is entirely your own risk.

5. Third Party Policies: a) We may employ third parties to perform website-related services on our behalf, or to assist us in analyzing our website's use. Such third parties may have access to your personal information only to perform these tasks on our behalf and are obligated not to disclose or use it for any other purpose.

b) In addition, Tara Abel Fitness may use payment processors, for example - Stripe, through which you may pay for the Services. These companies may collect and store personal data related to your billing information and history in order to provide their services, and may collect and store personal data and business data to prevent fraud and other abuse. You consent to Tara Abel Fitness disclosing your Personal Information for this purpose. The collection, use or disclosure of the Personal Information in the hands of a third party is subject to their privacy policy and you should familiarize yourself with such policy of the payment processor you agree to use.

c) We are committed to keeping your Personal Information confidential. We do not sell, rent or lease Personal Information to third parties, and we will not provide your Personal Information to any third-party individual, government agency or company at any time unless stated herein or compelled to do so by law.

6. Links to Other Sites: The Website may contain links to other sites that are not operated by Tara Abel Fitness. We strongly advise you to review the privacy policy of every site you visit. Tara Abel Fitness is not responsible for the privacy practices of third party websites.

7. Communications: Communications from Tara Abel Fitness may include, but are not be limited to the following: Website updates, company announcements, relevant products and content, programs and services, upcoming events, and other relevant business purposes; responses to your requests for information; and email, phone, text and social chat features for communication purposes only. By using the Website and

Services, you consent to being contacted in any manner contemplated in this section notwithstanding that your mobile number may be on a 'do not contact' list. You may specifically withdraw this consent.

8. Choice/Opt-Out: Users of the Website and Services can opt out of receiving communications from Tara Abel Fitness. If you no longer wish to receive any future communications or need to change or modify information previously provided, please email info@taraabel.com. You may also opt out of receiving email communications by clicking the unsubscribe link in any email.

9. Access and Correction: You have the right to request access to your Personal Information (see Section 11). Tara Abel Fitness will comply with any request to the extent it can legally provide such information. For example, if the Personal Information would reveal personal information about another individual, endanger the life or security of another individual, is protected by solicitor-client privilege, or if there is any other legal reason for denying access, Tara Abel Fitness will not be able to disclose that portion of Personal Information.

You have the right to ensure the accuracy of your Personal Information, and if you discover any inaccuracies, please contact us (see Section 11.).

10. Changes to this Privacy Policy: Tara Abel Fitness reserves the right to alter its Privacy Policy at any time without notice. Any changes will be posted on the Website. The Website is controlled and operated by Tara Abel Fitness in the Province of Alberta, Canada. This Privacy Policy is in accordance with the *Protection of Personal Information and Electronic Documents Act* (Canada).

11. Contact: Tara Abel is the designated individual responsible for ensuring compliance with this Privacy Policy. If you have any questions about this Privacy Policy or complaints regarding compliance with this Privacy Policy, please contact us at info@taraabel.com.

12. Complaints: You may seek advice from the Office of the Privacy Commissioner of Canada (1-800-282-1376 or info@privcom.gc.ca) if you have concerns or a complaint regarding the treatment of your Personal Information.