

# Mammoth Strength & Conditioning – Privacy Policy

**Last Updated:** 12/30/25

Mammoth Strength & Conditioning (“Mammoth,” “we,” “us,” or “our”) respects your privacy and is committed to protecting your personal information.

This Privacy Policy explains how we collect, use, and safeguard your information when you interact with us through our website, social media platforms, advertising, or other services.

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## 1. Information We Collect

We may collect the following personal information when you voluntarily provide it:

- Name
- Email address
- Phone number
- General training interests or preferences

We only collect information that is reasonably necessary to communicate with you and provide our coaching services.

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## 2. How We Use Your Information

We use your information to:

- Respond to inquiries or requests you submit
- Follow up regarding strength coaching services
- Schedule consultations or training sessions

- Share relevant updates related to training, coaching, or Mammoth Strength & Conditioning

We do **not** sell, rent, or trade your personal information.

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## 3. Communication

By submitting your information, you consent to be contacted by Mammoth Strength & Conditioning via email, phone call, or text message regarding your inquiry or services you've expressed interest in.

You may unsubscribe or opt out of communications at any time.

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## 4. Data Sharing

We do not share your personal information with third parties except:

- When required by law
- When necessary to operate our services (e.g., scheduling, email delivery platforms), and only with providers who are expected to protect your information

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## 5. Data Security

We take reasonable steps to protect your information from unauthorized access, misuse, or disclosure. However, no method of transmission over the internet is 100% secure.

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## 6. Your Rights

You may request to:

- Access your personal information

- Update or correct your information
- Have your information deleted

To make a request, contact us using the information below.

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## 7. Third-Party Platforms

Our website and advertising may link to or operate through third-party platforms (such as Meta/Facebook or Instagram). We are not responsible for the privacy practices of those platforms.

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## 8. Updates to This Policy

We may update this Privacy Policy from time to time. Any changes will be posted on this page with an updated effective date.

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## 9. Contact Information

If you have questions about this Privacy Policy or how your information is handled, please contact:

**Mammoth Strength & Conditioning**

Hood River, Oregon

 [ryan@mammoth-strength.com](mailto:ryan@mammoth-strength.com)

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