



# Website cookies policy

Day 1 Coach (Karen Cairnduff)

Effective Date: 25 April 2026

## Introduction

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Day 1 Coach uses cookies on its website to provide an improved user experience, support website functionality, and analyse website usage. By using this website, you consent to the use of cookies as described in this policy.

## 2. What Are Cookies?

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Cookies are small text files that are stored on your device when you access or use a website. They are used to help websites function correctly, enhance user experience, and provide analytics information to website owners.

## 3. Types of Cookies We Use

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- 3.1. Essential Cookies:** These cookies are necessary for core website functions such as navigation, security, and access to certain features.
- 3.2. Analytical / Performance Cookies:** These cookies allow us to understand how users interact with our website (e.g. which pages are used most) so we can improve performance and usability.
- 3.3. Functionality Cookies:** These cookies allow the website to remember your preferences (e.g. language) and provide additional personalised features.
- 3.4. Advertising / Marketing Cookies:** These cookies help to deliver adverts that are relevant to your interests and to measure the effectiveness of marketing campaigns.

## 4. Managing Your Cookie Preferences

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- 4.1. Consent:** By continuing to use our website, you agree to the use of cookies as set out in this policy. You may withdraw consent at any time by adjusting your cookie settings.
- 4.2. Browser Settings:** Most browsers allow you to manage, block, or delete cookies. Please note that disabling cookies may affect website functionality.
- 4.3. Advertising Cookie Opt-Out:** You may also opt out of advertising cookies by using your browser settings or through recognised opt-out platforms.





## 5. Third-Party Cookies

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Our website may include content or features operated by third parties (e.g. social media platforms, embedded videos). These third parties may set their own cookies. Day 1 Coach is not responsible for third-party cookie practices and users should review those parties' own privacy/cookie policies for further information.

## 6. Policy Updates

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This Cookies Policy may be reviewed and updated periodically to reflect operational changes, legal requirements, or changes to our use of cookies. Continued use of the website after any updates indicates acceptance of the revised version.

## 7. Contact Information

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Karen Cairnduff

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