



# Cookie Policy

PERSONAL SAFETY LONDON &  
FIVE RINGS TRAINING LTD

## WEBSITES

[www.personalsafetylondonuk.com](http://www.personalsafetylondonuk.com)  
[www.fiveringstraining.com](http://www.fiveringstraining.com)

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This Cookie Policy should be read in conjunction with our Terms and Conditions and our Privacy Policy for the services we provide.

This Cookie Policy applies to all of our Services and any other linked pages or blogs, features, content which we have produced. Third party sites, websites built for us and any links to our partners site will be governed by our partners' cookie policies which we urge you to read to gain further information if following third party links from any of our websites. These will be clearly presented in the appropriate places of each of those particular sites.

When we use the term Services we refer to all websites, apps, blogs and social media which we have generated. This policy does not refer to or cover sites, apps, blogs or media created by third parties whose creations you may visit via links from our Services.

## Our Use of Cookies

As with most websites, social media and apps, our website uses cookies. Cookies cannot identify you but they help us track our marketing and service interest and help you with your user experience of our websites and what we have to offer to you. By continuing to use and browse the Services, you are agreeing to our use of cookies whenever you access the Services on any device. You are able to delete cookies, keep reading to find out how.

## Our Cookie Pop-up Windows

The pop-up windows which appear on our websites, although intrusive to your initial viewing of the site, are European law and exist to rightfully notify you of the use of cookies, and give you an opportunity to delete them. We also tell you how to do that.



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## Delete Your Cookies

Here's some information on [how to delete cookies](#):

<http://www.aboutcookies.org/DEFAULT.ASPX?page=2>

and further information on [how they are used](#) throughout the internet should you wish to learn more:

<http://www.allaboutcookies.org>

## More About Cookies

A cookie is a small text file that is stored on a user's computer or device for tracking and record-keeping purposes. You can adjust your browser settings so that it will refuse cookies, if you don't make this adjustment then cookie files are automatically dropped onto your computer for tracking and record-making as soon as you visit or open the Services. Cookies enable our software to track and target your interests to enhance your experience on our Services. By agreeing to the terms of this Cookie Policy, you consent to the cookies files being dropped onto your machine or device.

## Which type of cookies do we use?

- Analytical/performance cookies. These allow us to recognise and count the number of visitors, and to see how visitors move around our Services when they are using it. This helps us to improve the way our Services works, for example, by ensuring that users are finding what they are looking for easily.
- Targeting cookies. We use Google analytics cookies to collect information about visitors' behaviour to our Services. These cookies record your visit to our Services, the pages you have visited and the links you have followed. We will use this information to make our Services and the advertising displayed on it more relevant to your interests.



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The third parties that you visit via links accessed from the Services may also use cookies, over which we have no control. These cookies are likely to be analytical/performance cookies or targeting cookies but please refer to their own cookie policy for accurate information.

## Blocking Cookies

Cookies can be blocked by activating the setting on your browser that allows you to refuse the setting of all or some cookies. The "Help" feature on most browsers will tell you how to stop your browser from accepting new cookies. It should also tell you how to set up the browser to notify you when you receive a new cookie and how to disable cookies entirely. Additionally, you can disable or delete similar data used by browser add-ons, such as flash cookies, by changing the add-on's settings or visiting the website of its manufacturer. However, if you use your browser settings to block all cookies (including essential cookies) you may not be able to access all or parts of the websites and Services you wish to visit. Please see [www.allaboutcookies.org](http://www.allaboutcookies.org) for more information about blocking cookies on your particular browser.

## WEBSITES

[www.personalsafetylondon.com](http://www.personalsafetylondon.com)

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At the time of writing this policy Personal Safety London is also represented by a BT generated website [www.personalsafetylondon.com](http://www.personalsafetylondon.com) utilising a Trendzer platform. For the cookie policy for that website please visit the link from the pop-up box on [www.personalsafetylondon.com](http://www.personalsafetylondon.com) or visit Trendzer online.

## FURTHER INFORMATION

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Personal Safety London is part of Five Rings Training Ltd.

Personal Safety London UK website [www.personalsafetylondonuk.com](http://www.personalsafetylondonuk.com) and all Five Rings Training websites and all associated social media, blogs and apps' use of cookies is covered in this Five Rings Training Ltd Cookie Policy.



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Five Rings Training Limited a limited liability company incorporated in the United Kingdom, Company Number 06794087, registered office Kemp House, 152 City Road, London EC1V 2NX.

Five Rings Training Ltd is also referred to in this Cookie Policy as FRT Ltd, we, our and us.

Changes to this policy will be added to this platform of information in this location. Five Rings Training Ltd reserves the right to vary this Cookie Policy to correctly reflect its services as and when it is appropriate to do so. Such changes are in the interest of informing our clients of how cookies are being used in any updated method of online delivery and browsing. Changes will be effective from the date and time they are posted. Your continued use of the Services constitutes your agreement to all such changes. If you have any concerns about use of cookies you can find out more at [www.allaboutcookies.org](http://www.allaboutcookies.org)

Thank you for reading.

The Five Rings Training Team  
[www.fiveringstraining.com](http://www.fiveringstraining.com)