pauline brimson
COACHING

Cookie Policy

What Are Cookies?

As is common practice with almost all websites, this site uses cookies, which are tiny files that are downloaded to your computer, to improve your experience. This page describes what information they gather, how I use it and why I sometimes need to store these cookies. I will also share how you can prevent these cookies from being stored however this may downgrade or break certain elements of the sites functionality.

For more general information on cookies see the Wikipedia article on HTTP Cookies.

How I Use Cookies?

I use cookies for a variety of reasons detailed below. Unfortunately in most cases there are no industry standard options for disabling cookies without completely disabling the functionality and features they add to this site. It is recommended that you leave on all cookies if you are not sure whether you need them or not in case they are used to provide a service that you use.

Disabling Cookies

You can prevent the setting of cookies by adjusting the settings on your browser (see your browser Help for how to do this). Be aware that disabling cookies will affect the functionality of this and many other websites that you visit. Disabling cookies will usually result in also disabling certain functionality and features of this site. Therefore it is recommended that you do not disable cookies.

The Cookies I Set

When you submit data to through a form such as those found on my contact page and membership subscription button, cookies may be set to remember your user details for future correspondence.

Strictly Necessary		
Cookie name	Duration	Purpose
ForceFlashSite	Session	When viewing a mobile site (old mobile under m.domain.com) it will force the server to display the non-mobile version and avoid redirecting to the mobile site
hs	Session	Security
smSession	Persistent (Two days or two weeks)	Identifies logged in site members
XSRF-TOKEN	Session	Security

Functionality		
Cookie name	Duration	Purpose
svSession	Persistent (Two years)	Identifies unique visitors and tracks a visitor's sessions on a site
SSR-caching	Session	Indicates how a site was rendered.
smSession	Persistent (Two weeks)	Identifies logged in site members

Third Party Cookies

In some special cases I also use cookies provided by trusted third parties. The following section details which third party cookies you might encounter through this site.

Functionality		
Cookie name	Duration	Purpose
TS*	Session	Security
TS01*******	Session	Security
TSxxxxxxxx (where x is replaced with a random series of numbers and letters)	Session	Security
TSxxxxxxxx_d (where x is replaced with a random series of numbers and letters)	Session	Security

This site uses Google Analytics which is one of the most widespread and trusted analytics solution on the web for helping me to understand how you use the site and ways that I can improve your experience. These cookies may track things such as how long you spend on the site and the pages that you visit so we can continue to produce engaging content.

For more information on Google Analytics cookies, see the official Google Analytics page or All About Cookies.

More Information

Hopefully that has clarified things for you and as was previously mentioned if there is something that you aren't sure whether you need or not it's usually safer to leave cookies enabled in case it does interact with one of the features you use on our site. However if you are still looking for more information then you can contact me through one of my preferred contact methods.