

Cookie Policy (GDPR) 6.02

Our Statement of General Policy is:

Cookies

What are Cookies?

A “cookie” is a small piece of information sent by a web server to store on a web browser so it can later be read back from that browser. This is useful for having the browser remember some specific information. Without cookies, websites and their servers have no memory. A cookie, like a key, enables swift passage from one place to the next. Without a cookie every time you open a new web page the server where that page is stored will treat you like a completely new visitor.

Session Cookies are also used by the server to store information about user page activities so users can easily pick up where they left off on the server’s pages. By default, web pages really don’t have any ‘memory’. Cookies tell the server what pages to show the user so the user doesn’t have to remember or start navigating the site all over again. Cookies act as a sort of “bookmark” within the site. Similarly, cookies can store ordering information needed to make shopping carts work instead of forcing the user to remember all the items the user put in the shopping cart.

Persistent or tracking Cookies are also employed to store user preferences. Many websites allow the user to customize how information is presented through site layouts or themes. These changes make the site easier to navigate and/or lets users leave a part of the user’s “personality” at the site.

Cookie security and privacy issues

Cookies are NOT viruses. Cookies use a plain text format. They are not compiled pieces of code so they cannot be executed nor are they self-executing. Accordingly, they cannot make copies of themselves and spread to other networks to execute and replicate again. Since they cannot perform these functions, they fall outside the standard virus definition.

A Cookie cannot be used to get data from your hard drive, get your email address or steal sensitive information about you as a person. Cookies can be used to track where you travel over a particular site, if you want to disallow cookies you can do so with your browser.

These cookies aren’t used to identify you personally, but they can remember activities and preferences chosen by you and your browser. You can manage cookies by controlling which cookies are saved or by deleting them, if you wish.

Peter Gruncell
Inspiration Training

Signature: *Pete Gruncell*

Dated: 16 January 2024