

Privacy notice for the health questionnaire

This notice explains how your information is used in running coaching or performance testing. Any required explicit consent is obtained separately before the information is collected; downloading or completing the questionnaire alone does not constitute consent.

Controller: Manuel Hein, Trackora Sports Technologies & Coaching, Obere Bleiche 12 A, 89347 Bubesheim, Germany; derlaufcoach@posteo.de; telephone/WhatsApp +49 1522 4372 866.

Data and purposes: Necessary identification and contact details are used to identify the relevant client and administer the contract (Article 6(1)(b) GDPR). For children receiving services without a contract of their own, processing is based on the appropriate consent (Article 6(1)(a)). Training goals, experience, exercise capacity, injuries, pre-existing conditions, relevant medicines and, where applicable, information about blood sampling are used for individual planning and coaching or for preparing and carrying out tests. Health data are processed on the basis of explicit consent (Article 6(1)(a) and Article 9(2)(a)). Information is provided by you and, where applicable, your legal representative. Medical reports are not requested. Without information that is actually necessary, the particular service may be limited or impossible to provide.

Storage and recipients: Internally, only Manuel Hein handles the questionnaire. It is stored in OneDrive for Business within the business Microsoft 365 account. Provider: Microsoft Ireland Operations Limited, One Microsoft Place, South County Business Park, Leopardstown, Dublin 18, Ireland. Under its business terms, including the Data Protection Addendum (DPA), Microsoft processes customer content as a processor; it also acts as an independent controller for certain operational data. You do not need a Microsoft account for this. Performance testing data are analysed locally in the Trackora Track Coaching System; related cloud backups are encrypted before upload.

For coaching, only necessary training and feedback information is used in TrainingPeaks; the complete questionnaire is not routinely uploaded. Provider: TrainingPeaks, LLC, 285 Century Place, Louisville, CO 80027, USA, which acts as an independent controller for the client account. For users under 16, the platform's verified parental consent process must also be completed.

The questionnaire is returned via the agreed channel. Email uses Posteo and the relevant email provider. WhatsApp is optional, and health information may be shared through it only with the corresponding consent. Provider in the EEA: WhatsApp Ireland Limited, Merrion Road, Dublin 4, D04 X2K5, Ireland. Its own processing includes usage, device and connection data. Message encryption does not cover all metadata; email is not automatically end-to-end encrypted either.

International services may involve processing outside the EEA, particularly in the USA. Providers describe safeguards, including standard contractual clauses, where required. Information about the applicable safeguards and copies of them are available through the providers' documentation or from me. Your consent to health data processing does not replace the requirements of Article 44 et seq. GDPR. Disclosure to any further recipients requires a separate legal basis.

Deletion: Health information relating to coaching is deleted after coaching ends; information relating to performance testing is deleted after the test, report and discussion have been completed. The full health questionnaire is not retained in the optional long-term archive of measurements for test comparisons. Other information is deleted when its purpose no longer applies. Exceptions apply where there is a separate valid purpose, a statutory obligation (Article 6(1)(c)) or a specific need to retain records relating to legal claims. Where required to establish, exercise or defend particular legal claims, only necessary data are retained for a limited period (Article 6(1)(f) and, for health data, Article 9(2)(f)); the legitimate interest is pursuing or defending claims. Deletion includes my own copies, communications, backups, versions and recycle bins. Deletions are reapplied after data are restored; any residual retention by a service provider follows its actual procedures.

Your rights: You may withdraw consent at any time with effect for the future by email or WhatsApp; processing that was lawful before withdrawal remains lawful. Declining WhatsApp does not reduce the standard scope of the service. Subject to the applicable legal conditions, you have rights of access, rectification, erasure, restriction of processing and data portability, and the right to object to processing under Article 6(1)(f) on grounds relating to your particular situation. You may complain to a supervisory authority, in particular the Bavarian State Office for Data Protection Supervision (BayLDA), Promenade 18, 91522 Ansbach, Germany, www.ida.bayern.de. No decisions producing legal or similarly significant effects are made solely by automated means.

[Microsoft DPA](#) · [TrainingPeaks privacy policy](#) · [WhatsApp privacy policy](#) · [Posteo privacy policy](#)