

# Proof of Consent

This document was generated to show efforts made to comply with privacy legislation. This document will contain the Cookie Policy and the cookie consent settings to proof consent for the time and region specified below. For more information about this document, please go to <https://complianz.io/consent>.

*This Cookie Policy was last updated on January 7, 2023 and applies to citizens and legal permanent residents of the United Kingdom.*

## 1. Introduction

Our website, <https://www.boardnbones.com> (hereinafter: "the website") uses cookies and other related technologies (for convenience all technologies are referred to as "cookies"). Cookies are also placed by third parties we have engaged. In the document below we inform you about the use of cookies on our website.

## 2. What are cookies?

A cookie is a small simple file that is sent along with pages of this website and stored by your browser on the hard drive of your computer or another device. The information stored therein may be returned to our servers or to the servers of the relevant third parties during a subsequent visit.

## 3. What are scripts?

A script is a piece of program code that is used to make our website function properly and interactively. This code is executed on our server or on your device.

## 4. What is a web beacon?

A web beacon (or a pixel tag) is a small, invisible piece of text or image on a website that is used to monitor traffic on a website. In order to do this, various data about you is stored using web beacons.

## 5. Cookies

### 5.1 Technical or functional cookies

Some cookies ensure that certain parts of the website work properly and that your user preferences remain known. By placing functional cookies, we make it easier for you to visit our website. This way, you do not need to repeatedly enter the same information when visiting our website and, for example, the items remain in your shopping cart until you have paid. We may place these cookies without your consent.

## 5.2 Statistics cookies

We use statistics cookies to optimize the website experience for our users. With these statistics cookies we get insights in the usage of our website. We ask your permission to place statistics cookies.

## 5.3 Marketing/Tracking cookies

Marketing/Tracking cookies are cookies or any other form of local storage, used to create user profiles to display advertising or to track the user on this website or across several websites for similar marketing purposes.

## 5.4 Social media

On our website, we have included content from Facebook and Twitter to promote web pages (e.g. “like”, “pin”) or share (e.g. “tweet”) on social networks like Facebook and Twitter. This content is embedded with code derived from Facebook and Twitter and places cookies. This content might store and process certain information for personalised advertising.

Please read the privacy statement of these social networks (which can change regularly) to read what they do with your (personal) data which they process using these cookies. The data that is retrieved is anonymised as much as possible. Facebook and Twitter are located in the United States.

# 6. Placed cookies

### Google various services

Functional, Marketing/Tracking

Consent to service google-various-services

#### Usage

We use Google various services for website development. [Read more](#)

#### Sharing data

For more information, please read the [Google various services Privacy Statement](#).

### Functional

#### Name

[google\\_auto\\_fc\\_cmp\\_setting](#)

### Expiration

persistent

### Function

Store cookie consent preferences

## Marketing/Tracking

### Name

[\\_\\_gpi](#)

### Expiration

### Function

## Wordfence

Functional

Consent to service wordfence

### Usage

We use Wordfence for security and fraud prevention. [Read more](#)

### Sharing data

For more information, please read the [Wordfence Privacy Statement](#).

## Functional

**Name**

[wf-scan-issue-expanded-\\*](#)

**Expiration**

session

**Function**

Provide the identification of trusted web traffic

**Google Adsense**

Marketing/Tracking

Consent to service google-adsense

**Usage**

We use Google Adsense for showing advertisements. [Read more](#)

**Sharing data**

For more information, please read the [Google Adsense Privacy Statement](#).

**Marketing/Tracking****Name**

[google\\_adsense\\_settings](#)

**Expiration**

persistent

**Function**

Provide ad delivery or retargeting

**Name**

[google\\_ama\\_settings](#)

**Expiration**

persistent

**Function**

Store performed actions on the website

**Google Ads Optimization**

Marketing/Tracking

Consent to service google-ads-optimization

**Usage**

We use Google Ads Optimization for showing advertisements. [Read more](#)

**Sharing data**

For more information, please read the [Google Ads Optimization Privacy Statement](#).

**Marketing/Tracking**

**Name**

[google\\_experiment\\_mod\\*](#)

**Expiration**

3 months

**Function**

Store and track visits across websites

**Name**

[1p\\_jar](#)

**Expiration**

1 month

**Function**

Provide ad delivery or retargeting

**Wistia**

Marketing/Tracking, Statistics

Consent to service wistia

**Usage**

We use Wistia for video display. [Read more](#)

**Sharing data**

For more information, please read the [Wistia Privacy Statement](#).

**Marketing/Tracking****Name**

[wistia](#)

**Expiration**

persistent

### Function

Store performed actions on the website

## Statistics

### Name

[wistia-video-progress-\\*](#)

### Expiration

persistent

### Function

Store if the user has seen embedded content

## GDPR Cookie Consent

Functional

Consent to service gdpr-cookie-consent

### Usage

We use GDPR Cookie Consent for cookie consent management. [Read more](#)

### Sharing data

This data is not shared with third parties.

## Functional

### Name

[viewed\\_cookie\\_policy](#)

### Expiration

persistent

### Function

Store if a message has been shown

## Google Analytics

Statistics

Consent to service google-analytics

### Usage

We use Google Analytics for website statistics. [Read more](#)

### Sharing data

For more information, please read the [Google Analytics Privacy Statement](#).

## Statistics

### Name

[\\_ga\\_\\*](#)

### Expiration

1 year

### Function

Store and count pageviews



**Name**

[\\_ga](#)

**Expiration**

2 years

**Function**

Store and count pageviews

**Name**

[\\_gid](#)

**Expiration**

1 day

**Function**

Store and count pageviews

**Name**

[\\_gat\\_gtag\\_UA\\_\\*](#)

**Expiration**

1 minute

**Function**

Store a unique user ID

## Burst Statistics

Statistics (anonymous)

Consent to service burst-statistics

### Usage

We use Burst Statistics for website statistics. [Read more](#)

### Sharing data

This data is not shared with third parties.

## Statistics (anonymous)

### Name

[burst\\_uid](#)

### Expiration

1 month

### Function

Store and track interaction

## Facebook

Marketing/Tracking, Functional

Consent to service facebook

### Usage

We use Facebook for display of recent social posts and/or social share buttons. [Read more](#)

### Sharing data

For more information, please read the [Facebook Privacy Statement](#).

## Marketing/Tracking

### Name

[\\_fbc](#)

### Expiration

2 years

### Function

Store last visit

### Name

[fbm\\*](#)

### Expiration

1 year

### Function

Store account details

### Name

[xs](#)

### Expiration

3 months

### Function

Store a unique session ID

**Name**

[fr](#)

**Expiration**

3 months

**Function**

Provide ad delivery or retargeting

**Name**

[act](#)

**Expiration**

90 days

**Function**

Store logged in users

**Name**

[\\_fbp](#)

**Expiration**

3 months

**Function**

Store and track visits across websites

**Name**

[datr](#)

**Expiration**

2 years

**Function**

Provide fraud prevention

**Name**

[c\\_user](#)

**Expiration**

30 days

**Function**

Store a unique user ID

**Name**

[sb](#)

**Expiration**

2 years

**Function**

Store browser details

**Name**

[\\*\\_fbm\\_](#)

**Expiration**

1 year

**Function**

Store account details

**Functional****Name**

[wd](#)

**Expiration**

1 week

**Function**

Read screen resolution

**Name**

[csm](#)

**Expiration**

90 days

**Function**

Provide fraud prevention

**Name**

[actppresence](#)

**Expiration**

session

**Function**

Store and track if the browser tab is active

**Twitter**

Functional, Marketing/Tracking

Consent to service twitter

**Usage**

We use Twitter for display of recent social posts and/or social share buttons. [Read more](#)

**Sharing data**

For more information, please read the [Twitter Privacy Statement](#).

**Functional****Name**

[local\\_storage\\_support\\_test](#)

### Expiration

persistent

### Function

Provide load balancing functionality

## Marketing/Tracking

### Name

[metrics\\_token](#)

### Expiration

persistent

### Function

Store if the user has seen embedded content

## Complianz

Functional

Consent to service complianz

### Usage

We use Complianz for cookie consent management. [Read more](#)

### Sharing data

This data is not shared with third parties. For more information, please read the [Complianz Privacy Statement](#).



## Functional

### Name

[cmlz\\_consentd\\_services](#)

### Expiration

365 days

### Function

Store cookie consent preferences

### Name

[cmlz\\_policy\\_id](#)

### Expiration

365 days

### Function

Store accepted cookie policy ID

### Name

[cmlz\\_marketing](#)

### Expiration

365 days

**Function**

Store cookie consent preferences

**Name**

[cmplz\\_statistics](#)

**Expiration**

365 days

**Function**

Store cookie consent preferences

**Name**

[cmplz\\_preferences](#)

**Expiration**

365 days

**Function**

Store cookie consent preferences

**Name**

[cmplz\\_functional](#)

**Expiration**

365 days

**Function**

Store cookie consent preferences

**Name**

[cmplz\\_banner-status](#)

**Expiration**

365 days

**Function**

Store if the cookie banner has been dismissed

**Google reCAPTCHA**

Marketing/Tracking

Consent to service google-recaptcha

**Usage**

We use Google reCAPTCHA for spam prevention. [Read more](#)

**Sharing data**

For more information, please read the [Google reCAPTCHA Privacy Statement](#).

**Marketing/Tracking****Name**

[rc::c](#)

**Expiration**

session

**Function**

Read and filter requests from bots

**Name**

[rc::b](#)

**Expiration**

session

**Function**

Read and filter requests from bots

**Name**

[rc::a](#)

**Expiration**

persistent

**Function**

Read and filter requests from bots

**Miscellaneous**

Consent to service miscellaneous

Purpose pending investigation

**Usage**

**Sharing data**

Sharing of data is pending investigation

**Purpose pending investigation**

**Name**

gt-current-screen

**Expiration**

**Function**

**Name**

ultpTaxonomy

**Expiration**

**Function**

**Name**

ultpDevice

**Expiration**

**Function**

**Name**

ultpGlobal

**Expiration**

**Function**

**Name**

WP\_DATA\_USER\_911

**Expiration**

**Function**

**Name**

spectraCopyPasteStyles

**Expiration**

**Function**

**Name**

cookieLawInfo-checkbox-necessary

**Expiration**

**Function**

**Name**

\_\_gads

**Expiration**

**Function**

**Name**

saswp\_hide\_deactivate\_feedback

**Expiration**

**Function**

**Name**

cfEmail

**Expiration**

**Function**

**Name**

explat-experiment--woocommerce\_products\_task\_layout\_card\_v3

**Expiration**

**Function**

**Name**

wpr-hash

**Expiration**

**Function**

**Name**

explat-experiment--woocommerce\_products\_task\_layout\_stacked\_v3

**Expiration**

**Function**



**Name**

explat-last-anon-id

**Expiration****Function****Name**

explat-last-anon-id-retrieval-time

**Expiration****Function****Name**

loglevel

**Expiration****Function****Name**

fbssls\_387703685365008

**Expiration**

**Function**

**Name**

wistia-video-progress-7seqacq2ol

**Expiration**

**Function**

**Name**

isSpectraFontAwesomeAPILoading

**Expiration**

**Function**

**Name**

WP\_PREFERENCES\_USER\_911

**Expiration**

**Function**

**Name**

cmplz\_consenttype

**Expiration**

365 days

**Function**

**Name**

wpaal

**Expiration**

**Function**

**Name**

debug

**Expiration**

**Function**

## 7. Consent

When you visit our website for the first time, we will show you a pop-up with an explanation about cookies. As soon as you click on "Save preferences", you consent to us using the categories of cookies and plug-ins you selected in the pop-up, as described in this Cookie Policy. You can disable the use of cookies via your browser, but please note that our website may no longer work properly.

### 7.1 Manage your consent settings

## 8. Enabling/disabling and deleting cookies

You can use your internet browser to automatically or manually delete cookies. You can also specify that certain cookies may not be placed. Another option is to change the settings of your internet browser so that you receive a message each time a cookie is placed. For more information about these options, please refer to the instructions in the Help section of your browser.

Please note that our website may not work properly if all cookies are disabled. If you do delete the cookies in your browser, they will be placed again after your consent when you visit our websites again.

## 9. Your rights with respect to personal data

You have the following rights with respect to your personal data:

- You have the right to know why your personal data is needed, what will happen to it, and how long it will be retained for.
- Right of access: You have the right to access your personal data that is known to us.
- Right to rectification: you have the right to supplement, correct, have deleted or blocked your personal data whenever you wish.
- If you give us your consent to process your data, you have the right to revoke that consent and to have your personal data deleted.
- Right to transfer your data: you have the right to request all your personal data from the controller and transfer it in its entirety to another controller.
- Right to object: you may object to the processing of your data. We comply with this, unless there are justified grounds for processing.

To exercise these rights, please contact us. Please refer to the contact details at the bottom of this Cookie Policy. If you have a complaint about how we handle your data, we would like to hear from you, but you also have the right to submit a complaint to the supervisory authority (the Information Commissioner's Office (ICO)).

## 10. Contact details

For questions and/or comments about our Cookie Policy and this statement, please contact us by using the following contact details:

The Review Nation  
48 The Beagles  
Stroud  
GL5 4SE  
United Kingdom  
Website: <https://www.boardnbones.com>  
Email: [matt@boardnbones.com](mailto:matt@boardnbones.com)  
Phone number: 07488711334

This Cookie Policy was synchronised with [cookiedatabase.org](https://cookiedatabase.org) on November 8, 2022

## Cookie consent settings

- prefix => cmlpz\_
- user\_banner\_id => 1
- block\_ajax\_content =>
- do\_not\_track =>
- consenttype => optin
- region => uk
- geoip =>
- dismiss\_timeout =>
- disable\_cookiebanner =>
- soft\_cookieswall =>
- dismiss\_on\_scroll =>
- cookie\_expiry => 365
- locale => lang=en&locale=en\_GB
- categories => statistics, marketing
- tcf\_active =>
- forceEnableStats =>
- preview =>
- clean\_cookies =>
- id => 1
- header => Manage Cookie Consent,1
- accept\_optin => Accept
- accept\_optout => Accept,1
- manage\_consent => Manage consent
- manage\_options => View preferences
- save\_settings => Save preferences
- dismiss => Deny,1
- message\_optout => To provide the best experiences, we use technologies like cookies to store and/or access device information. Consenting to these technologies will allow us to process data such as browsing behaviour or unique IDs on this site. Not consenting or withdrawing consent, may adversely affect certain features and functions.

- message\_optin => To provide the best experiences, we use technologies like cookies to store and/or access device information. Consenting to these technologies will allow us to process data such as browsing behaviour or unique IDs on this site. Not consenting or withdrawing consent, may adversely affect certain features and functions.
- category\_functional => Functional
- category\_preferences => Preferences,1
- category\_statistics => Statistics,1
- functional\_text => The technical storage or access is strictly necessary for the legitimate purpose of enabling the use of a specific service explicitly requested by the subscriber or user, or for the sole purpose of carrying out the transmission of a communication over an electronic communications network.,1
- statistics\_text => The technical storage or access that is used exclusively for statistical purposes.,1
- statistics\_text\_anonymous => The technical storage or access that is used exclusively for anonymous statistical purposes. Without a subpoena, voluntary compliance on the part of your Internet Service Provider, or additional records from a third party, information stored or retrieved for this purpose alone cannot usually be used to identify you.,1
- preferences\_text => The technical storage or access is necessary for the legitimate purpose of storing preferences that are not requested by the subscriber or user.,1
- marketing\_text => The technical storage or access is required to create user profiles to send advertising, or to track the user on a website or across several websites for similar marketing purposes.,1
- category\_marketing => Marketing,1
- manage\_consent\_options => hover-hide-mobile
- use\_categories => view-preferences
- privacy\_link\_us => #