

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 February 14, 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, Twitter and Instagram to promote web pages (e.g. “like”, “pin”) or share (e.g. “tweet”) on social networks like Facebook, Twitter and Instagram. This content is embedded with code derived from Facebook, Twitter and Instagram 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, Twitter and Instagram 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

[lp_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 [Compliance Privacy Statement](#).

Functional

Name

[cmplz_consent_services](#)

Expiration

365 days

Function

Store cookie consent preferences

Name

[cmplz_policy_id](#)

Expiration

365 days

Function

Store accepted cookie policy ID

Name

[cmplz_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

Purpose pending investigation

Consent to service miscellaneous

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

Name

qm-container-height

Expiration

Function

Name

wordpress_test_cookie

Expiration

Function

Name

__lsv__

Expiration

Function

Name

rank_math_analytics_date_range

Expiration

Function

Name

wpstg_hide_feedback

Expiration

Function

Name

AMP-CONSENT

Expiration

Function

Name

uagSvgConfirmation

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 website 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 Nation48 The BeaglesStroudGL5 4SEUnited KingdomWebsite:

<https://www.boardnbones.com>Email: matt@boardnbones.comPhone number: 07488711334

This Cookie Policy was synchronised with cookiedatabase.org on November 8, 2022.

Cookie consent settings

- prefix => cmplz_
- user_banner_id => 1
- block_ajax_content =>
- do_not_track_enabled => 1
- consenttype => optin
- region => uk
- geoip =>
- dismiss_timeout =>
- disable_cookiebanner =>
- soft_cookiewall =>
- dismiss_on_scroll =>
- cookie_expiry => 365
- locale => lang=en&locale=en_GB
- categories => statistics, marketing
- tcf_active =>
- aria_label => Click to accept {category} cookies and enable this content
- 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 => #