

# Use of Cookies

Stride UK

## **1. What are cookies?**

Cookies are small text files that are stored by your web browser on your computer when you visit certain web pages. At [strideuk.org](https://strideuk.org) we use cookies to analyse visitor information. This information helps us to improve the website and your experience. This is standard practice for all websites.

Please note that cookies cannot harm your computer.

To make full use of the website on [strideuk.org](https://strideuk.org), your computer, tablet or mobile phone will probably need to accept cookies.

By using and browsing [strideuk.org](https://strideuk.org), you consent to cookies being used in accordance with this Policy. If you do not consent, you must disable cookies or refrain from using the site.

## **2. Which cookies does strideuk.org use?**

The cookies we currently use on the site are as follows:

- Google Analytics

## **3. What happens if I opt out of all cookies?**

If you opted out of all cookies set by [strideuk.org](https://strideuk.org), then you may not be able to fully browse our website.

## **4. How do I change my cookie settings?**

You can alter your Cookie settings in your browser's preferences which are usually found in the Tools menu. If you have also disabled JavaScript you can amend your settings there too, without the JavaScript enabled you will probably not be able to use this website.