



SAS COACHING DEVELOPPEMENT

Athlete Mobile Application

Privacy Policy

Version du 06/06/2026

1. Introduction

Optitrainer is committed to protecting your personal data. This Privacy Policy explains how we collect, use, and protect the information of athletes using the Optitrainer mobile application ("the Application"). Athlete accounts are created by their coach via the Optitrainer web platform. By using the Application, you agree to the terms of this Privacy Policy.

2. Data Controller

The data controller responsible for your personal data is:

Optitrainer

Website: www.optitrainer.fr

Contact: contact@optitrainer.fr

3. Data We Collect

We collect the following categories of personal data:

3.1 Identity and contact information

- First name and last name
- Email address

3.2 Physical data

- Body weight
- Height
- Heart rate (HR) recorded during training sessions

3.3 Training and performance data

- Training sessions assigned by your coach
- Exercise completion data and performance metrics
- Test results and questionnaire responses
- Athlete feedback and perceived exertion (RPE)

3.4 Connected app data

With your explicit consent, we may access data from connected third-party services:

- Strava: activity data (distance, duration, heart rate, GPS tracks)
- Garmin (coming soon): activity and health metrics
- Apple Watch / Apple Health (coming soon): workout data and health metrics
- Google Fit (coming soon): fitness and activity data

You may revoke access to any connected service at any time from your account settings.

3.5 Push notifications

With your permission, we send push notifications to inform you about:

- New training sessions assigned by your coach
- Messages from your coach
- Reminders for upcoming sessions

You can disable push notifications at any time in your device settings.

4. How We Use Your Data

We use your personal data for the following purposes:

- Providing and personalizing the Optitrainer training platform
- Enabling communication between athletes and coaches
- Displaying training sessions, exercise videos, and progress tracking
- Synchronizing data from connected wearables and fitness apps
- Sending push notifications related to your training
- Improving the Application's features and user experience
- Complying with our legal obligations under GDPR

5. Legal Basis for Processing

We process your personal data based on the following legal grounds:

- Contract performance: to provide the services you or your coach subscribed to
- Consent: for push notifications and third-party app synchronization
- Legitimate interest: to improve Application performance and security
- Legal obligation: to comply with applicable regulations

6. Data Sharing

We do not sell your personal data. We may share your data with:

- Your coach: who has access to your training data, performance results, and feedback through the Optitrainer platform
- Third-party service providers: hosting, analytics, and infrastructure partners bound by confidentiality agreements
- Legal authorities: when required by law

All data processors comply with GDPR requirements.

7. Data Retention

We retain your personal data for as long as your account is active or as necessary to provide our services. Upon account deletion, your data is retained for a maximum of 3 years, except where a longer retention period is required by law.

8. Your Rights

Under GDPR, you have the following rights regarding your personal data:

- Right of access: request a copy of your data
- Right to rectification: correct inaccurate data
- Right to erasure: request deletion of your data
- Right to restriction: limit how we process your data
- Right to data portability: receive your data in a structured format
- Right to object: object to certain types of processing
- Right to withdraw consent: for consent-based processing at any time

To exercise your rights, contact us at: contact@optitrainer.fr

9. Data Security

We implement appropriate technical and organizational measures to protect your personal data against unauthorized access, alteration, disclosure, or destruction. All data is transmitted using industry-standard encryption (HTTPS/TLS).

10. Children's Privacy

The Optitrainer Application is not intended for children under the age of 16 without parental consent. If you believe a minor has provided us with personal data without appropriate consent, please contact us immediately at contact@optitrainer.fr.

11. Changes to This Policy

We may update this Privacy Policy from time to time. We will notify you of significant changes via the Application or by email. The date of the latest revision is indicated at the top of this document.

12. Contact and Complaints

For any questions regarding this Privacy Policy or to exercise your rights, contact us:

Email: contact@optitrainer.fr

Website: www.optitrainer.fr

You also have the right to lodge a complaint with your local data protection authority. In France, this is the CNIL (Commission Nationale de l'Informatique et des Libertés): www.cnil.fr