

DPIA – Embodied Balance Studio (PAR-Q Data)

Data Protection Impact Assessment

1. Project description

Embodied Balance Studio collects and processes PAR-Q health data using Base44 to assess client suitability for participation in physical exercise classes.

2. Purpose of processing

- Ensure client safety
 - Assess readiness for physical activity
 - Reduce risk of injury
 - Meet health and safety obligations
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3. Data involved

- Yes/No health questions
- Limited additional details only where necessary

Special category data: **Health data**

4. Lawful basis

- Article 6: Contract & Legal obligation
 - Article 9: Explicit consent
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5. Necessity & proportionality

- Data collected is strictly limited to what is required for safety
 - PAR-Q data is not used for marketing or unrelated purposes
 - Access is restricted to relevant staff only
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6. Risks identified

Risk	Impact	Likelihood
Unauthorised access to health data	High	Low
Data breach	High	Low
Excessive retention	Medium	Low

7. Mitigation measures

- Explicit consent obtained and recorded
- Restricted staff access
- Secure platform (Base44)
- Defined retention period
- Data reviewed and deleted regularly