Our Use of Cookies at kapow

What are Cookies?

Cookies are small text files that are placed on your computer by websites that you visit. They are widely used to make websites work, or work more efficiently and effectively, as well as to provide information to our website site.

It is the intention of Kapow to obtain your consent to use and hold the cookies we do for a maximum period of eight months unless you reconsent to Kapow. Should you reconsent then we would extend the period we can hold and use the cookies we do for a further eight-month period.

The table below provides and explanation of the cookies we use and why we use them.

Cookie	Name	Purpose
Cookie Preference	Cookie Control	This cookie is used to remember a user's choice about cookies on the Kapow website www.kapow.life Where users have previously indicated a preference, that user's preference will be stored in this cookie.
Language selection	language	This cookie is used to remember any selection a user has made about language on Kapow's, using the language selector, so that the site will be shown in their chosen language when returning to the site.
Universal Analytics (Google)	_ga _gali _gat _gid	These cookies are used to collect information about how visitors use our website. We use the information to compile reports and to help us improve the website. The cookies collect information in a way that does not directly identify anyone, including the number of visitors to the website and blog, where visitors have come to the website from and the pages they visited.
Application firewall	__zjc*	This cookie is set by a third-party web application firewall from Which Fire Wall

cookie		Company or Product Are You Using? to help maintain the security and performance of our website. Some traffic may receive a challenge to check if it is genuine and if it is, a cookie is set so the user isn't challenged again.
Security breach notification form cookie	ASP.NET_SessionId	This cookie is essential for the breach notification form – the form that public electronic communications service providers use to notify the Kapow of a security breach – to operate. It is set only for those people using the form. This cookie is deleted when you close your browser. Visit the Microsoft website
YouTube cookies	PREF* VSC* VISITOR_INFO1_LIVE* remote_sid*	We embed videos from our official YouTube channel using YouTube's privacy-enhanced mode. This mode may set cookies on your computer once you click on the YouTube video player, but YouTube will not store personally-identifiable cookie information for playbacks of embedded videos using the privacy-enhanced mode. Read more at YouTube's embedding videos information page. PREF - * Expires after eight months VSC - * expires at the end of your session VISITOR_INFO1_LIVE - *expires after eight months remote_sid - * expires at the end of your session
Google Translate cookies		These cookies are set for customers who use the Google Translate service. Google Translate helps people communicate across languages by detecting common language patterns in phrases you ask it to translate.
Vimeo cookies	player vuid	We embed videos from our official Vimeo channel. When you press play Vimeo will drop third party cookies to enable the video to play and to collect analytics data such as how long a viewer has watched the video. These cookies do not track individuals.

How Do I Change My Cookie Preference

You can change your cookie preferences at any time by clicking on the 'C' icon. You can then adjust the available sliders to 'On' or 'Off', then clicking 'Save and close'. You may need to refresh your page for your settings to take effect.

Alternatively, most web browsers allow some control of most cookies through the browser settings. To find out more about cookies, including how to see what cookies have been set,
visit www.aboutcookies.org or www.allaboutcookies.org.

Find out how to manage cookies on popular browsers:

- Google Chrome
- Microsoft Edge
- Mozilla Firefox
- Microsoft Internet Explorer
- Opera
- Apple Safari

To find information relating to other browsers, visit the browser developer's website.

To opt out of being tracked by Google Analytics across all websites, visit http://tools.google.com/dlpage/gaoptout.