Cookies Policy

August 2024

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COOKIES POLICY

1. **Introduction**

   When browsing our website, we use cookies to ensure a seamless user experience across all accessed functions. The contents of this page aims to clarify what cookies are and how we employ them on our site.

   Cookies are necessary for our website to perform its functions normally. We use them in different contexts, as some are meant to manage your session and ensure that you transition smoothly between pages while keeping your browser active, while others are more persistent and linger on your device for extended period.

   This page describes what information cookies gather, how we use it and why we sometimes need to store these cookies. We will also share how you can prevent cookies from being stored. Please note that disabling cookies and preventing their storage may downgrade or 'break' certain elements of FMDQ's functionality, possibly compromising the seamless user experience we seek to provide.

   Except as otherwise stated in this Policy, our Privacy Policy will apply to the processing of data that we collect via cookies. You can access our Privacy Policy via this **link**. We give you the option to opt out of cookies in order to let you control your privacy. However, we recommend that you allow FMDQ to store cookies for a good user experience on our website.

2. **What are Cookies?**

   As is common practice with almost all professional websites, FMDQ uses cookies, tiny text files downloaded to your computer to improve your experience. Cookies allow a website to recognise a particular device or browser. There are several types of cookies:

   - Session cookies expire at the end of your browser session and allow us to link your actions during that particular browser session. These are deleted when you close your browser
   - Persistent cookies are stored on your device in between browser sessions, allowing the website to remember your preferences or actions across multiple sessions
   - First-party cookies are set by the site you are visiting
   - Third-party cookies are set by a third party site separate from the site you are visiting

3. **What we use Cookies for**

   We use cookies to optimise your browsing experience our website. If you register a profile with us, we will use cookies to manage the sign-up process and general administration as well as manage your browser session while you are logged in. These cookies will usually be deleted when

you log out, though they may occasionally remain to remember your site preferences after you log out.

Cookies are used in the following ways on this website:

Cookie Name	Purpose of Use	Class	Lifetime	Type	Processing Company
nitroCachedPage	Session Management	Optional	Session	Session Cookie	FMDQ
VISITOR_PRIVACY_METADATA	Privacy	Optional	Lifetime	Persistent cookie	FMDQ
ASPSESSIONIDSUBQQTQD	Session Management	Optional	Session	Session Cookie	FMDQ
ASPSESSIONIDQERRDDQB	Session Management	Optional	Session	Session Cookie	FMDQ
name	Session Management	Optional	Session	Session Cookie	FMDQ
cookieyes-consent	Privacy	Necessary	12 Months	Persistent Cookie	FMDQ
elementor	Performance	Necessary	Session	Persistent Cookie	FMDQ
PHPSESSID	Session Management	Necessary	Session	Session Cookie	FMDQ
YSC	Advertisement	Optional	Session	Session Cookie	Google
VISITOR_INFO1_LIVE	Advertisement	Optional	6 Months	Persistent Cookie	Google
yt-remote-device-id	Advertisement	Optional	Session	Persistent Cookie	Google
yt.innertube::requests	Advertisement	Optional	Session	Persistent Cookie	Google
yt.innertube::nextId	Advertisement	Optional	Session	Persistent Cookie	Google
yt-remote-connected-devices	Advertisement	Optional	Session	Persistent Cookie	Google
_ga	Analytics	Necessary	12 Months	Session Cookie	Google

_gid	Analytics	Necessary	1 Day	Session Cookie	Google
_ga_*	Analytics	Necessary	12 Months	Session Cookie	Google
CONSENT	Analytics	Necessary	2 Years	Session Cookie	Google
_gat	Performance	Optional	1 Minute	Session Cookie	Google

4. **Controlling Cookies**

    You can manually adjust your browser settings to enable or disable cookies on your computer and devices, or delete existing cookies. Please note that disabling cookies may limit your browsing experience on our website, affecting important features such as logging in to your profile and navigating through our website. Each browser typically offers different privacy protection settings. Please refer to your browser's help tab/button or your device's operating manual for instructions on managing the cookies.

5. **More information**

    If you have any questions or concerns about how we use cookies or anything else on our website, please don't hesitate to contact us using the details provided on our contact page.