



Pilates Health Physiotherapy

MOVE WELLSTAY WELL

Zoom Recording Risk Assessment Policy

September, 2020

1. Pilates Health Physiotherapy adheres to GDPR compliance. Please follow this link for information on our Data Protection policy;
<https://www.pilates-health.com/data-security>
2. Pilates Health Physiotherapy commenced providing virtual classes via the Zoom platform in April, 2020 following the outbreak of the COVID19 pandemic Worldwide.
3. Zoom became the platform of choice for many small business to communicate from this time as it was user friendly and adaptable.
4. Pilates Health Physiotherapy researched the security of this platform prior to commencement of use and were satisfied with the conditions and capabilities of the platform to provide a service that did not breach our commitment to data Security.
5. Zoom Security Statements: <https://zoom.us/security>
6. Following requests by clients to record and share Virtual Zoom Pilates classes, Pilates Health Physiotherapy further examined the process required and the security offered by Zoom
7. Pilates Health Physiotherapy has followed all recommendations by Zoom to ensure that recordings will be secure and meet security requirements.
<https://zoom.us/security#:~:text=Zoom%20uses%20both%20asymmetric%20and%20symmetric%20algorithms%20to%20encrypt%20the%20chat%20session.&text=If%20a%20meeting%20host%20enables,be%20stored%20encrypted%20as%20well>
8. All Zoom class recordings will commence only after participants are muted to start the class. Recording will cease prior to unmuting of participants.
9. No names, faces or chat messages will appear on any recordings
10. No audio messages, other than the instructor's voice, will be heard on any recording.
11. All recordings will be reviewed prior to sharing for security and quality control
12. All recordings will be deleted from the cloud once downloaded for dissemination