

# THE BW PASE

## ACADEMY



# COVID-19

## GUIDANCE



Barnet  
Southgate  
College



WE ARE THE WOOD.

# COVID-19

## UPDATE FROM THE BW PASE ACADEMY



Dear Student,

Please be aware as per most recent Government guidelines all Schools and Colleges have been closed for the foreseeable future. As such, our Education Barnet & Education partners have moved their delivery of courses online, if you haven't already been contacted by your tutors, then they will reach out to you in the near future.

Unfortunately, this means that the BW PASE Academy training and match schedule has too been postponed until further notice. As such, we encourage BW PASE Academy students to do as much as they can to remain fit and healthy, whilst of course remaining safe and following Government guidance on social massing and social distancing. To accompany this letter, you will find a remote training programme, which we hope will assist you.

As we enter a period of shut down at Boreham Wood FC and Barnet & Southgate College due to the current global outbreak of COVID-19 we would like to reassure you that your place with us is secure moving forwards.

Whether you will be progressing with us into the next academic year, moving on to University or going into the workplace, we will provide you with up to date information and a point of contact until you return to College.

### EDUCATION

The last day of teaching in the classroom was Friday 20th March 2020. After this date you will not be able to access any facilities at any of the Barnet & Southgate College sites or at Boreham Wood FC in line with current government advice to close Schools and Colleges. Please avoid unnecessary travel, increase social distancing and avoid non-essential contact to reduce the spread of coronavirus and prevent you catching it. At present we do not have a date for your return but will of course update every step of the way.

It is important that you stay on top of your College work and you attend your online lessons in order to complete your course. If you have any issues with this, you should contact your teachers via the teams app.

If you have any questions regarding your course and it's delivery, please contact BW PASE Academy Curriculum Manager Nihaad Kapdi by phone or email. Contact information below:

**Nihaad Kapdi**  
BW PASE Academy Curriculum Manager  
T: 020 3764 4449  
E: Nihaad.Kapdi@barnetsouthgate.ac.uk

Alternatively, you can contact your tutor directly via the teams app or email, typically Barnet & Southgate College staff email addresses follow this format `firstname.surname@barnetsouthgate.ac.uk`. For more information on College closure procedures surrounding COVID-19, [please click here](#).

### CONTACT

From the BW PASE Academy side, should you have any questions surrounding your training and match schedule, below we have provided you with contact numbers for Head of Football Luke Garrard and Academy Manager Cameron Mawer. They are both available should you have any questions on the football, or education, during this period that you are away from both the Club and College. Contact information below: -

**Luke Garrard**  
Head of Football  
T: 07737 936 109  
E: pase\_bwfc@hotmail.co.uk

**Cameron Mawer**  
Academy Manager  
T: 07944 684 782  
E: pase\_bwfc@hotmail.co.uk

## TRAINING PROGRAM

We have attached a 6-week fitness program which aims to help you to maintain your fitness levels whilst you are away from your normal sessions and activities. If the current situation continues beyond this, then we will progress the programme in order for you to continue to stay active and maintain fitness levels. This programme does not require any equipment but if you do have some dumbbells, weights etc. then you can add them to the exercises as long as it is safe to do so. **Important:** This program should not be carried out whilst you are suffering from any cold or flu like symptoms.

## COVID-19 GUIDANCE

For current up to date advice on how to reduce the spread of coronavirus and the symptoms you should be looking out for please visit <https://www.england.nhs.uk/coronavirus/>

The NHS website, as well as <https://www.gov.uk/government/publications/coronavirus-action-plan>, will give you accurate advice on how to avoid catching the virus, as well as what to do if you think you may have it. It is important that you only consult official websites and do not take your information solely from social media as it is not always accurate.

Advice from the UK Government is changing daily so please consult these websites if you are unsure of anything relating to the current pandemic.

If during this period you have any questions relating to your education or football, please do not hesitate to call us on 020 8953 5716 or contact us on this email address [pase\\_bwfc@hotmail.co.uk](mailto:pase_bwfc@hotmail.co.uk).

We will continue to update our social media platforms so please follow us and check out our website: -

Instagram - [@bwpaseacademy](https://www.instagram.com/bwpaseacademy)

Twitter - [@boreham\\_woodfc](https://twitter.com/boreham_woodfc)

Website - <https://www.borehamwoodfootballclub.co.uk/>

Stay safe and we will contact you all again soon or when we have any further updates. Please ensure you are following the instructions from your tutors during this period. They want you to get the most you possibly can out of this Academic year and your course. Remember this current situation will come to an end at some point, at which time you will then need to think about your future studies and career, so please remain focused.

Stay safe and healthy,

**THE BW PASE ACADEMY**

ATTITUDE. DISCIPLINE. DESIRE.



# FREE KIT

**FOR 2020/21 BW PASE ACADEMY  
PLAYERS CAN RECEIVE OUR PUMA TRAINING  
KIT COMPLETELY FREE OF CHARGE!**

**KIT SET INCLUDES 7 ITEMS:**  
TRAINING JUMPER, T-SHIRT, SHORT & SOCKS  
TRAVEL 1/4 ZIP JUMPER, TROUSERS & KIT BAG  
ALL ITEMS BRANDED WITH BOTH BOREHAM WOOD FC & PUMA LOGOS

**WORTH £175.00  
NEXT SEASON FREE!**

**T&C'S APPLY**  
£70 DEPOSIT REQUIRED, RETURNED ON 1ST NOVEMBER  
UPON SUCCESSFUL ENROLMENT ON COLLEGE COURSE AND STATUS  
WITHIN THE BW PASE ACADEMY MAINTAINED

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OUR CLUB. OUR TOWN. OUR COMMUNITY.



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