

THE BW PASE

ACADEMY



COVID-19

GUIDANCE



Barnet
Southgate
College



WE ARE THE WOOD.

COVID-19

UPDATE FROM THE BW PASE ACADEMY



Dear Student,

Following on from the email last week that contained the 6-week training program for you to carry out at home, we just wanted to contact you again to let you know we will have new content for you every week on our social media pages.

Starting this Thursday First Team Captain Mark Ricketts, who is a fully qualified Personal Trainer, will be taking you through a high intensity exercise circuit from his house three-times a week, whilst we are all staying home during this current worldwide outbreak of COVID-19.

As mentioned, Mark is a qualified Personal Trainer and is trying to maintain his own fitness levels throughout this period, so this is a great opportunity for you to see some of the work he is doing to maintain his fitness as part of the first team playing squad.

No equipment will be required for the workouts initially but over the weeks we might add in some items that you will have around the house just to increase the intensity and workload of the workout.

From this Thursday (2nd April) onwards we will have new workouts for you every Tuesday, Thursday and Saturday so please go to Twitter or Instagram at 5pm on these days to see what the new workout is for you to do from home.

In addition to Mark's workouts, First Team player and Academy coach Tom Champion will be

ATTITUDE. DISCIPLINE. DESIRE.

demonstrating technique and ball mastery skills that you can do at home too, to continue your technical practice as outlined in your 6-week training program. New demonstrations will be posted every Monday and Friday to our social media platforms Twitter and Instagram at 5pm on these days.

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

Instagram - [@bwpaseacademy](#)

Twitter - [@boreham_woodfc](#)

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

FITNESS AND NUTRITION ADVICE

We have had a number of players asking for nutritional advice since the lockdown has begun, specifically asking what they should or shouldn't be eating during this period where we are social distancing and staying in.

It is difficult to give individual advice on this due to many reasons including availability of specific food items, social situations, body type, exercise and activity levels however, here are some general tips:

- **Make sure you are using the time you are allowed outside each day for exercise**
- Follow the 6-week training program we have sent you as this will keep your activity levels up, as well as maintaining your general health and fitness
- **Realise that you will be less active than before, so you may need to slightly reduce what you are eating**
- Eat a well-balanced varied diet. Your plate should be different colours, this is a good way to tell you are getting a variety of nutrients
- **Try to eat fruit and vegetables with every meal. These can be fresh, frozen and tinned, or even fruit juice counts as one of your recommended portions a day**
- Try to eat wholemeal or brown carbohydrates instead of white when possible as they will keep you fuller for a little longer and provide more nutrients
- **If your activity level is much lower than normal you may look to reduce some fatty and sugary foods in your diet**
- Try not to snack on too many foods that have no nutritional value e.g. biscuits, cakes, crisps etc. Instead try fruit, cereal, yogurt or maybe make your own protein bars...
- **Drink water! It can be easy to forget to hydrate when you are at home**
- Keep to a routine even though you are indoors more, so try and have set mealtimes as this will also stop you snacking as much.

It is important to realise that it is not just your physical health that may be impacted during this time but also your mental health. Being away from friends, family and normal routine can be difficult and hard to adjust to. Some general tips on how to adjust to this new situation:

- **This is where social media and technology can come in useful. Use FaceTime, Zoom or Houseparty to stay in touch with your friends and family regularly**

OUR CLUB. OUR TOWN. OUR COMMUNITY.

- Stay active both mentally and physically
- **Have a regular sleep routine**
- Get into a routine at home where you get up each day and have a plan of what you need to do. This may be work for school or college or an online class
- **Learn a new skill. This is the time to try something you might not have thought about before, be creative...**
- Do something you enjoy. Reading, watching films, computer games etc.
- **Eat well. Not only will this benefit you physically, but it can have positive effects on our mental well being too**
- Variety is key though so give yourself set parts of the day to enjoy the things you like doing but don't let one thing take up every hour of every day or you will begin to get bored
- **Don't read too much about the virus and only get your information from reliable sources. Reading too much can make you feel anxious and not in control**
- Remember though it is okay to feel confused or worried about what is going on, but it is important that you talk to someone about this.

EDUCATION

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

HELPLINE

In these uncertain times for everyone we want to be here for you to speak to should you need it. As such in order to be there for you whenever you need to talk, we have set up a helpline, please see information below:

Luke Garrard

Head of Football

T: 07737 936 109

Availability: Monday, Wednesday and Friday, 12.00pm – 2.00pm

Support: Any football related questions.

Megan Reid

Clinical Lead

T: 07817 797 337

Availability: Monday to Friday, 12.00pm – 6.00pm

Support: All areas, including any questions on exercise, nutrition, the academy or education.

We are here if you need anyone to talk to as well as giving you information on fitness or football and education advice as part of the BW PASE Academy scheme. If we do not answer first time, please leave us a message with your name and phone number and we will give you a call back. Otherwise the email account pase_bwfc@hotmail.co.uk will be manned everyday if you would rather contact us that way or if it is outside of the helpline operation times.

COVID-19 UPDATE AND GUIDANCE

Remember it is important to know what is going on in the country and what the government need us to do to ensure the safety of ourselves and so the NHS isn't overwhelmed, so please continue to get this information from reliable sources.

For current up to date advice on how to reduce the spread of coronavirus, the symptoms you should be looking out for and what you should do if you have symptoms please visit:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

For current UK Guidelines on social distancing and isolation please visit:

<https://www.gov.uk/government/publications/full-guidance-on-staying-at-home-and-away-from-others>

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Stay safe and healthy,

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