

## A message from Ian Wilson, BASES Executive Director

I hope that you and your friends, family and loved ones are staying well during these challenging times as we all play our role to reduce the spread of coronavirus. I would like to express my gratitude to all of the frontline staff who are keeping the UK going during these extraordinary times.

I know for many of our members, this may be the longest period out of sport and formal exercise, and it has been a tough adjustment for many of us involved in this sector.

Whilst a number of our events have had to be postponed, including the Heads of Department event in March and the BASES Student Conference 2020 in April, we have encouraged the CPD Committee to expedite the suite of webinars that we can look to deliver, appreciating that members may have a little more time available to undertake any CPD / remote learning. Please visit [Event and CPD listing](#) to see the webinars and CPD events, once confirmed. If Partners are running a webinar or CPD event that may be of interest to the sport and exercise science community and would like to benefit from BASES endorsement, then please [read here](#) how to apply for BASES CPD endorsement.

We contacted all BASES members at the end of March 2020, asking members to share any videos or podcasts to support and motivate colleagues during the COVID-19 pandemic. These have been uploaded within the [Resources section](#) of the member website and have been promoted on our social media platforms.

We also asked members to share any positive human interest stories from this current situation, like having more time to do paperwork (case studies, etc for Accreditation / Supervised Experience), or practitioners working remotely with athletes, or members developing at home training activities to help people be best prepared for when day-to-day activities become more normal again. This can be shared via social media to help keep the BASES profile during this time of cancelled events and workshops.

Dr Andy Smith FBASES, Professor Stuart Biddle FBASES and Professor Stephen Bird FBASES have offered to produce a BASES Expert Statement on Physical Activity and Exercise during COVID-19 'lockdowns' and 'restrictions', which I am pleased to promote [here](#). Within their proposal to prepare a fast-track expert statement, Andy, Stuart and Stephen offered not take a grant of £1K, and instead suggested BASES could consider making a donation to the NHS. **I am pleased and proud to announce that BASES will be donating £1,000 to [NHS Charities Together](#)** who distribute to a range of NHS charities.

Our small operations team quickly set up remote working from mid-March 2020 and I thank them for their hard work over the last few weeks. If there are slight delays in getting back to member enquiries and queries, please bear with us. We're also working hard to be ready for whenever we are able to return to some kind of "normal" again. We are advancing the planning for this year's BASES Conference, which will take place at King Power Stadium on 17-18 November 2020. The Summer'20 edition of The Sport and Exercise Scientist has been prepared and is due to be posted to members mid-May 2020.

It has been said many times these last few weeks but these are unprecedented times and I hope that you and your family are able to stay safe and well

Thank you for being a BASES member and for your continued support.

Ian

Ian Wilson

BASES Executive Director