



## BERMUDA OLYMPIC ASSOCIATION

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### NEWS RELEASE

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#### **BOA Thanks Bermuda Athlete's Commission for At-Home Workout Initiative**

**Hamilton, Bermuda—15 April 2020:** The Bermuda Olympic Association (“BOA”) congratulates the Bermuda Athlete’s Commission on their initiative to bring stay-at-home workouts to the Bermuda public during the mandated shelter-at-home period. In partnership with the National Olympians Association and the Bermuda Broadcasting Company, the Bermuda Athlete’s Commission worked with Olympians and Paralympians to put together a series of workouts to help everyone keep active and stay fit during the lockdown.

Following the announcement of the postponement of the Tokyo Summer Games until July 2021, and against a backdrop of shelter-at-home orders in place across much of the world, many of Bermuda’s elite athletes find themselves unable to attend to their usual training routines at their usual training facilities. But, undeterred, Bermuda’s elite athletes continue to train from home with whatever resources they have available, and hope to inspire Bermudians to do the same to promote mental and physical well-being for everyone during these stressful times.

Flora Duffy, Olympic Triathlete and World Champion, said in a recent *Instagram* message “It hasn’t been the easiest, but I’m lucky to have my garage set up and garden to get my training done. Lots still to be thankful for in this tough time. Hope everyone is doing well and embracing the slower time at home. Especially thinking of everyone in Bermuda.”

Although the shelter-in-place order is in effect until 2 May in Bermuda, the Olympic dream still shines bright for our athletes, and they are doing their part to stay ready for competition, helping their fellow Bermudians along the way. We encourage all Bermudians to gather your workout equipment, get ready and workout alongside Bermuda’s elite athletes!

The athletes’ workout videos, which currently include segments from Micah Franklin, Jessica Lewis, Julian Fletcher, Roy Burch, Tre Houston, Shianne Smith and Erica Hawley, are available on YouTube on the [bermudaathletes](http://bermudaathletes) page.

Select workouts will also air on the stations of the Bermuda Broadcasting Company per the following schedule:

- ZBM TV9 – Wednesdays at 4:00 p.m.; Thursdays at 6:00 a.m. and 4:00 p.m.; and Fridays at 6:00 a.m. and 4:00 p.m.
- ZFB TV7 – Wednesdays at 5:00 p.m.; Thursdays at 7:00 a.m. and 5:00 p.m.; and Fridays at 7:00 a.m. and 5:00 p.m.

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### **Note to Editors**

#### **About the Bermuda Olympic Association**

Established in 1936, the Bermuda Olympic Association (BOA) is the sole representative of the International Olympic Association, the Pan American Sports Organization, the Central American & Caribbean Games, and the Commonwealth Games Federation, and oversees all matters pertaining to Bermuda and these international sporting festivals. The BOA liaises with the local National Sport Governing Bodies to help identify Elite Athletes and to assist with and support their development so as to maximise their participation in the major festivals.

#### **Media Contacts**

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