

Education

Each year, we ensure our elected RGU Sports Clubs committee members and student representatives are fully equipped to run sport and physical activity sessions, by hosting a series of workshops and training opportunities.

As well as committee training, we also put a lot of resource into ensuring RGU Sports Clubs provide CPD opportunities to their members, such as:

- First aid courses
- Concussion education
- CHANGES training
- Disability sport/inclusion
- Beyond Equality
- BUCS Play captains training.

If you would like to get involved in any of these CPD opportunities, or suggested improvements to what is currently offered please make your Club President aware, or contact the President of Sport and Physical Activity directly (presspa@rguunion.co.uk).

As a sports club's community we also look to run several initiatives and campaigns to promote health, wellbeing and positive culture. In the past we have ran several initiatives and campaigns, such as:

- Movember
- Women & Girls in Sport Week
- CopaFeel!
- #FullTimeOnInitiations
- Healthy Body, Healthy Mind
- Pride Month (Rainbow laces)

As above, if there are any campaigns you would like to see your club, or RGU Sports Clubs as a whole engage with, please contact your club President or President of Sport & Physical Activity - any and all ideas are welcome!

As well as initiatives and campaigns our clubs look to fundraise each year for local and international charities, in addition to fundraising for RGU Sports Club activity. We have partnered with several charities over the years and in 2020/21 our sports clubs raised £7,560. Considering this was a year of limited in-person activity we are hoping to reach an even bigger target in future years!