

EDUCATION



Each year we ensure our 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**
- **Stonewall - Health and Safety**
- **Disability sport/inclusion**
- **Working Groups**
- **BUCS Play Captains Training**

If you would like to get involved in any of these CPD opportunities 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**
- **Row Britannia**

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 this year!