The EDex programme provides students with the opportunity to experience a range of sports, on a commitment free basis. From a club’s point-of view, these events allow you to target a particular demographic, show off your club to potential members, and drive up membership numbers throughout the year, at absolutely no cost to the club.

1. What? First up, what type of event are you looking to run? EDex events come in various formats:
   - **Taster**: A one-off session open to all, and to encourage beginners to take part in the sport.
   - **SportsFest**: A one-off (usually lasting a day or less) tournament targeted at non-club members.
   - **LearnToPlay**: This tends to be a specific offering for complete beginner to come in, take up your sport, and build up some experience over a set period of time (i.e. a 4 week block of coaching).
   - **Stressbuster**: usually held around exam time these are one-off sessions to give people an opportunity to de-stress and take part in some fun sport.

2. When? Look for dates that would be suitable for the club. You may decide to run an EDex session as part of a regular training session, or at another time.

3. Contact E-mail Neil Rankin (neil.rankin@ed.ac.uk) with the following information:
   - Event type
   - Potential dates & times
   - Capacity of session
   - All costs involved with session
   - Key contact

4. Support Neil will often set-up a meeting with the club to offer support throughout the whole process. This will involve event set-up, finances, ticketing and advice on promotion. The club and members should get involved in promoting your event - ask your members to publicise on social media, they will have far greater reach that just the club account.

   Lauren Benseman, EUSU’s CVA Intern, is always on-hand to support clubs with EDex sessions and happy to help advise clubs on various aspects of the programme. Lauren can be reached via eusu.cva@ed.ac.uk, or in the Sports Union office (48 Pleasance, EH8 9TJ) from 9am – 4pm on Monday, during the first semester.

5. Preparation Ensure that you arrive before the participants, have downloaded a list of sign-ups (if required), and are ready to be as enthusiastic as possible when welcoming participants.

6. Follow-up If there are costs involved in the session, the club should pay all these in advance. The Sports Union will then reimburse all agreed costs – receipts / proof of purchase should be provided.