

RS Quest design

The RS Quest has been developed based on the following requirements:

- To have a capacity of four people, enabling the introduction of basic sailing techniques with both students and an instructor on board
- To be a versatile dinghy that can easily cater for a whole range of sailing courses, from 'Learn to Sail' to 'Racing' and 'Advanced Techniques'
- To be light enough in weight that all sailors can manoeuvre the boat with confidence and ease on and off the water
- To have simple and effective control lines to meet beginner needs right through to advanced sailing techniques
- To offer both asymmetric and symmetric spinnakers for versatile use
- To include additional storage space for longer journeys
- To be easily reefed
- To have the ability to be easily recovered from capsizes
- To include adjustable toe straps for the varying size of sailors

The RS Quest provides a very stable environment for both youth and adults taking up the pursuit of sailing as well as those existing participants wishing to move on to more intermediate skill development such as spinnaker handling. The RS Quest does all this very well in a variety of wind conditions, without becoming too much to handle. Instead, it keeps sailors engaged and does not overwhelm them while they are still gaining the confidence they need in the initial stages of gaining experience afloat.



References:

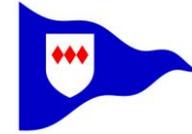
CSC website downloads:

- *CSC_RS-Quest Operating Procedures*
- *CSC_Club_Boat_Policy*
- *CSC_Water_Safety_Policy*
- *CSC Training Programme*
- *CSC Training Course Application Form*

For more information about the RS Quest visit:
www.rssailing.com/project/rs-quest

For more information about CSC adult training email: **CSCDinghyTraining@btconnect.com**
Telephone: **01590 681569**

www.christchurchsailingclub.co.uk/Training



Christchurch Sailing Club

Adult Dinghy Training



The CSC RS-Quest is a club-owned training dinghy that can be used by members to gain experience and learn skills at all levels of sailing.

The boat is comprehensively equipped allowing wide range of activities and training.

The priority is to offer RYA syllabus training for adult novices and coaching during Club racing.

www.christchurchsailingclub.co.uk/training

General Information

The CSC RS-Quest is a club-owned training dinghy that can be used by members to gain experience and learn techniques at all levels of sailing. It can be sailed single-handed, is normally sailed double-handed. The maximum capacity is four adults.

The boat is comprehensively equipped allowing a wide range of activities and training:

- Basic sailing skills for beginners up to RYA Level 2 standard
- Coaching of the RYA Advanced Modules, including:
 - Seamanship skills
 - Symmetric spinnaker
 - Asymmetric spinnaker
 - Start racing
 - Performance sailing and using a trapeze
- Club Racing – inside harbour and sea races
- General use by CSC members (one of crew to hold RYA Dinghy Level 2 qualification)

Boat Use for Training

Training and coaching can only be given to people who are either full or temporary training members of the CSC. The minimum age for adult training is 18yrs.

On dates when no CSC dinghy racing planned; priority for RYA training booking up to five days before.

Priority is to provide RYA dinghy Level 1 and Level 2 syllabus training. The boat will be sailed with one instructor and one or two trainees (normal max of 3 adults in the boat for training).

Only current RYA Dinghy Instructors can conduct RYA syllabus training.

The boat will be made available for use for CSC Junior Squad activities and training.

Boat Use by CSC Members

In accordance with *CSC_Club_Boat_Policy* – available on CSC website Downloads page.

If the boat is not booked for training by five days before, it will be available to be booked by CSC Members (helm requires RYA Dinghy Level 2).

On days when CSC dinghy racing is being held, the boat will be available for race coaching with an instructor or used by CSC members (double-handed crew) to compete in club racing. The RS Quest 2018 PY handicap is 1110 (Class 4).

The RS-Quest can be sailed single-handed and is normally sailed double-handed. The maximum capacity is four adults.

Buoyancy-aids or life-jackets must be worn by all crew for sailing activities.

Booking

All adult training enquiries to CSC instructors: CSCDinghyTraining@btconnect.com

Submit *CSC-Training-Course-Application-Form* (CSC website Downloads) for initial booking.

Typical training session: 3 hours

The cost of one standard 3-hour session is £40. (Individual training = full amount, two students = £20 each). The cost of race-coaching by an instructor is £15. Payments to CSC in advance.

The instructor will coordinate training with CSC members (when possible, optimise training with 2 students of similar sailing ability per session)

The instructor will confirm booking approx 24 hours prior to training session. If the weather forecast is unsuitable for the intended training, the session will be postponed to a future date.

Shore-based Training

CSC RYA Instructors can conduct shore-based training for groups when requested. Examples: Racing Rules, Race Tactics, Boat Rigging & Sail-trimming.

Clothing and Equipment

Students are to wear clothing appropriate to the forecast weather conditions and be prepared to get wet. A windproof layer (top and trousers) should be taken, there is storage in the boat if not worn at start of session. Protective footwear (e.g wet-suit boots, old trainers) to be worn (no open toe footwear). Use high-factor sun cream.

CSC can provide buoyancy aids for use in the RS Quest. Students are to advise instructor if they will provide their own buoyancy aid / lifejacket.

RYA Logbooks

All publications are available to buy on the RYA website (rya.org.uk), some are available as e-books. It is suggested that beginners obtain a copy of the RYA National Sailing Scheme Syllabus and Logbook (Code G4) and RYA Start Sailing - Beginners Handbook (Code G3).

RYA Dinghy Qualifications

CSC cannot currently issue RYA dinghy certificates. Assessments for qualifications can be conducted at RYA dinghy training centres.



More information

If you would like to find out more about CSC adult dinghy training, please email:

CSCDinghyTraining@btconnect.com

or telephone: **01590 681569**

www.christchurchsailingclub.co.uk/training