



ROYAL
HOSPITAL
SCHOOL

SAILING ACADEMY

A CENTRE OF EXCELLENCE



Recognised Club



A CENTRE OF EXCELLENCE FOR SAILING

The Royal Hospital School is a boarding and day school for 750 boys and girls aged between 11 and 18, set in 200 acres of Suffolk countryside, overlooking the River Stour and adjacent to Alton Water reservoir. As a result of this 'watery' location, and many years of investment in facilities and specialist coaching, the School is a centre of excellence for sailing. The Royal Hospital School Sailing Academy is an established RYA Training Centre and has a fleet of more than 50 dinghies catering for every level of sailing - from beginner boats like RS Teras to team racing Fireflies, Olympic pathway craft such as the ILCA (was Laser) and 29ers and the latest in one-design foiling - the Waszp.

STARTING OUT:

On joining the School, all 11 year olds take part in a week-long sailing course when they are taken through the basics to RYA Stage 2. Pupils joining in other year groups have the opportunity to learn to sail in games sessions and those with more experience can sail up to four times a week.

SAILING ACADEMY OFFER

The following is an overview of the activity that pupils can access through the RHS Sailing Academy.

SAILING IN GAMES LESSONS:

Sailing sessions are offered in all games lessons with at least two coached sessions per week on the water all year round (3 per week for those in years 7 and 8).

RYA TRAINING:

All games lessons are delivered by RYA qualified instructors delivering RYA recognised training so pupils are able to learn to sail through the RYA Youth Sailing Scheme and move on to the advanced modules of the National Sailing Scheme. Training covers everything from the first introductory steps in sailing through to learning how to go racing, sail with spinnakers, seamanship skills and performance sailing. RYA certificates are awarded on completion of the relevant syllabus and RYA logbooks and handbooks are available to purchase.



AFTER SCHOOL ACTIVITIES:

During British Summer Time, games lessons are extended until 1730hrs with pupils being able to sail as their after-school activity on the day of their games lessons. Outside this time after school sessions are on offer covering a range of topics including radio-controlled yacht racing, Virtual Regatta racing, coastal sailing techniques, navigation, racing rules, racing tactics and strategy and boat tuning.

REGATTA PARTICIPATION:

We run frequent school trips to compete in various regattas from local open meeting and regional championships to national championships and international events.

TEAM RACING:

A big part of the sailing programme at RHS is the team racing programme. Pupils are regularly competing at national level in all the major under 21 team racing competitions. Pupils compete primarily in RS Feva, 2 boat team racing at junior level (under 16) and Firefly, 3 boat team racing at senior level (16 and over). RHS regularly places in the top 4 in both junior and senior categories of team racing at school and national level.

KEELBOAT RACING:

Sailors in the sixth form are able to opt into a keelboat racing programme. The annual calendar includes entry to the British Keelboat League, RYA Schools Match Racing Championship and BSDRA Keelboat Fleet Racing. Opportunities to train are provided at Royal Harwich Yacht Club, Royal Corinthian Yacht Club (Burnham on Crouch) and Weymouth and Portland National Sailing Academy. Racing takes place in RS21, Elliott 6m, J/70 and J/80 keelboats.

FOILING:

Pupils in the sixth form can learn to SailFoil in the school's Waszps under instruction from the school's RYA SailFoil instructors. First Flight, Sustained Flight and Performance Flight courses are all offered to take pupils the whole way through the RYA SailFoil scheme.

COASTAL SAILING AND NAVIGATION EXPERIENCE:

The school owns four Cornish Shrimper 19s. 4 berth, gaff rigged cruising boats, ideal for coastal sailing. The boats are kept in Shotley Marina, a perfect location for accessing the rivers Stour and Orwell. Pupils stay onboard, cooking their own meals and learning a range of coastal sailing techniques from sailing in tides to use of charts and compasses. Cruises and trips take place at the weekends and during school holidays.

DUKE OF EDINBURGH'S AWARD SAILING EXPEDITIONS AT SILVER AND GOLD LEVEL:

The Cornish Shrimpers are available for teams of between 4 and 8 pupils to use for their expedition at both Silver and Gold levels of the Duke of Edinburgh's Award. These are 3 or 4 nights respectively and require teams to plan and undertake their own unaccompanied expedition following a period of training and a practice expedition.



GCSE AND A LEVEL PE:

Sailing is one of the sports that pupils can be assessed in as part of both the GCSE and A Level PE subjects. Pupils can be assessed in the school boats, or their own boat and as an individual sport when sailing a single hander or as a team sport when sailing a double hander.

RADIO CONTROLLED YACHTS:

Six radio-controlled yachts are used to provide racing in the school swimming pool when we are unable to sail on the reservoir (days with fog or no wind, or after dark in the winter) and are also used on the reservoir as an alternative for days of high wind. Radio-controlled yacht racing provides a large number of boat-on-boat situations strengthening racers' decision making, racing rule application and tactical awareness.

LAND YACHTING:

The school owns 9 BloKart land yachts that are sailed on the Parade Ground. They are used as a "plan B" option for high wind days when sailing on the reservoir is not possible. They offer an excellent way to get to grips with apparent wind sailing and the importance of adjusting sail trim for changes in wind speed, boat speed and wind direction.

EVENT PREPARATION:

A Friday lunchtime workshop is offered to support sailors to prepare for training or racing at an unfamiliar venue. Charts, weather forecasting and venue guides are used to help sailors with formulating a starting strategy for their upcoming sailing.

SIXTH FORM ELECTIVE:

Two programmes are offered as part of the sixth form elective programme:

The Learn To Sail course will take you through the RYA's learn to sail programme, teaching you the basics of how to sail safely and confidently and leading you to advanced skills such as spinnaker handling, an introduction to racing and advanced seamanship skills. By the end of the year, pupils will be ready to train to become a RYA Dinghy Instructor. This is an ideal course for pupils, new to the sport of sailing, to take, in order to take advantage of the fabulous sailing opportunities that exist at RHS whilst continuing to play other team sports whilst at the school.

The RYA Instructor Training course is aimed at pupils with a good level of sailing experience that, ideally, are ready to undertake the Dinghy Instructor Pre-Entry Skills Assessment. The course provides pupils with all the qualifications to undertake the RYA Dinghy Instructor training course along with the instructor course itself.

INSTRUCTOR TRAINING:

Opportunities exist for those aged 16 and over to train to become RYA Dinghy Instructors and Race Coaches. Advanced and Racing Instructor Endorsements can also be offered for those with the required experience.



OTHER RYA TRAINING OPPORTUNITIES:

RYA First Aid, RYA Powerboat Level 2, RYA Safety Boat and RYA windsurfing tuition can all be delivered at the school.

EXPERIENCED AND HIGHLY QUALIFIED STAFF:

Staff working in the Sailing Academy are extremely well qualified. Racers are coached by RYA Level 3 Race Coaches and all other sessions are overseen by RYA Senior and Advanced Instructors.

SAILING SCHOLARS:

See separate section for information regarding Sailing Scholarships at RHS.

ACADEMIC PROVISION:

Pupils are also well-supported in their academic studies and during their time at the School they are encouraged to enjoy the adventure of learning and to develop a lifelong appetite for knowledge. The curriculum is broad and balanced, combining the best of academic traditions with the latest technologies. Every pupil is supported and guided along the way by his or her personal tutor in order to balance their academic and sailing commitments and reach their true potential. The most able pupils are stretched through a scholars' programme and gifted and talented scheme aimed at opening their minds and extending their learning. The School promotes academic and pastoral excellence, maintains breadth and challenge, inspires individual and social responsibility and develops the life skills that will prepare young people to meet the future with confidence.

BOARDING:

With over 420 boarders and the majority of teachers living on site, the School is a thriving community in which to live and learn. There is a co-educational junior house, three girls' houses, four boys' houses and a co-educational upper sixth house for pupils in their final year of school. Each has a Housemaster or Housemistress, Resident Tutor and a Matron providing excellent pastoral care and support. Full, weekly and flexible boarding is available..

CONTACT

To find out more, please come to one of our Open Mornings. For dates and to book a place or to book a private visit, please contact the Admissions Office:

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