

Adaptive Sports Connection (ASC) Interlake sailboat

The ASC sailboat fleet includes an Interlake class sailboat. It is a sloop rigged (one mast mainsail and jib) mono hull sailboat with a jib (foresail) of 50 sq. ft and a mainsail of 125 sq. ft. That gives the Interlake a Sail Area to Displacement ratio (S.A./Disp.) of 37.37 so it is considered to be a mid-range sailing dingy with an average sail area to displacement ratio. Class rules allow for a third sail, called a spinnaker. The Interlake is not considered self-rescuing. That means in the event of a capsize, the boat will be “swamped” with water after it is righted and therefore would need to be bailed out before sailing it again. ASC has mast floats on the top of most masts to prevent the Interlake from “turtling” in the event of a capsize so the focus can be on the safety of participants and volunteers. Standard equipment on board the Interlake should include two full size buckets for bailing in the event of a capsize and an anchor to hold the boat in place and prevent it from being blown into shore or shallow water where the boat could be damaged.

Interlake specifications are: LOA 18'0", Beam 6'3", Draft (without people onboard) 9" min/4'7" max, Displacement is 650lbs. It has a fiberglass hull with a balsa wood core that is susceptible to significant moisture damage if either the exterior or interior fiberglass is cracked so extreme care must be taken to make sure it is never run aground when sailing, or damaged when launching, loading, unloading, or mooring. It must be stored so water will not accumulate in the bottom of the cockpit/hull. The pivoting centerboard and rudder are of a kick-up design however care should still be taken to ensure they do not contact objects or the bottom. It has one drain plug in the transom. The drain plug must be properly installed before launching the boat and removed when the boat is stored.

There is not an official capacity rating in terms of the weight or number of people it can carry. For typical ASC use the number of people onboard would be 3 or 4 but under certain conditions it may be able to carry more depending on people's weight and sizes (especially if some are children). An approximate weight capacity may be up to about 1,100 lbs. depending on wind and wave conditions. It is up to the skipper along with a qualified ASC Level 3 skipper or ASC sailing program lead to make the final determination about the maximum weight and/or number of people that can be carried on board under any given conditions. It has a fairly roomy cockpit and seating area giving it the ability to accommodate participants with a range of disabilities including paraplegics and/or quadriplegics.

