

## **CAPTAIN'S CHOICE**

### *Health & Mobility Statement*

Before we can whisk you away to new horizons, please complete both sides of this form and return to:  
Captain's Choice – Level 4, 1230 Nepean Highway, Cheltenham, Victoria 3192, Australia.

Name/s \_\_\_\_\_

Tour Name \_\_\_\_\_ Departure Date \_\_\_\_\_

Captain's Choice welcomes travellers of all ages to explore the remote and exotic wonders of the world in style.

Most of our tours do not involve extensive physical activity or require high levels of fitness but to obtain the most enjoyment from your holiday you will need to have a reasonable capacity and willingness to engage in some physical activity. All of our tours require good mobility with some standing, walking and stair climbing. Travellers must be able to stand and walk reasonable distances unassisted, negotiate uneven surfaces (such as cobblestone streets), climb stairs and board planes, trains, buses and boats (with and without handrails) as necessitated by the specific itinerary.

*Please note: We are unable to accommodate wheelchairs and walking frames on our tours.*

To ensure the enjoyment of the tour for all guests we do have minimum health/mobility requirements for all of our journeys. These requirements have been established with your wellbeing in mind and in consideration of your fellow travellers. All travellers are required to complete the following form and it must be received by our office within seven (7) days of your booking being created.

#### **DIETARY REQUIREMENTS & ALLERGIES**

**Do you have a special dietary requirement?**

Yes  No – If Yes, please provide details and advise if your dietary requirement is related to a medical condition:

\_\_\_\_\_

**Do you have any allergies?**

Yes  No – If Yes, please provide details and severity:

\_\_\_\_\_

#### **MOBILITY**

**Can you walk 500m to 1km in distance (with stops) comfortably and unaided?**  Yes  No

**Can you negotiate uneven, undulating and sometimes challenging terrain?**

Yes  No – If No, please provide details outlining your limitations:

\_\_\_\_\_

**Can you walk, or travel on your own, in an unfamiliar place without assistance?**

Yes  No – If No, please provide details outlining your limitations:

\_\_\_\_\_

**Are you able to embark and disembark aircraft, buses and ships (with or without handrails)?**  Yes  No

**Are you able to negotiate getting on and off tenders/zodiacs (small transfer boats that may be inflatable)?**  Yes  No

**Can you negotiate multiple and narrow stairs unaided?**

Yes  No – If No, please provide details outlining your limitations:

\_\_\_\_\_

**Are you travelling with a companion or carer who is able to provide any assistance you require?  
(eg for activities of daily living, to enter buildings, embark/disembark tour vehicles/ships/boats)**

Yes  No – If yes, please provide the name of carer/companion and your relationship:

\_\_\_\_\_

# HEALTH & MOBILITY STATEMENT CONTINUED

## MEDICAL

Are you taking any medical equipment to assist you? (eg insulin pens, sleep apnoea device, portable oxygen)

Yes  No – If Yes, please provide details:

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Do you suffer from any condition which may cause you to experience memory loss or become disoriented?

Yes  No – If Yes, please provide details:

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Please provide a brief description of any medical or mobility issue that may impact on your safety and enjoyment of the tour: (eg dementia, Parkinson's disease, hearing or vision impairment, diabetes)

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The information you have provided may indicate that a Captain's Choice tour is not suited to your needs. If you are unsure please consult with your local GP or contact our office to receive further advice about the level of activity on your specific tour.

If you have significant mobility or health issues whilst on tour our Tour Host Team will do their best to assist you. If our Tour Manager, in consultation with our Tour Doctor, assesses your health/mobility as not meeting the minimum requirements of the tour, you may be excluded from certain activities or have further participation in the tour terminated for your own wellbeing and in the interest of your fellow travellers. If this occurs, Captain's Choice will assist with the logistics in arranging your onward travel but you will incur the additional costs associated with this and there will be no refund for the segment/s of the tour you do not partake in.

A doctor accompanies each Captain's Choice tour. The doctor is an independent registered medical practitioner who is available to provide immediate but limited medical attention should the need arise. The doctor is not able to provide ongoing care to passengers.

Your signature below confirms that you have answered the questions above honestly, agree to advise Captain's Choice if your health/mobility condition changes any time prior to departure and that you agree to these conditions.

Traveller 1

Date

Traveller 2

Date