

**SECTION D – MEDICAL RELEASE FORM**

If you indicated “Yes” to any of questions 1-6 in Section B, then please complete this section. *Part 1* is to be completed by yourself, and *Part 2* should be given to your licensed physician to complete. At the bottom of the document, both yourself and the physician must sign the completed document and return it to CANDLES.

Please review the trip details, physical demands, and locations for the various parts of the trip and complete the information below.

**Part 1 (to be completed by traveler)**

Your Legal First and Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

Dates of Travel: \_\_\_\_\_

Please note information provided here may be forwarded to select parties to ensure a safe and enjoyable tour. All information kept by CANDLES will only be shared with those who need to know.

**Part 2 (to be completed by a licensed physician)**

These trips are intended for travelers in reasonably good health without potential underlying illnesses or chronic conditions that may require medical attention and/or extensive care causing the traveler to be unable to participate in the tour.

Name of Physician: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Please list any current medical conditions, infirmities, disabilities, or physical limitations of the patient:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If this patient has major surgeries or procedures at any time during the last year, please list when and for what reason:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Patient has provided the following for my review:

- CANDLES Tour Pacing Guide
- ADA Accommodations for the Trip
- Daily Descriptions of Physical Demands

Physician Release Form

Do you have any concerns that the patient will be able to handle the necessary physical requirements of this trip?  YES  NO

If yes, please explain further.

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I have read and am familiar with the trip details, physical demands, and locations for the various parts of the trip. I am also aware that most locations in Europe are not required to be ADA compliant or equipped with elevators, and that stairwells and rough terrain may pose an increased risk to travelers with mobility issues. With this knowledge, I have considered the suitability of this travel, and to the best of my knowledge, I believe this patient to be physically fit to undertake this trip. I further declare the answers provided above to be accurate, complete, and truthful.

Physician signature: \_\_\_\_\_

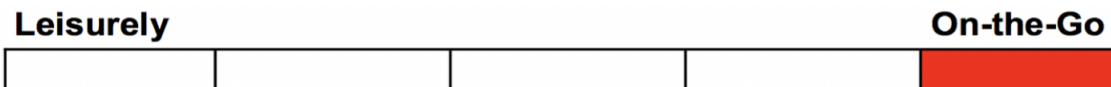
Date: \_\_\_\_\_

Patient signature: \_\_\_\_\_

Date: \_\_\_\_\_

### CANDLES Tour Pacing Guide

The CANDLES staff welcomes people of all abilities and will do everything within our power to accommodate any need. However, due to differences in accessibility and standards outside of the United States, there are limitation as to what we are able to provide and accommodate. We are happy to provide more detail to help you determine your ability to participate in each part of the trip.



Please read the following carefully to be fully informed about the physical expectations of this trip:

#### Walking/Terrain:

- This tour is considered an “on-the-go” pace, which means there will be a considerable amount of walking every day of the trip. **We average 18,000-20,000 steps (6-8 miles) per day.** Please consider this when choosing shoes.
- The city walking terrain consists of cobblestones/marble surfaces that can be uneven at times and slick when wet.
- Walking terrain in Auschwitz is mainly gravel/dirt/larger stones and can be rough/uneven at times.

#### Whole-Day Tours:

- A typical day begins with a 6:00/6:30am wake up call and an evening return time of 6:00/6:30pm (not including evening meals and presentations that take place after the evening return time).
- The schedule for the entire trip is rigorous, with little rest/recovery time between days. Please consider this when registering for the trip.

#### Accessibility:

- Unlike the United States, Poland does not require their public locations to be ADA compliant. There are most likely curbs, areas with restricted or no automobile access, and stairs as the only access to upper-floor locations and lower-floor/basement bathrooms. There is an elevator in the hotel.
- Participants must be able to board and exit the tour bus independently.
- Most buildings in Auschwitz I require travelers to navigate large steps and are not wheelchair accessible.

#### Tours:

- Both the Krakow city tour and Jewish Quarter tour are two-hour walking tours on uneven cobblestone streets.
- The historic salt mine tour is also two hours in length. Access to the mine is via one of their historic mine elevators.
- Most walking surfaces in the mine are smooth, and the regular tour has steps that descend to each level of the mine. *\*A handicap version of the salt mine tour is available and must be reserved ASAP. Availability is not guaranteed. Those who would like this tour must have proof of need.*
- We will spend two full days touring the Auschwitz camps. There are only sporadic locations where one can sit to rest (other than on the ground), and there are **no** regularly spaced benches or paved walking surfaces.
- Auschwitz-Birkenau is a large area with few trees for shade. Be prepared to walk in full sun, rain, or snow, depending on the season in which you are visiting.
- There are no water fountains at Auschwitz I or Auschwitz-Birkenau. Water must be carried.

## **ADA Accommodations for the CANDLES Auschwitz Trip**

### **Transportation:**

For guests traveling with us who are in need of ADA accommodations and are unable to independently board a motor coach due to a dependency on a wheelchair or walker, transportation with the group, via motor coach, is not guaranteed. In a situation where the group motor coach is not accessible due to participant's dependability on a wheelchair/walker for mobility, alternative transportation options can be discussed with CANDLES staff.

### **Hotels:**

European hotel accommodations which are ADA compliant are extremely limited and are not guaranteed. We will make every possible effort to make reservations at properties that are ADA compliant, but our doing so is entirely dependent on hotel availability.

The bathtub/shower combination in European bathrooms is very tall, and in most cases, there are not "grab bars" for stability when entering/exiting. *\*There are a very limited number of handicapped rooms or shower-only rooms available, so if you require one of these rooms, please request immediately. Availability is not guaranteed.*

### **Mobility/General Assistance:**

While CANDLES staff will certainly help as time and situation allow, registrants who require an enhanced level of assistance with mobility and/or everyday tasks are required to travel with a companion/caregiver. Staff will not be available nor provided for this level of daily assistance.

### **Locational Accessibility:**

Please note that many European sites are not ADA compliant, including many buildings and structures on our tours, including the Auschwitz Memorial Museum. Walking paths at Auschwitz are often uneven and covered in large gravel/stones or grass and are difficult to manage if you are restricted to a wheelchair or walker.

A handicapped accessible, abbreviated tour of the Wieliczka Salt Mines is available but will only be booked as needed. If there is a request in this regard, advance notice and proof of need are required. A reservation for the abbreviated tour must be made in advance of arrival.

**Those who have knee/hip/back issues may benefit from bringing a device to assist with walking and stability.**

**Description of Physical Requirements for Touring**  
(To be reviewed by physician as a part of Section D Medical Release Form)

**City Tour of Krakow**

- 2-hour walking tour
- Cobblestone streets with some inclines
- Steps involved for some inside visits
- Approximately 3 miles in length
- Bathroom availability is limited

**Jewish Quarter Tour**

- 1 ½ hour walking tour
- Cobblestone streets
- Limited steps involved
- Approximately 1 1/2 - 2 miles in length
- Bathroom availability is limited

**Auschwitz II-Birkenau Full Day Touring**

- Auschwitz II-Birkenau is 425 acres in size
- Participants can walk corner to corner during the full day of touring
- No organized seating during the tour is available
- A full day of touring can involve as many as 18,000-20,000 steps
- No paved walkways or paths exist
- Walking terrain is mainly gravel/dirt or larger stones and can be uneven at times
- There is little shade available throughout the camp
- Restroom facilities are few and placed far apart from one another

**Auschwitz I Full Day Touring**

- Auschwitz I is 49 acres in size
- "Streets" are composed of a larger gravel/stone
- Almost all buildings have 5 - 6 deeper steps required upon initial entry into the building
- All toured barracks are two-story structures, and some have a basement area, both of which are toured in addition to the first floor
- Elevators are not available in any former barrack where participants tour
- Bathroom facilities are sporadic within touring area

**Wieliczka Salt Mine Tour**

- 3-hour walking tour
- Approximately 2 miles in length
- Travelers will descend to a depth of 135 meters
- Most walking surfaces are smooth and flat
- Elevator services will be secured for initial entry into and out of the mine
- Once in the mine, guests will descend approximately 400-450 steps as they go room to room within the mine
- Restroom facilities are located 40 minutes in, 90 minutes in and at the end of the tour
- The mine is a constant temperature of 63-64 degrees
- From the Wieliczka Salt Mines website: This is also a marvelous place for persons with breathing problems as there are no allergens, bacteria and fungi