

SECTION C – MEDICAL RELEASE FORM

If you indicated “Yes” to any of questions 1-5 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.

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: _____

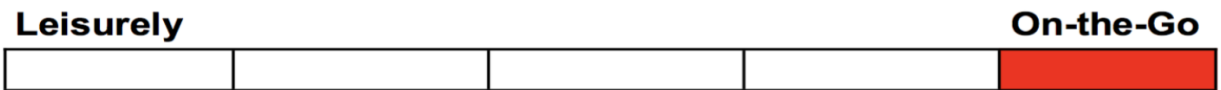
Patient signature: _____

Date: _____

Tour Pacing Guide

Please read carefully before registering for the CANDLES Auschwitz trip.

The CANDLES staff welcomes people of all abilities and will do everything within our power to accommodate any need. However, due to differences in standards of accessibility outside of the United States, there are limitations 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. For more information, please refer to the ADA page.



Please read the following carefully so you are 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. **We average 18,000-20,000 steps (6-8 miles) per day.** The city walking terrain consists of cobblestones/marble surfaces that can be uneven at times and slick when wet. The walking terrain in Auschwitz is mainly gravel/ dirt or larger stones and can be rough and uneven at times.

Whole-Day Tours:

A typical day begins with a 6:00/6:30 AM wakeup call and an evening return time of 6:00/6:30 PM (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.

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 long. Access to the mine is via a historic mine elevator. Most walking surfaces in the mine are smooth and the regular tour has steps that descend to each level of the mine. We will spend three full days touring the Auschwitz camps. There are only sporadic locations where we 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 any weather element. There are no water fountains at the camps. Water must be carried.

While we do not wish to discourage participation in any way, we want you to have a realistic expectation of physical demands of this trip. Please feel free to contact us with questions you may have. These physical demands are why a release form from your doctor may be necessary.

ADA Accommodations

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, as well as the Auschwitz Memorial Museum. Walking paths/steps 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. Those who have knee/hip/back issues may benefit from bringing a non-wheeled device to assist with walking and stability such as a cane or walking sticks.

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.

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