



## Terms regarding health and disabilities

Everyone with normal good health can sail with Christian Radich. An important part of the experience to all trainees is to be able to sail as much as possible. We expect that most of you enter the rig as well, but if you don't want to join this, please inform your watch leader. If you have any health limitations or disabilities, this must be further evaluated. On sea, health limitations can be extended, and especially if bad weather occurs. We expect that every trainee can take care of her- or himself, it is not possible for our crew to pay extra attention to each individual trainee. If you answer positive on one or more of these questions, you must contact us for an evaluation.

If you are over 67 years, you must send us the health declaration, signed by your doctor.

|   | Yes                      | No                       |
|---|--------------------------|--------------------------|
| Do you have poor health, or do you have a disability that may limit your work on board?<br>If yes, please explain | <input type="checkbox"/> | <input type="checkbox"/> |

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|---|--------------------------|--------------------------|
| Do you suffer from or have you had one of the following diseases: Epilepsy,<br>Cardio vascular disease, pulmonary disease, kidney disease, problems with the nervous system, balance or mental disorders?<br>If yes, you must send a health declaration signed by your doctor. Please explain | <input type="checkbox"/> | <input type="checkbox"/> |
|---|--------------------------|--------------------------|

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|--|--------------------------|--------------------------|
| Is it a problem to step over high thresholds (40 cm) or go in steep stairs?<br>If yes, please explain: | <input type="checkbox"/> | <input type="checkbox"/> |
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|---|--------------------------|--------------------------|
| Do you use regular medication?<br>If yes, which medicine: | <input type="checkbox"/> | <input type="checkbox"/> |
|---|--------------------------|--------------------------|

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| Do you suffer from serious allergy which can cause shock?<br>If yes, you must send a health declaration signed by your doctor. Please explain | <input type="checkbox"/> | <input type="checkbox"/> |
|---|--------------------------|--------------------------|

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If information is withheld and the trainee because of disabilities proves to be a burden to crew and other trainees on board, or pose danger to themselves or others, the Captain can decide that the trainee has to disembark before the voyage ends. Travel expenses will be covered by the trainee.

To be treated confidential.

**Place:**

**Date:**

**Signature:**



## Health declaration for trainees on board the sail ship Christian Radich

The physician that has signed this document is aware that ..... wishes to attend a voyage with Christian Radich. I am informed that the trainees live in dormitories below deck in hammocks or bunks, and they are divided into watch teams who perform duties on board for four hours, followed by 8 hours off, day and night.

The trainees` work on board is guided by the professional crew, who give the trainees information and instructions. The work includes lookout, safety watches, to set and save sails and stand at the helm. The duties are according to the trainee`s condition and interests, but it is expected that everyone joins. Entering the rig is voluntary.

Medically speaking, I have no objections to the above attending the voyage.

I would recommend the following limitations in terms of participation:

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The person is using these medications regularly:

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.....

Place and date.....

Stamp/signature.....