



## 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:

.....  
.....

The person is using these medications regularly:

.....  
.....

Place and date.....

Stamp/signature.....