



THE CAPTAIN'S CHOICE TOUR

THE LEADER IN LUXURY TRAVEL TO REMOTE AND EXOTIC DESTINATIONS

FITNESS/ACTIVITY STATEMENT

Name/s: _____

Tour Name: _____

Departure Date: _____

The Captain's Choice Tour 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 some walking and general mobility. Travellers must be able to walk reasonable distances unassisted, negotiate uneven surfaces (such as cobblestoned streets), climb stairs and board trains, buses and boats (with and without handrails) as necessitated by the specific itinerary.

To ensure the enjoyment of the tour for all guests we do have a minimum fitness level requirement, according to the below criteria, for all of our journeys. This criteria has been established with your best interests in mind and in consideration of your fellow travellers. All travellers are required to meet the below fitness criteria and this form must be received by our office within (7) seven days of your booking confirmation.

Please tick 'Yes' or 'No' in the boxes below in accordance with your ability to undertake these activities unassisted.

- | | Yes | No |
|---|--------------------------|--------------------------|
| • Walk two kilometres (with stops) comfortably (in hot, humid conditions) | <input type="checkbox"/> | <input type="checkbox"/> |
| • Walk up (2) two flights of stairs comfortably and unaided | <input type="checkbox"/> | <input type="checkbox"/> |
| • Walk comfortably along uneven and loose surfaces | <input type="checkbox"/> | <input type="checkbox"/> |
| • Embark/disembark boats, trains and buses unaided | <input type="checkbox"/> | <input type="checkbox"/> |
| • Carry your own hand luggage | <input type="checkbox"/> | <input type="checkbox"/> |

If you have ticked 'No' to one or more of the above it may indicate that The 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 Escort Team will do their best to assist you. However if our Tour Manager, in consultation with our Tour Doctor, assesses that your fitness level and/or general health does not meet the majority of the above requirements, in your own interests and those of your fellow travellers, our Tour Manager may need to discontinue your participation for the remainder of your tour. If this occurs The Captain's Choice Tour will assist with the logistics in arranging your arrangements for onward travel but you will incur the additional costs associated with this and there will be no refund for the segment of the tour you do not partake in.

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

Signature: _____

Date: _____

Signature: _____

Date: _____

Please note: We are unable to accommodate wheelchairs and walking frames on our tour vehicles. A doctor travels with The 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.