



DIVE.IS
PADI 5 STAR DIVE CENTER

MEDICAL INFORMATION AND RELEASE FORM

For Snorkeling and Diving Silfra Day Tours in Iceland

Participant Name _____

All Snorkeling and Diving Silfra Day Tour participants age 60 or older and participants under the supervision of a doctor for a chronic medical condition are required to obtain a permission from a medical doctor as per below before taking part in the activity at Silfra. If the participant cannot provide a completed form with a permission, he/she will not be able to take part in the tour.

The Snorkeling Silfra Day Tour activity includes the following:

- Participants must wear a full body dry suit, which may feel tight and constricting. The suit is heavy and can make walking difficult.
- Participants must walk 150 meters and descend stairs to the entrance platform, and walk ca. 350 meters from the exit platform to the parking lot in the dry suit.
- The dry suit involves wearing a tight neck and wrist seals to keep water out of the suit. Some participants will additionally need to wear a tightening neck strap to help prevent water leaking through the neck seal. For some participants, the neck seal or the neck strap may cause an uncomfortable sensation of having difficulty to breathe.
- Participants spend approximately 30-40 minutes in 2°C water. The face is exposed directly to the water. The hands and head are exposed to the water through a mitigating material.
- Dry suits are intended to keep the torso and limbs dry. However, there is a risk that water will leak or flood into the dry suit. If this were to happen, the participant's body would be in full contact with 2°C water.
- Participants will breathe air through a snorkel while their face is submerged in 2°C water.
- Participants change in and out of the dry suits in tour vans in potentially wet, windy, and cold weather conditions. In winter, outside temperatures can drop far below the freezing point.
- There is a slight current in Silfra and participants must be comfortable swimming against it during the last part of the tour.

The Diving Silfra Day Tour activity additionally includes the following:

- Participants will wear a scuba unit weighing ca. 20 kg plus 6-12 kg of weights while walking 150 meters to the entrance platform and 350 meters back from the exit platform.
- Participants will breathe air through a scuba diving regulator while their face is submerged in 2°C water. Length of a dive varies typically between 30-45 minutes.
- Participants should comply with the standard diving [RSTC Medical Statement](#) by being able to answer all questions with a "NO", or obtaining a release from a medical doctor before the activity.

Physician's Impression

I find no medical conditions that I consider incompatible with the activity described above.

I am unable to recommend this individual for the activity described above.

Remarks _____

Physician's Signature _____ Date _____

Physician Name _____

Clinic/Hospital _____

Address _____

Phone _____ Email _____