

DIVING MEDICAL STATEMENT

To be read and signed by each participant

Diving in Silfra is an exceptionally beautiful experience. However, it is also a demanding activity that may lead to overexertion and exhaustion. It is important to understand that exposure to near freezing point glacial melting water includes potential hazards. To minimize the risks involved in this activity, we request that every potential participant read and fill out this form carefully. Your safety is our primary concern!

Please be aware that there have been serious incidents at Silfra involving participants in the medical risk groups identified in this release. This form is to be taken seriously and a full YES or NO answer must be given to each of the medical conditions listed on the right hand side.

Please be aware of the following conditions related to diving in Silfra:

- Participants need to be dry suit specialty diver certified or provide proof that they have done at least 10 dry suit dives in the last two years.
- Because of the geographical layout of Silfra, participants must walk in full gear about 150 meters to the entry point and later 350 meters from the exit stairs back to where the tour started. Including the steel tank, weights, BCD and dry suit the full gear has a weight of about 40 kg.
- In-water duration is 35-45 minutes and the water temperature is 2 Celsius. For this reason, participants should have eaten breakfast or lunch before the activity starts.
- Participants wear a neoprene hood and semi-dry neoprene gloves. This means that the heads and hands are exposed to the water. Part of the face will not be covered by the hood and therefore be in direct contact with the water.
- There is a slight current in Silfra and participants must be comfortable swimming against it during the last part of the tour.
- Whenever entering the water there is a small chance of the suit leaking. In this case 2 degrees Celsius water will enter the suit and the water will be in direct contact with your thermal under layers and skin. Please bring a second set of the clothes you plan to wear under the dry suit (dry underwear/leggings/long sleeve shirt or skiing underwear).
- Silfra is situated in the Pingvellir national park. This is a UNESCO World Heritage Area and new constructions are not allowed. This means that participants change in our tour vans in potentially wet, windy and cold weather conditions. In winter, outside temperatures in Iceland may be far below the freezing point.
- Participants should bring adequate thermal protection for the time before and after wearing a dry suit and keep in mind that the weather in Iceland may change within minutes. Make sure to have a hat and gloves along during winter!
- Participants cannot wear most types of jewelry in the water. Please leave accessories not needed on tour at your accommodation so that they do not get lost.

Section 1: Do any of the following apply to you? A **YES** or **NO** answer must be provided for each question. A **YES** in this section means that unfortunately we cannot take you on our diving tour. This is for your own safety!

- _____ Inability to perform moderate exercise (walk 1 mile/1.6 km within 12 minutes)?
- _____ Are you pregnant?
- _____ Any form of lung disease?
- _____ Pneumothorax (collapsed lung), other chest disease or chest surgery?
- _____ Head injury with loss of consciousness in the past five years?
- _____ Any kind of heart disease, heart surgery or heart attack?
- _____ Thrombocytopenia or other blood disorders?
- _____ Colostomy or ileostomy?
- _____ Epilepsy or conditions resulting in sudden unconsciousness?

Section 2: Do any of the following apply to you? A **YES** or **NO** answer must be provided for each question. A **YES** in this section means that you need to get medical clearance from a doctor in order to participate in the tour. You can find the required medical on page two of this document.

- _____ Are you currently taking any prescription medication?
- _____ Sinus surgery, ear surgery, hearing loss or problems with balance?
- _____ Hernia?
- _____ Currently or recently under any kind of medical care (last 12 month)?
- _____ High cholesterol level?
- _____ High blood pressure or taking medicine to control blood pressure?
- _____ Diabetes, mellitus, even if controlled by diet alone?
- _____ Asthma, or wheezing with breathing or wheezing with exercise?
- _____ Behavioral or mental health problems (panic, fear of closed/open spaces)?
- _____ Dysentery or dehydration?
- _____ Back, arm or leg problems following surgery, injury or fracture?
- _____ Ulcer or ulcer surgery?
- _____ Recreational drug use or treatment for Alcoholism in the past 5 years?
- _____ Raynaud's syndrome?
- _____ Vertigo/dizziness?
- _____ Cancer?
- _____ Age 60 or older?

I fully understand the content of this form and the information I have provided about my medical history is accurate to the best of my knowledge. *I agree to accept responsibility for omissions that are a result of my failure to disclose any existing or past medical health condition/s.*

Name: _____

Date: _____

Please answer the following questions about your past and present medical history.

Signature: _____

PHYSICIAN APPROVAL

For SCUBA Diving Silfra Tours in Iceland

Participant Name _____

Dear Physician,

The above patient of yours wishes to participate in a SCUBA diving tour here in Iceland, but has answered YES to a question in Section 2 on the preceding page. Your assessment of the individual's fitness for the tour is therefore required. Please note that there have been serious medical incidents involving participants in the risk groups identified in Section 1 and Section 2 on the preceding page.

SCUBA Diving in Silfra includes the following:

- Participants wear a tight and constricting full body crushed neoprene drysuit. The suit is heavy and may make walking difficult.
- Participants must walk in full gear about 150 meters to the entry point and later 350 meters from the exit stairs back to where the tour started.
- The suit has seals on the neck and wrists that stop water from getting in. These can be tight and sometimes an additional rubber strap needs to be worn around the neck.
- In-water duration is 30-40 minutes and the water temperature is 2° Celsius.
- The heads and hands of participants are exposed to the 2° Celsius water through a mitigating material. Part of the face is not covered by the hood and will therefore be in direct contact with the water.
- There is a slight current in Silfra and participants must be able to swim against it during the last part of the tour.
- Whenever entering the water there is a small chance of the suit leaking. In this case 2° Celsius water will enter the suit and the water will be in direct contact with the thermal under layers and skin.
- Participants change in our tour vans in potentially wet, windy and cold weather conditions. In winter, outside temperatures in Iceland may be far below the freezing point.
- 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 _____