

# 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 be 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 \_\_\_\_\_