



**DIVE.IS**  
PADI 5 STAR DIVE CENTER

# MEDICAL RELEASE FORM

for

**Snorkeling Silfra Day Tour in Iceland**

The Snorkeling Silfra Day Tour activity includes the following:

- Participants must wear a tight and constricting full body dry suit. The suit is heavy and makes walking difficult.
- Some participants will wear a tightening neck strap to help prevent water leaking through the neck seal. For some participants, the tightening neck strap causes an uncomfortable choking sensation.
- Participants spend approximately 30-35 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 hose while their face is submerged in 2°C water.
- Participants must walk 150 meters to the entrance platform in the full body suit. Participants must descend stairs while in the full body suit. Participants must walk ca. 350 meters from the exit platform to the parking lot.

## 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 \_\_\_\_\_  
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\_\_\_\_\_

Physician's Signature \_\_\_\_\_

Date \_\_\_\_\_

Physician name \_\_\_\_\_

Clinic/Hospital \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_