

SNORKELING SILFRA MEDICAL STATEMENT

To be read and signed by each participant.

Snorkeling in Silfra is a beautiful experience that we love to share with everyone. However, it is a demanding activity that can lead to overexertion and exhaustion. It is also important to understand that exposure to near freezing point glacial melt 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. 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 snorkeling in Silfra:

- Participants wear a tight and constricting full body suit. The suit is heavy and may make walking difficult.
- 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.
- 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. 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° Celsius water will enter the suit and the water will be in direct contact with the thermal underlayers and skin. Participants should bring a second set of the clothes to be worn under the dry suit (dry underwear/leggings/long sleeve shirt or skiing underwear).
- Participants use a snorkel to breathe throughout the activity. This is a breathing tube with one end in the water and the other in the air.
- Silfra is situated in the Þingvellir 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. Participants should be sure to have a hat and gloves along during winter!
- Participants cannot wear most types of jewelry in the water. Participants should leave accessories not needed on tour at their accommodation so that they do not get lost.

Please answer YES or NO to the following questions about your past and present medical history.

Section 1: Do any of the following apply to you? A YES in this section means that unfortunately we cannot take you on our snorkeling tour. This is for your own safety!

- _____ Any kind of heart or blood vessel disease?
- _____ Heart attack?
- _____ Angina, heart surgery, or blood vessel surgery?
- _____ Are you pregnant?
- _____ Any form of lung disease? (Excluding Asthma – see sections 3)
- _____ Pneumothorax (collapsed lung), other chest disease or chest surgery? (Excluding a pneumothorax following trauma to the chest that is fully recovered – see section 2)
- _____ Epilepsy, seizures, convulsions or take medications to prevent them?

Section 2: Do any of the following apply to you? A YES in this section means that you need to get medical clearance from a doctor in order to participate in the tour. The required medical is on page two of this document.

- _____ Age 65 or older?
- _____ High blood pressure or taking medication to control blood pressure?
- _____ Often suffer from severe dizziness, fainting or unconscious spells?
- _____ Cancer or cancer treatment within the last 2 years?
- _____ Severe Head injury with loss of consciousness and with lasting effect in the last 2 years?
- _____ Currently taking prescription medication(s) that might affect your ability to participate?
- _____ Ongoing complications due to Covid-19 or were hospitalized for Covid-19
- _____ High cholesterol
- _____ History of heart disease in the immediate family
- _____ Pneumothorax (collapsed lung) due to trauma (e.g. vehicle accident)
- _____ Other condition that will affect my physical or mental ability to participate safely

Section 3: Do any of the following apply to you? If YES please let us know.

- _____ Reduced mobility – assistance required
- _____ Asthma – (not exercise or cold induced) – please let your guide know and give them your inhaler if it needs to be with you in the water.
- _____ Diabetes – insulin dependent diabetics must make sure that their BG is stable or rising and must give their guide a form of liquid glucose to take with them in the water.

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

Signature: _____

Signature of Parent/Legal Guardian if under 18: _____

PHYSICIAN APPROVAL

For Snorkeling Silfra Tours in Iceland

Participant)Name _____

Dear Physician,

The above patient of yours wishes to participate in a snorkeling tour with Adventure Vikings in Iceland, but has answered YES to the 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 in Silfra involving participants in the risk groups identified in Section 1 and Section 2 on the preceding page.

Snorkeling in Silfra includes the following:

- Participants wear a tight and constricting full body suit. 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.
- InNwater duration is 30N40 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 use a snorkel to breathe throughout the activity. This is a breathing tube with one end in the water and the other in the air.
- 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.

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 _____