

## Sports & Activities covered

### Standard Activity Pack

All the following amateur sports & activities are covered as standard:

- Angling
- Amateur athletics
- Archery (under adequate supervision)
- Badminton
- Banana Boating (only as a passenger with no right of control)
- Baseball
- Basketball
- Body boarding / Boogie boarding
- Bowls
- Camel riding
- Camping
- Canoeing (up to grade 3 rivers)
- Canopy Walking
- Cricket
- Croquet
- Cycling (excl. racing/touring)
- Football - Association
- Football - Gaelic
- Football
- Golf
- Handball
- Heptathlon
- Hiking (up to 3,000 metres above sea level)
- Hill Walking (not involving ropes/guides)
- Jet skiing (no racing or liability cover)
- Jogging
- Kayaking (up to grade 3 rivers)
- Marathon Running
- Mountain bike (excl. stunts/racing)
- Netball
- Orienteering
- Parasailing / parascending (over water)
- Pony trekking
- Racquetball
- Rambling
- Roller skating / blading / in line skating (wearing appropriate safety equipment and clothing)
- Rounder's
- Rowing
- Safari (organised tour by a recognised company and not involving the use of firearms)
- Safari trekking /tracking in the bush (organised tour by a recognised company and not involving the use of firearms)
- Scuba diving up to 15 metres depth (if adequately supervised or hold the relevant qualifications)
- Skate Boarding (excl. racing, competition and liability cover)
- Snorkelling
- Soccer
- Softball
- Squash
- Surfing (under 14 days)
- Swimming
- Swimming with dolphins
- Table tennis
- Ten pin bowling
- Tennis
- Trampolineing
- Tree top walking
- Trekking (up to 3,000 metres above sea level)
- Tug of war
- Volleyball
- Walking (up to 3,000 metres above sea level)
- Water Polo
- Water Skiing (excl. jumps)
- Whale watching
- White water rafting (grade 1 to 3 rivers)
- Windsurfing (inland/coastal waters, no liability cover)
- Yoga
- Zip Lining (wearing appropriate safety equipment and clothing)

### Activity Pack <sup>+</sup>

This activity pack covers you for all the above, **PLUS** the following amateur sports & activities;

- Abseiling
- Football - American
- Cycling - Touring (excl. downhill and extreme cycling)
- Fencing
- Go Karting (No liability cover)
- Hockey
- Gymnastics
- Horse riding (excl. hunting/jumping/eventing)
- Hot air Ballooning
- Judo
- Lacrosse
- Off road driving (excl. liability)
- Paintballing (no liability)
- Rugby
- Weightlifting
- Wind Funnel Flying (wearing appropriate safety clothing)
- Yachting/Sailing (inland/coastal waters 12 mile limit & excl. liability)

### Activity Pack <sup>++</sup>

This activity pack covers you for all the above, **PLUS** the following amateur sports & activities;

- Assault course
- Bridge climb
- High diving (no competitions or stunts)
- Motor cycling (up to 125cc full UK license held, no liability cover, helmet worn)
- Zorbing
- Water Skiing
- Via Ferrata

### Activity Pack <sup>+++</sup>

This activity pack covers you for all the above, **PLUS** the following amateur sports & activities;

- Climbing Indoor (appropriate safety equipment & clothing, no liability)
- Kite surfing
- Land/Sand Yachting
- Luge
- Scuba diving between 30 and 40 metres in depth (provided you hold the relevant qualifications and not diving alone)

### Activity Pack <sup>++++</sup>

This activity pack covers you for all the above, **PLUS** the following amateur sports & activities;

- Acrobatics (training)
- Boxing
- Bungee jumping (single jump)
- Canoeing (grade 4 & 5, inland waters only)
- Caving
- Kayaking (Grades 4 & 5, inland waters only)
- Martial arts
- Mountaineering (up to 3,000m)
- Polo (on horseback)
- Pot holing (using safety equipment and clothing)
- Powerboating (no racing, no liability)
- Rock climbing (appropriate safety equipment & clothing, no liability)
- White water rafting (grade 4 & 5, inland waters only)

### Winter Sports Pack

This activity pack covers you for the sports & activities of the **Standard Activity Pack** on page 1, **PLUS** the following amateur sports & activities;

- Dry Slope skiing
- Ice windsurfing (within organisers guidelines and no personal liability)
- Ice-skating
- Skiing - winter walking (using crampons and ice picks only)
- Skiing - alpine
- Skiing - big foot
- Skiing - Nordic
- Skiing - terrain park
- Sledging/sleigh riding (pulled by horse or reindeer as a passenger)
- Sledging/tobogganing on snow
- Snow boarding - within resort boundaries
- Snow shoe walking

### Winter Sports Pack <sup>+</sup>

This activity pack covers you for all the above winter sports, **PLUS** the following amateur sports & activities;

- Dog sledding (organised, non-competitive and with experienced local guide and adequate training in driving and handling dogs)
- Glacier skiing / walking
- Curling

### Winter Sports Pack <sup>++</sup>

This activity pack covers you for all the above winter sports, **PLUS** the following amateur sports & activities;

- Skiing - off-piste inside resort boundaries **with** a guide
- Snowboarding - off-piste inside the resort boundaries **with** a guide

### Winter Sports Pack <sup>+++</sup>

This activity pack covers you for all the above winter sports, **PLUS** the following amateur sports & activities;

- Ice hockey
- Skiing - cross country
- Snowmobiling / skidoo (no liability cover)
- Ice hockey

**Note: For full details of cover and exclusions, please refer to the Policy Wording & Key Facts Documents.**