

ACTIVITY LIST

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|---|--|------------------------|
| A | abseiling (within organiser's guidelines) | YES |
| | adventure racing | NO |
| | american football | NO |
| | angling | YES |
| | athletics | NO |
| | archery | NO |
| B | badminton | YES |
| | ballooning - hot air (organised pleasure rides only) | YES |
| | banana boating | YES |
| | baseball | YES |
| | base jumping | NO |
| | basket ball | YES |
| | biathlon | NO |
| | big foot skiing | yes - with w/s premium |
| | big game hunting | YES |
| | black water rafting | YES |
| | BMX riding - stunt /obstacle | NO |
| | boardsailing | YES |
| | bobsleighing | NO |
| | bouldering | NO |
| | bowling | YES |
| | boxing | NO |
| | bungee jumping (within organiser's guidelines) | YES |
| C | camel riding (no personal liability cover) | YES |
| | canoeing (up to grade 2 rivers only) | YES |
| | canyoning | YES |
| | catamaran sailing (if qualified / no personal liability cover) | YES |
| | cat skiing | NO |
| | caving / pot holing | NO |
| | cave tubing | NO |
| | clay pigeon shooting (no personal liability cover) | YES |
| | climbing (on a climbing wall only) | YES |
| | climbing up to 4000 meters | NO |
| | climbing over 4000 m | NO |
| | cricket | YES |
| | cross country skiing | yes - with w/s premium |
| | curling | YES |
| | cycling | YES |
| | cycle racing | NO |
| | cyclo cross | NO |
| D | deep sea fishing | YES |
| | dinghy sailing (no personal liability cover) | YES |
| | dog sledging | yes – with w/s premium |
| | drag racing | NO |
| | dry slope skiing | yes – with w/s premium |
| E | endurance tests | NO |
| F | fell walking | YES |
| | fencing (within organiser's guidelines / no personal liability cover) | NO |
| | fishing | YES |
| | fives | NO |
| | flying (except passengers in licensed passenger carrying aircraft) | YES |
| | football - American | NO |
| | football – English organised game | YES |
| | free mountaineering | NO |
| G | gaelic football (No Personal liability Cover) | NO |
| | glacier skiing (Included if Winter-sports option or Annual taken & with in guidelines) | yes – with w/s premium |
| | glacier walking | YES |
| | gliding | NO |

| | | |
|---|---|------------------------|
| | go karting (within organiser's guidelines / no personal liability cover) | YES |
| | golf | YES |
| | gymnastics | YES |
| H | hang gliding | NO |
| | handball | YES |
| | harness racing | NO |
| | heli skiing (with a qualified guide) | NO |
| | heptathlon | NO |
| | high diving (over 5 metres) | NO |
| | high altitude trekking not requiring use of ropes, mountaineering equipment? If yes Cat X | NO |
| | hill walking up to 2000 meters | YES |
| | hiking / trekking / walking (below 4000 meters) | YES |
| | hiking / trekking / walking (above 4000 meters) | NO |
| | hockey | NO |
| | horse riding (excl. competitions/racing/jumping/hunting) | YES |
| | hot air ballooning (organised pleasure rides only) | YES |
| | hunting (fox / drag) | NO |
| | hurling (No Personal liability Cover) | NO |
| I | ice hockey | NO |
| | ice skating | YES |
| | ice speedway | NO |
| | indoor climbing (on climbing wall) | YES |
| J | jet boating | NO |
| | jet skiing | NO |
| | jousting | NO |
| | judo | NO |
| K | karate | NO |
| | kendo | NO |
| | kite surfing | NO |
| | kayaking (up to grade 3 rivers only) | YES |
| L | lacrosse | NO |
| | langlauf | NO |
| | lugging / bobsleigh | NO |
| M | manual work (physical, labouring) | NO |
| | marathon running | YES |
| | martial arts | NO |
| | micro lighting | NO |
| | modern pentathlon | NO |
| | mono skiing | yes - with w/s premium |
| | motor cycle racing | NO |
| | motor racing | NO |
| | motor rallying | NO |
| | motor cycling | NO |
| | mountain biking | NO |
| | mountaineering over 4000m | NO |
| N | netball | YES |
| O | off piste skiing (within local ski patrol guidelines) | NO |
| | orienteering | YES |
| | outdoor endurance events | NO |
| | overland trips | YES |
| | organised safari without guns | YES |
| | organised safari using guns | NO |
| P | paint balling (wearing eye protection / no personal liability cover) | YES |
| | parachuting | NO |
| | paragliding / parapenting | NO |
| | parascending - over water | NO |
| | parascending - over land | NO |
| | polo | YES |
| | pony trekking | YES |
| | pot holing / caving | NO |

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|---|------------------------|
| powerlifting | NO |
| power boat racing | NO |
| professional sports of any kind | NO |
| Q quad biking (no personal liability cover) | NO |
| R racket ball | YES |
| rackets | YES |
| rambling | YES |
| rap jumping (within organiser's guidelines) | NO |
| rifle range shooting - (no personal liability cover) | NO |
| ringos | NO |
| river bugging | NO |
| rock climbing | NO |
| rock climbing using ropes and guides | NO |
| rodeo | NO |
| roller skating/blading (wearing pads & helmets) | YES |
| roller hockey | NO |
| rounders | YES |
| rowing (except racing) | YES |
| rugby | NO |
| running | YES |
| S sailing (if qualified / no personal liability cover) | YES |
| sail boarding | YES |
| safari trekking in a vehicle (must be organised tour) | YES |
| safari trekking on foot (must be organised tour) | YES |
| sand dune surfing / skiing | YES |
| sea kayaking | YES |
| scuba diving to 30m (within organiser's guidelines) | YES |
| scuba diving between 30m - 50m (within organiser's guidelines and if qualified) | NO |
| shark diving (in cage) | NO |
| shooting (within organiser's guidelines / no personal liability cover) | NO |
| skateboarding (wearing pads and helmets) | YES |
| skiing | yes - with w/s premium |
| ski acrobatics | NO |
| ski dooing (no personal liability cover) | NO |
| ski jumping | NO |
| ski racing | NO |
| ski stunting | NO |
| ski touring | NO |
| sky diving | NO |
| sledging - pulled by horse or reindeer as a passenger | yes - with w/s premium |
| sledging / tobogganing | yes - with w/s premium |
| small bore target shooting | NO |
| snorkelling | YES |
| snow-blading | yes- with w/s premium |
| snow-boarding | yes - with w/s premium |
| softball | YES |
| speed skating | NO |
| speed trials / time trails | NO |
| squash | YES |
| street hockey (wearing pads and helmets) | NO |
| summer tobogganing | NO |
| surfing | YES |
| T table tennis | YES |
| tennis | YES |
| ten pin bowling | YES |
| time trails / speed trails | NO |
| tobogganing / sledging | yes - with w/s premium |
| trampolineing | YES |
| trekking | YES |
| triathlon | NO |

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|---|---|-----|
| | tug of war | YES |
| V | volley ball | YES |
| W | wake-boarding | YES |
| | walking / hiking / trekking | YES |
| | war games | NO |
| | water polo | YES |
| | water-skiing | YES |
| | water ski jumping | NO |
| | weight lifting | NO |
| | white water canoeing (up to grade 3) | YES |
| | white water rafting (up to grade 3) | YES |
| | wind-surfing | YES |
| | wrestling | NO |
| Y | yachting (if qualified / no personal liability cover and within territorial waters) | YES |
| Z | zorbing | YES |

Key

“Yes”

That particular activity is covered at standard travel rates.

“Yes - with winter sports premium”

You need to select winter sports cover during the quote stage to be covered for this activity.

“No”

This means we do not provide cover for that activity under this policy.

If the activity you are looking for is not shown on this list please contact us.