

ACTIVITIES

Subject to the General Exclusions and the relevant exclusions under each section of the Policy Document, which continues to apply; the following recreational, non-professional (amateur), non-competitive activities are automatically covered at standard premiums subject to the appropriate safety equipment being worn.

Activities covered

Abseiling/Rap Jumping
(supervised only)
Aerobics
Archery
Athletics
Backpacking
Baseball/Rounders/Softball
Battle Re-enactment (no live
ammunition)
Banana Boating
Basketball
Boogie Boarding
Bouldering
Bowls
Breathing Observation/
Bubble Diving
Bridge Walking
Bungy Jumping (maximum 2 jumps)
Canoeing/Kayaking (fresh
water/sea)
Canyoning/Kloofing
Cricket
Cross Country skiing/ Langlaufen
Curling
Cycling (cycles not covered)
Dog Sledding
Drag Hunting
Dragon Boating
Dune/Wadi Bashing
Falconry
Fell/Gorge Walking
(on recognised routes)
Fell/Gorge Running
(on recognised routes)
Fencing
Field Hockey
Fishing (Course/Fly/Deep-sea)
Football (Soccer)
Go Karting
Golf
Gorge Swinging
Gymnastics
Guided Glacier Walking
Hot Air Ballooning (as passenger
only)
Horse Riding or riding other
animals
Hurling
Hydro Speeding
Jet Boating
Jet Skiing
Marathon Running
Mountain Biking
Mountain Boarding
Netball
Non-Manual Work
Orienteering
Outward Bound Pursuits
Overland travel
Paintballing
Parascending/Parasailing
Racquet Sports
Roller Blading/Ice Skating
Rowing
Running/Jogging
Safari/Gorilla Trekking
Safari Travel (in a vehicle,
horseback or on foot)
Sailing
Scuba Diving (up to 40 metres in
depth) excluding solo diving
Shark Cage Diving
Shooting
Snow Shoeing (guided)
Snorkelling
Surfing (surf board excluded from
policy)
Swimming
Table Tennis
Tall Ship Crewing
Trampolining
Tree Canopy Walks
Trekking/Rambling/Hiking
(Recognised routes only)
Triathlon
Tug of War
Tubing
Via Ferrata
Volley Ball
Volunteering (as defined)
Wall Climbing (Man made
Climbing Walls)
Wake Boarding/
Water Skiing
Water Polo
White/Black Water Rafting or
Canoeing
Windsurfing (boards not covered)
Zip Lining
Zorbing