

ADDITIONAL SPORTS AND ACTIVITIES: Unlike other policies we cover many sports and activities as standard: [no additional premium is required for activities listed in Activity Pack 1.](#)

We have categorised the activities that are not covered as standard into three further bands. If you do not see your chosen activity do not worry, we may cover it, but you must contact us so we can discuss the activity and what, if any, additional premium is necessary (all of the activities are covered on a non-professional and non-competitive basis, unless otherwise stated). Any claims which arise whilst undertaking any of these activities for any purpose other than leisure (examples of non-leisure purposes include racing, timed events, professional, display events, photo shoots, etc.) will **not** be covered under this policy. If you are unsure please do not hesitate to contact us and we can discuss your individual requirements.

Activity Pack 1 – Covered as standard - Abseiling, Aerobics, Amateur Athletic Field Events, Amateur Athletic Track Events, Angling, Animal Sanctuary/Refuge Work, Archery, Athletics, Badminton, Ballooning - Hot Air, Bamboo Rafting, Banana Boating, Bar Work, Baseball, Basketball, Beach Games, Biathlon, Billiards, Bird Watching, Body Boarding, Bowling, Bowls, Boxing Training, Bridge Swinging, Bridge, Bungee Jumping, Camel/Elephant Riding/Trekking, Camping, Canoeing (exc. white water), Canoeing, Caravanning, Catamaran Sailing (In-shore), Chess, Clay Pigeon Shooting, Climbing, Cricket, Croquet, Curling, Cycle Touring, Dancing, Darts, Deep Sea Fishing, Diving, Driving Any Motorised Vehicle, Elephant Trekking (UK-Booked), Expeditions, Fell Running, Fell Walking, Fencing, Fishing, Fives, Flag football, Flying as passenger, (private/small aircraft), Football - Beach Kick Around, Football, Fresh Water Fishing, Frisbee, Fruit or Vegetable Picking, Glass Bottom Boats, Gliding (learning non competition), Golf, Gorilla Trekking, Gymnastics, Highland games, Hiking/Trekking/Walking, Hill Walking up to 2000m, Historical Research, Horse Riding, Hot Air Ballooning, Indoor Skating, Jet Boating, Jet Skiing (non incidental), Jet Skiing, Jogging, Kayaking (up to grade 2 rivers only), Keepfit, Kiting, Korfbal, Low Ropes, Manual Labour, Marathons, Model Flying, Model sports, Motorcycling with appropriate UK licence, Mountain Biking (on road non racing), Netball, Orienteering, Overland Trips, Petanque, Pigeon racing, Pony Trekking, Pool, Power lifting, Quoits, Rackets, Racquet Ball, Rafting, Rambling under 1,000m, Rambling, Rap Running/Jumping, Re-Enactment, Restaurant Work, Rifle Range, Ringos, River Walking, Rock Scrambling (under 4,000m), Rounders, Rowing, Running, Safari (UK Organised), Safari Trekking, Sail Boarding, Sailing, Sailing/Yachting inshore (recreational), Scuba Diving to 18m, Scuba Diving to 30m, Scuba Diving to 9m, Sea Fishing, Shinty, Shooting, Small Bore Target Shooting, Snooker, Snorkelling, Softball, Sprint/Long Distance, Squash (amateur), Stoolball, Stoopball, Surfing (amateur), Swim Trekking, Swimming with Dolphins, Swimming, Sydney Harbour Bridge, Table Tennis, Team Games, Ten Pin Bowling, Tennis, Trekking 1000m, Triathlon, Tubing, Tug of War, Volleyball, Walking, Water Skiing (amateur), Weight Lifting, Whale Watching, White Water Rafting + Canoeing (grade 1 to 3), Windsurfing, Working, Yachting (inland and coastal waters), Yoga

Activity Pack 2 – (in addition to the activities listed under Pack 1) – Additional Premium required - Adventure Racing (up to 12 hours), Adventure Racing (up to 6hrs), Airsoft, American Football, Big Foot Skiing, Blade Skating, Bobbing, Breathing Observation Bubble (BOB), Canoeing (White Water), Canyoning, Cat Skiing, Cross Country Running, Cross Country Skiing, Dragon Boat Racing, Dry Slope Skiing, Elephant Trekking (non-UK booked), Equestrian, Falconry, Flying crew/pilot, Flying Helicopter (Pilot), Football – Amateur, Gaelic Football, Glacier Walking, Gliding (non competition), Gliding, Go Karting, Gorge Walking (no ropes), Handball, Harness Racing, High Diving, Hobie Catting (In-shore), Hockey (Ice) With Full Body Protection, Hockey, Horse Jumping (no Polo, Hunting), Horse Riding (Eventing), Husky Dog Sledding, Hydro Zorbing, Ice Hockey, Ice Skating, Indoor Climbing (on climbing wall), Iron Man, Jousting, Judo, Karate, Karting, Kayaking (grade 3 rivers only), Kayaking (In-land waters), Kendo, Kick Sledging, Kite Boarding, Lacrosse, Land Skiing, Land Yachting, Langlauf, Martial Arts (Training Only), Modern Pentathlon, Mono Skiing, Mountain Biking (off road non racing), Mountain Boarding, Mountain Walking up to 1000m, Mountaineering up to 1000m, Off Road Motorcycling (up to 250cc), Off-piste skiing, Paint Balling, Parasailing (over water) incidental, Parascending (Over water), Parascending (over water, non incidental), Passenger Sledge, Polo cross, Power Boating, Professional Entertaining, Quad Bikes, Rambling up to 2,000m, River Tubing, Rodeo, Roller Blading (Line Skating/Skate Boarding), Roller Hockey, Roller skating, Rugby (amateur game), Rugby (training), Rugby League, Rugby Union, Safari (non UK Organised), Sand Dune Surfing/Skiing, Sand Yachting, Shark Cage Diving, Skateboarding, Ski Boarding, Ski Dooing, Skiing – Mono, Skiing – Nordic, Skiing, Sky Diving (max 2 jumps), Sledging, Sledging/Tobogganing, Sleigh riding (reindeer, horses or dogs), Snow Biking, Snow Blading, Snow Bobbing, Snow Mobile/Ski Doos, Snow Mobiling, Snow Parascending, Snow Scooting, Snow Shoe Walking, Snow Tubing, Snowboarding, Snowcat Driving, Soccer, Speed Sailing, Speed Skating, Speed Trials/Time Trials, Sphereing, Street Hockey, Summer Tobogganing, Surfcasting, Taw Kwon Do, Telemarking, Tobogganing/Sledging, Trampolineing, Tree Top Canopy Walking, Trekking 2000m, Ultimate Frisbee, Under 17 Driving (not public roads), War Games/Paint Balling, Water Polo (amateur), Water Ski Jumping, White Water Rafting (grade 4 to 6), Winter sports, Wrestling

Activity Pack 3 – (in addition to the activities listed under Packs 1& 2) – Additional Premium required - Boardsailing, Buggyng, Caving/Pot Holing, Cyclo Cross, Devil Karting, Dinghy Sailing, Dirt Boarding, Extreme Sports, Glacier Skiing, Heliskiing, Hurling, Hydrospeeding, Ice Climbing, Ice Go Carting, Ice Windsurfing, Kite Buggyng, Kite Surfing, Mountaineering up to 2,000m, Octopush, Outdoor Endurance Tests, Paragliding, Parascending (over land), Power Gliding, Power Kiting, River Buggyng, Rock Climbing (under 2,000m), Skeleton, Ski Biking, Ski Blading, Ski Randonee, Ski Touring, Ski Yawing, Skiing – Freestyle, Skiing – Glacier, Skiing – Snowcat, Snow Carting, Snow Go Karting, Snow Kiting, Trekking 3000m, Via Ferratta, Wake Boarding, Wind Tunnel Flying, Winter Walking

Activity Pack 4 – (in addition to the activities listed under Packs 1-3) – Additional Premium required - Adventure Racing (up to 24 hours), Assault Courses including High Ropes, Black Water Rafting (Grades 1 to 3), Blowcarting, BMX Freestyle & Racing, Cave Diving, Cycle Racing, Freestyle Skateboarding, Gliding (competition), Hang Gliding, Micro Lighting, MotoCross, Motor Racing/Rallies/Competitions (all types), Mountaineering up to 3,000m, Parapenting/Paraponting, Polo, Scuba Diving to 40m, Ski Flying, Ski Mountaineering, Ski Run Walking, Skiing - Off Piste Without a Guide, Slack-Lining, Wicker Basket Tobogganing, Zip Trekking, Zorbing