

Sports and leisure activities

You are covered to take part in the sports and leisure activities listed below, as long as:

- you are not taking part as a professional;
- you are not racing;
- you are not taking part in a competition; and
- you have paid the appropriate premium.

You must use all recommended safety equipment and keep to all local laws and regulations.

We may be able to cover you for other activities that are not listed. Please phone Global Travel Insurance Services Ltd on 01903 235042 to find out. If we agree to cover you, an extra premium may need to be paid.

Category 1 - Covered at no additional premium

A Abseiling (within organiser's guidelines)

Animal interaction experiences with wild animals - e.g. elephants / giraffes / koala / small primates & mammals (no personal accident cover)

Animal sanctuary - non-big game animals

Archery

Athletics

B Badminton

Ballooning - hot air (organised pleasure rides only)

Banana boating, donuts and other inflatables towed behind a powerboat

Baseball

Basketball

Bodyboarding (boogie boarding)

Bowls

Boxing (training only and with no contact)

Bungee jumping (within organiser's guidelines)

C Camel riding (no personal liability cover)

Canoeing (up to grade 2 rivers only not white water)

Catamaran sailing (if qualified / no personal liability cover / territorial waters only)

Clay pigeon shooting (no personal liability cover)

Climbing wall

Cricket

Cross country running

Curling

Cycling

D Deep sea fishing

Dinghy sailing (no personal liability cover / lake or territorial waters only)

E Elephant riding (no personal liability cover)

F Fell running (no climbing)

Fell walking (no climbing)

Fishing

Football/soccer (children's club in resorts only)

G Glacier walking

Go karting (within organiser's guidelines / no personal liability cover)

Golf

Gymnastics (no competitions)

H Handball

Heptathlon

High rope activities (within organisers guidelines)

Hobie cat sailing (as a passenger)

Hockey

Horse riding (wearing safety helmet but excluding competitions/ racing/ jumping/ hunting/ eventing/ polo/ rodeo)

Hot air ballooning (organised pleasure rides only)

I Ice skating/blade skating (not speed skating)

Indoor climbing wall

J Jet boating (no racing or personal liability cover)

Jet skiing (no acrobatics or racing or personal liability cover)

K Kayaking (up to grade 2 rivers only, not white water)

M Marathon running (non-professional)

Moped, motorcycling and scooter riding (only as a mode of transport /rider must have a valid UK motorcycle licence for the appropriate engine size/ wearing crash helmets)

Mountain biking

N Netball

O Orienteering

P Paint balling (wearing eye protection / no personal liability cover)

Parachute jumping (one jump only)

Parascending / parasailing - over water

Pony trekking (wearing safety helmet)

Q Quad biking (part of an organised activity only & wearing a safety helmet / no personal liability cover/ no cover as a mode of transport)

- R** Racket ball
- Rambling
- Rap jumping (within organiser's guidelines)
- Rifle range shooting - (no personal liability cover)
- Ringos
- Roller skating / blading (wearing pads & helmets)
- Rounders
- Rowing (not racing)
- Running - including sprinting / long distance / marathon (non-professional)
- S** Safari trekking in a vehicle (must be organised tour)
- Safari trekking on foot (must be organised tour)
- Sail boarding
- Sailing (if qualified / no personal liability cover / territorial waters only)
- Scuba B.O.S.S (Breathing Observation Submersible Scuba/Scooter)
- Scuba diving up to 30m (if you hold a certificate of proficiency or are diving with a qualified instructor / no solo dives)
- Sea kayaking
- Segway riding (organised tour only)
- Shooting (within organiser's guidelines / no personal liability cover)
- Skateboarding (wearing pads and helmets / no competitions)
- Ski dooing (no personal liability cover)
- Sledging - pulled by dogs, horse or reindeer as a passenger
- Small bore target shooting (within organiser's guidelines / no personal liability cover)
- Snorkelling
- Snow mobile (no personal liability cover)
- Soccer/football. (children's club in resorts only)

- S** Softball
- Squash
- Stand up paddle boarding (SUP)
- Surfing
- Swimming
- Swimming & snorkelling with Dolphins, Beluga Whales, Manatees, Stingrays, turtles (supervised with animals in captivity or in the wild)
- Swimming & snorkelling with sharks (supervised with animals in captivity only)
- T** Table tennis
- Ten pin bowling
- Tennis
- Trampolining (no competitions)
- Trekking / walking / hiking - Inca Trail / Machu Picchu (within organisers guidelines)
- Trekking / walking / hiking - up to 3,000 metres (within organisers guidelines)
- Tug of war
- V** Volleyball
- W** Wake-boarding
- War games (not armed forces /no live ammunition / wearing eye protection / no personal liability cover)
- Water polo
- Water-skiing
- Windsurfing
- White water rafting (within organiser's guidelines up to grade 4 rivers)
- Windsurfing/sail boarding
- Y** Yachting (if qualified / no personal liability cover / territorial waters only)
- Z** Zip lining (within organiser's guidelines)
- Zip-trekking (including over snow)
- Zorbing

Category 2 - Covered in addition to Category 1 activities, when the Category 2 activities premium has been paid

- D** Dry slope skiing
- F** Fencing (within organiser's guidelines / no personal liability cover)
- Football / Soccer
- K** Kite surfing
- L** Lacrosse
- S** Sand dune surfing / skiing
- Shinty (similar to hockey / lacrosse)
- Street hockey (wearing pads and helmets)
- T** Triathlon/biathlon

Category 3 - Covered in addition to Category 1 and 2 activities, when the Category 3 activities premium has been paid

- A** American football
- Animal sanctuary - big game animals
- H** Heli skiing
- Hurling
- R** Rugby
- S** Shark cage diving (within organiser's guidelines)
- Summer tobogganing

Winter-sports and leisure activities

You are covered to take part in the winter-sports and leisure activities listed below, as long as:

- you are not taking part as a professional;
- you are not racing;
- you are not taking part in a competition; and
- you have paid the appropriate premium.

You must use all recommended safety equipment and keep to all local laws and regulations.

We may be able to cover you for other activities that are not listed. Please phone Global Travel Insurance Services Ltd on 01903 235042 to find out. If we agree to cover you, you may need to pay an extra premium.

Winter-sports category 1 - Covered when the winter-sports premium has been paid

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|---|--|
| B Big foot skiing | S skiing (including indoor ski centres) |
| C Cross country skiing | sledging / tobogganing |
| G Glacier skiing | snow tubing |
| M monoskiing | snow-blading |
| O Off piste skiing and snowboarding (so long as within ski area boundaries of a recognised ski resort and following local ski patrol guidelines) | snowboarding |

Winter-sports category 2 - Covered in addition to winter-sports category 1 activities, when the winter-sports category 2 activities premium has been paid

- I** Ice hockey