



ALL
ADVENTURE SPORTS
COVERED

HAZARDOUS ACTIVITIES A

- ✓ Aerobics
- ✓ Angling
- ✓ Archery (amateur)
- ✓ Badminton (amateur)
- ✓ Banana Boating
- ✓ Baseball (amateur)
- ✓ Basketball (amateur)
- ✓ Beach Games
- ✓ Bowls
- ✓ Canoeing (up to Grade 3)
- ✓ Clay Pigeon Shooting
- ✓ Cricket (amateur)
- ✓ Croquet/Curling
- ✓ Cycling (other than specified)
- ✓ Dinghy Sailing
- ✓ Fell Walking/Fell running
- ✓ Fencing
- ✓ Fishing
- ✓ Football /Soccer(amateur)
- ✓ Golf (amateur)
- ✓ Hiking (under 2000m altitude) established/documented paths/routes (no altitude limit)
- ✓ Jet Boating
- ✓ Jogging
- ✓ Motorcycling up to 50cc (wearing a crash helmet, no racing)
- ✓ Netball (amateur)
- ✓ Orienteering
- ✓ Outwardbound Pursuits (Ground level Only)
- ✓ Paintballing
- ✓ Parascending/Parasailing (over water) towed by boat
- ✓ Pony Trekking
- ✓ Racquetball
- ✓ Rambling*
- ✓ River Canoeing up to Grade 3
- ✓ Roller Blading
- ✓ Roller Skating
- ✓ Rounders
- ✓ Sail Boarding
- ✓ Sailing within Territorial Waters (inland/coastal waters within 12 miles)
- ✓ Skate Boarding
- ✓ Snorkelling
- ✓ Snooker/Pool/Billiards
- ✓ Squash (amateur)
- ✓ Surfing (amateur)
- ✓ Swimming
- ✓ Table Tennis/ten pin bowling
- ✓ Tennis (amateur)
- ✓ Trekking (under 2000m altitude) A established paths no max altitude)
- ✓ Tug of war
- ✓ Underground activities (as part of an organised excursion/tour)
- ✓ Volleyball (amateur)
- ✓ War Games
- ✓ Water Polo (amateur)
- ✓ Water Skiing (amateur) inland/coastal waters within 12 mile (excluding jumping)
- ✓ Windsurfing (amateur) inland/coastal waters within 12 mile
- ✓ Weightlifting
- ✓ Work Abroad - Non Manual Work (Including professional, administrative or clerical duties only)



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HAZARDOUS ACTIVITIES B

- ✓ Aerial Safari
 - ✓ Boxing Training (no contact)
 - ✓ Bungee Jump (1)
 - ✓ Bungee Jump (up to 3 additional)
 - ✓ Black Water Rafting (grade 1 to 4)
 - ✓ Life jacket and helmet must be worn
 - ✓ Camel/Elephant Riding/Trekking (non incidental)
 - ✓ Cycle Touring
 - ✓ Deep Sea Fishing
 - ✓ Dog Sledding
 - ✓ Flying a private plane or small aircraft/ as a passenger
 - ✓ Go Karting (specific use)
 - ✓ Gymnastics
 - ✓ Hiking (between 2000 and 6000 metres altitude)
 - ✓ Hockey (amateur)
 - ✓ Horse Riding (no Polo, Hunting or Jumping)
 - ✓ Hot Air Ballooning (non incidental)
 - ✓ Hurling (amateur)
 - ✓ Hydro Zorbing
 - ✓ Jet Skiing (non incidental)
 - ✓ Kayaking
 - ✓ Martial Arts (training only)
 - ✓ Mountain Biking
 - ✓ Motorcycling up to 125cc with a licence appropriate to the cc, wearing a crash helmet - no racing
 - ✓ Quad Biking
 - ✓ Rambling/Trekking between 2001 and 4000m
 - ✓ Rowing (inland/coastal waters within 12 mile)
 - ✓ Rugby (amateur Competition)
 - ✓ Safari (UK Organised or Tour Operator organised before departure)
 - ✓ Safari (non UK organised - not involving use of firearms)
 - ✓ Scuba Diving (up to 30m as long as PADI qualified or equivalent to that depth) and provided adequately supervised/not diving alone.
 - ✓ Sea Fishing (non incidental)
 - ✓ Track Events
 - ✓ White Water Rafting - Grades 1 to 4
 - ✓ Work Abroad - Manual work (ground level no machinery)
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HAZARDOUS ACTIVITIES C

- ✓ Abseiling
- ✓ American Football (amateur)
- ✓ Gliding
- ✓ Ice Skating (rink only)
- ✓ Marathon Running (amateur)
- ✓ Outdoor Endurance Events
- ✓ Parachuting
- ✓ Paragliding
- ✓ Running - sprint/long distance (amateur)
- ✓ Sand Boarding
- ✓ Sand surfing/Sand safaris/skating
- ✓ Skiing/dry slope/big foot
- ✓ Sledging
- ✓ Snow Boarding/kiting/mobiling/shoeing/dry slope
- ✓ Triathlon
- ✓ White water rafting/canoeing grades 5-6
- ✓ Yachting/boating (racing/crewing) outside territorial waters
- ✓ Yachting/boating (racing/crewing) inside territorial waters) inland/coastal waters within 12 mile

HAZARDOUS ACTIVITIES D

- ✓ Animal riding(other than specifes)
- ✓ BMX cycling
- ✓ Bob Sleighing
- ✓ Canyoning
- ✓ Hand Gliding
- ✓ Heli skiing
- ✓ High Diving under 5m (amateur, excluding cliff diving)from a purpose built boad over man made pool
- ✓ Horse Jumping (no Polo, Hunting)
- ✓ Ice hockey/ice skating (indoor rink)
- ✓ Kite Surfing Micro Lighting
- ✓ Land Yachting
- ✓ Luging
- ✓ Motor rallies
- ✓ Parasailing/Parascending (over land)
- ✓ Rock Climbing
- ✓ Rock Scrambling (under 4000 metres)
- ✓ Sand Yachting
- ✓ Show Jumping(no polo,hunting)
- ✓ Sky Diving
- ✓ Tandem Sky dive - up to 2 jumps maximum
- ✓ Tobogganing
- ✓ Wrestling
- ✓ Work Abroad - Manual (including use of light machinery)
- ✓ Work Abroad - Manual Work (bar and restaurant, waitress, waiter, chalet maids, au pair, nannys, occasional light manual work including retail work and fruit picking but excluding the use of power tools and machinery)