



## Activities & Sports Covered for Single-Trip, Annual Multi-Trip & Gap Year Travel Insurance Policies

### Standard Cover

The following activities are covered at no extra cost:

- Angling
- Archery
- Athletics
- Badminton
- Banana Boating
- Baseball
- Basketball
- Body Boarding
- Bowls
- Camping
- Canoeing (up to Grade 3, inland waters only)
- Cricket
- Croquet
- Cycling (excluding racing/ touring)
- Football
- Golf
- Gymnastics
- Handball
- Hiking
- Hill Walking (not involving ropes/guides)
- Jet Skiing (excluding liability cover)
- Jogging
- Kayaking (up to Grade 3 and inland waters only)
- Marathon Running
- Motor Cycling (up to 50cc)
- Mountain Biking (ex stunts/ racing)
- Netball
- Orienteering
- Parascending (over water only)
- Pony Trekking
- Racquetball
- Rambling
- Rollerskating
- Rounders
- Rowing (inland waters only)
- Safaris (organised by Bona fide tour operator)
- Scuba Diving (to maximum 30m with appropriate qualifications)
- Shooting (ex hunting)
- Skateboarding
- Snorkelling
- Softball
- Squash
- Surfing
- Swimming
- Table Tennis
- Ten Pin Bowling
- Tennis
- Trampoline
- Trekking (up to 3000m)
- Volleyball
- Waterpolo
- Water Skiing (excluding jumps)
- White Water Rafting (up to Grade 3)
- Windsurfing (inland/ coastal waters 12 mile limit and excluding liability)
- Working (non manual occupations e.g. office work, managerial)

### Activity<sup>+</sup>

By adding Activity<sup>+</sup> cover to your travel insurance you will be protected for the following activities:

- Abseiling
- American Football
- Canoeing (Grade 4 & 5, inland waters only)
- Cycle Touring
- Fencing
- Go – Karting
- Hockey
- Horse Riding (exc. hunting/jumping/eventing)
- Hot Air ballooning
- Judo
- Kayaking (Grade 4 & 5, inland waters only)
- Lacrosse
- Martial Arts
- Off Road Driving (excluding liability)
- Paintballing
- Rugby
- Weightlifting
- White water rafting (Grades 4 & 5)
- Working (light manual e.g. bars, restaurants)
- Yachting/ sailing (inland/ coastal waters 12 mile limit & excl liability)

### Activity<sup>++</sup>

By adding Activity<sup>++</sup> cover to your travel insurance you will be protected for the following activities:

- Assault course
- Backpacking
- High Diving
- Hunting (on foot excl liability)
- Motor Cycling (over 50 cc incl. touring)
- Scuba Diving (max 40m with appropriate qualifications)
- Water Skiing (incl. jumps)
- Zorbing

### Activity<sup>+++</sup>

By adding Activity<sup>+++</sup> cover to your travel insurance you will be protected for the following activities:

- Bobsleighs
- Climbing Indoor
- Kite Surfing
- Landing/ Sand Yachting
- Luge
- Manual/ Farm work (not involving machinery)



## Winter Sports Activities:

By selecting Winter Sports, you will be covered for the following activities:

- Alpine Skiing
- Cross country (Nordic/ langlauf) skiing
- Curling
- Dry Slope skiing
- Glacier skiing
- Ice skating
- Ice hockey
- Langlauf/Nordic Skiing
- Mono-skiing
- Off-piste skiing (provided not alone or against warning/ advice)
- Skidoos
- Snow Skiing
- Snow boarding
- Tobogganing
- Langlauf/Nordic Skiing

## Air Sports activities – Europe only:

By adding Air Sports cover to your travel insurance you can select up to 10 of the following activities:

- Handgliding
- Micro-lighting
- Parachuting
- Paragliding
- Paramotoring
- Parascending (over land)
- Parapenting
- Bungee Jumping
- Hot Air Ballooning
- Skydiving
- Gliding (Learning to dive)
- Gliding (Not learning)

## Risks that will be considered on application

The following activities are not available online:

Please call Harrison Beaumont on **0870 1217 590** to discuss your application in more detail.

- Canyoning
- Competitions
- Diving/ Scuba – work related
- Expeditions
- Manual work – over 9 metres above ground level/ off shore
- Motor Rallies (major events)
- Motor Sports/ Scrambling
- Mountaineering
- Professional Sports
- Professional Entertaining
- Rock Climbing
- Rowing – trans-oceanic
- Trekking (over 6,000 metres high)
- Yachting/ Sailing (outside 12 mile inland/coastal limit & excl liability)
- Yachting – Round the world trips

## Winter Sport Risks that will be considered on application

The following Winter Sport activities are not available online:

Please call Harrison Beaumont on **0870 1217 590** to discuss your application in more detail.

- Heli-skiing
- Skeleton
- Ski Jumping
- Ski Touring
- Ski Racing (in major events)
- Ski Stunting
- Skiing – freestyle
- Skiing – acrobatics
- Ski Instructors

## Activities Not Covered:

Activities excluded from cover are:

- Base jumping
- Bouldering
- Free Climbing
- Hunting (on horseback)
- Paramotoring
- Parapenting
- Skydiving
- Solo climbing

If the activity you are participating in is part of a competition, sports tour or race we cannot process your policy online. Please call Harrison Beaumont on **0870 1217 590** for more information.