

## HAZARDOUS ACTIVITIES

The following activities are included within the cover as standard, as long as they are amateur activities, conducted under adequate supervision and on an incidental basis.

Archery	Badminton
Baseball	Basketball
Beach games	Bungee jump(max of 2)
Canoeing up to grade 3 (no white water)	Clay pigeon shooting
Cycling(excluding BMX and mountain biking)	Dinghy sailing
Fell walking	Fencing
Fishing(excluding wade fishing)	Football
Golf	Hiking(under 2000m altitude)
Horse riding(no polo, hunting, jumping, racing)	Hot air ballooning(UK booked)
Jet boating(excluding racing and personal liability cover)	Jet skiing(excluding racing and personal liability cover)
Jogging	Marathon running
Motorcycling up to 125CC (when wearing a crash helmet and holding a full motorcycle licence)	Netball
Orienteering	Outward bound pursuits
Paintballing(when wearing protective eyewear/clothing)	Parascending(over water)
Pony trekking	Racquetball
Rambling(under 2000m altitude)	River canoeing up to grade 3
Roller blading (line skating/skate boarding)	Rounders
Rowing	Running(sprinting/long distance)
Safari(Ireland/UK organised – no firearms)	Sail boarding
Sailing(racing/crewing inside territorial waters)	Scuba diving to 15m(excluding solo dives and dives less than 24 hours prior to departure)
Snorkelling	Squash
Surfing(less than 14 days)	Tennis
Tour operator safari	Track events
Trekking(under 2000m altitude)	Triathlon
Volleyball	Water skiing
Water polo	Windsurfing
White water rafting(Grade 1 to 3)	Yachting(racing/crewing inside territorial waters)

### When winter sports cover is selected. Winter sports cover included is:-

Guided cross country skiing (Nordic skiing), mono skiing, off-piste skiing or snowboarding (in areas designated safe by resort management), recreational racing, skiing, snowboarding and snow sledging