



## Insured Activities

We are able to cover you for a wide range of activities whilst on your trip. Some activities are covered automatically with no additional premium, and these are shown below under Pack 1. If your activity is listed in Packs 2-8 or not listed within any of the Activity Packs below, it may be possible to provide cover, but an additional premium could apply.

To add an activity to your policy, please declare the activity at the time of purchase. Alternatively, please call ActivitySure 0330 880 3605 or e-mail [help@activitysure.co.uk](mailto:help@activitysure.co.uk) to discuss adding an activity after purchase or if you have any queries regarding the activities listed.

Please ensure that you adhere to any recommendations made by the activity organiser, including wearing appropriate safety equipment.

### Activity Pack 1 (no additional premium due)

Aerobics	Amateur Athletic Field Events	Amateur Athletic Track Events
Angling/ Fishing (freshwater)	Animal Sanctuary (not big game)	Archery
Badminton	Bamboo Rafting	Banana Boating
Bar Work	Baseball	Basketball
Billiards	Bird Watching	Body Boarding
Boules	Bowling	Bowls
Bridge Swinging	Bungee Jumping	Camel/Elephant Riding Trekking (UK booked)
Camping	Canoeing/ Kayaking (White Water Grades 1-3)	Caravanning
Catamaran Sailing (In-shore)	Clay Pigeon Shooting	Cricket
Croquet	Cross Country Running	Curling
Cycle Touring /Leisure Biking (up to 1,000m)	Dancing	Darts
Disc Golf	Diving (Indoor up to 5m)	Dragon Boat Racing
Elephant Trekking (UK Booked)	Fencing	Fives
Flag Football	Flying as passenger (private/ small aircraft/helicopter)	Football/Soccer – Practice and Training
Frisbee (recreational)	Golf	Gorilla Trekking (up to 1,000m)
Handball - Practice and Training	Highland games	Horse Riding (No Jumping)
Hot Air Ballooning	Indoor Skating (not ice)	Jet Boating
Jet Skiing	Kiting	Korfball
Laser Tag	Low Ropes	Manual Labour (Office,clerical,bar/restaurant, music performance/singing, fruit picking (no machinery)
Marathons	Model Flying	Model sports
Mountain Biking (up to 1,000m)	Netball	Off Road Motorcycling (up to 250cc)
On Road Motorcycling EU	On Road Motorcycling Worldwide	Orienteering

Petanque	Peteca	Pigeon Racing
Pony Trekking	Pool	Quoit
Rackets	Racquet-ball	Rafting (White Water Grades 1-3)
Re-Enactment	Rifle Range	Ringo
River Punting	Roller Blading/Skating (not ice)	Rounders
Rowing (inshore – recreational)	Safari (UK organised)	Sailing/ Yachting (recreational - inshore)
Scuba Diving (not solo, up to maximum 30m)	Segway (supervised, non-competitive)	Snorkelling (inside marked areas and/or with a lifeguard present)
Softball	Squash	Stoolball
Swimming (inside marked areas and/or with lifeguard present)	Swimming with Dolphins (inside marked areas and / or with lifeguard present)	Sydney Harbour Bridge Climbing (Professional organised and supervised)
Table Tennis	Ten Pin Bowling	Tennis
Theme Parks	Trekking/ Mountain Walking/ Hiking/ Rambling/ Mountaineering (in group) all up to 1,000m	Tubing
Tug of War	Unicycle riding	Volleyball
Water Parks	Whale Watching (professionally organised)	Working (non manual)
Yachting (Inshore – crewing)	Yoga	

## Activity Pack 2 (additional premium due)

Abseiling (Indoor/Outdoor climbing wall up to 25m)	Adventure Racing (up to 6 hours)	Airsoft
American Football - Training (Organised and with Safety Equipment)	Angling/Fishing (Sea)	Assault Courses (No High Ropes)
Camel/Elephant Riding/Trekking (non-UK booked)	Climbing (Indoor/Outdoor climbing wall up to 25m)	Diving (Indoor up to 10m)
Dry Slope Skiing	Falconry	Fell Running (up to 2,000m)
Fly boarding	Football/Soccer - Organised Amateur Match	Frisbee (Ultimate Frisbee)
Gaelic Football (Training)	Gorilla Trekking (Booked pre-trip – requires appropriate trekking altitude pack)	Gymnastics
Handball (Organised Amateur Match)	Hockey (Field – Organised Amateur Match)	Ice Skating
Iron Man	Judo (Organised Training)	Karate (Organised Training)
Kendo (Organised Training)	Lacrosse	Martial Arts (Organised Training)
Mountain Biking (up to 2,000m)	Paint Balling	Parasailing
Parasending (Over water)	Rap Running/Jumping (Indoor/Outdoor climbing wall up to 25m)	Rugby (Training)
Safari (non UK booked)	Safari Trekking (non UK booked)	Sand Yachting
Sea Canoeing/Kayaking (inshore)	Shark Diving/Swimming (Cage)	Shinty
Street Hockey	Surf life-saving (organised competition)	Surfing
Tough Mudder	Trampolining	Trekking/ Mountain Walking/ Hiking/ Rambling/ Mountaineering (in group) all up to 2,000m
Triathlon	War Games/Paint Balling	Water Polo
Water Skiing (No Jumping)	Weight Lifting	Windsurfing/Boardsailing/Sailboarding
Wrestling (Organised Training)	Zip Lining / Zip Trekking (booked pre-trip – requires appropriate trekking altitude pack)	

## Activity Pack 3 (additional premium due)

Adventure Racing (up 12 hours)	American Football Amateur Match - (Organised & with Safety Equipment)	Animal Sanctuary (Big Game)
Biathlon	Big Foot Skiing	Blade Skating
Breathing Observation Bubble (BOB)	Canoeing/Kayaking (White Water Grade 4)	Canyoning
Cat Skiing	Equestrian	Flying (Crew/Pilot)
Flying Helicopter (Pilot)	Gaelic Football (Amateur Match)	Glacier Walking
Gliding (non-competitive)	Go Karting	Gorge Walking (with ropes)

Gorilla Trekking (booked during trip - requires appropriate trekking altitude pack)	Harness Racing	Hockey (Ice) With Full Body Protection
Horse Jumping (no Polo, no Hunting)	Horse Riding (Eventing)	Husky Dog Sledding
Hydro Zorbing	Ice Fishing	Kick Sledging
Land Skiing	Langlauf	Modern Pentathlon
Mono-Skiing	Mountain Boarding	Octopush
Off Road Motorcycling (over 250cc)	Off-piste skiing/snowboarding (with guide)	Passenger Sledge
Power Boating (inshore)	Power lifting	Quad Bikes (Providing you wear a helmet)
Rafting (White Water Grade 4)	River Tubing	Rodeo
Roller Derby (Safety equipment must be worn)	Roller Hockey	Rugby (Amateur Match)
Sand Boarding	Sand Dune Surfing/Skiing	Ski Boarding
Ski Bobbing	Ski Dooing	Skiing
Skiing – Nordic/Cross Country	Sledging/Tobogganing	Sleigh riding (Reindeer, Horses or Dogs)
Snorkelling – outside marked areas and / or without lifeguard present	Snow Biking	Snow Mobile/Ski Doos
Snow Parascending	Snow Scooting	Snow Shoe Walking
Snow Tubing	Snowboarding	Snowcat Driving
Speed Sailing (in shore)	Speed Skating	Speed Trials/Time Trials (Organised, not public roads)
Summer Tobogganing	Swimming (outside marked areas and / or without lifeguard present)	Swimming off of a boat (Unsupervised and / or no lifeguard)
Swimming with Dolphins – outside marked areas and / or without lifeguard present	Telemarking	Tree Top Canopy Walking
Under 17 Driving (not public roads)	Zip Lining / Zip Trekking (booked during trip – requires appropriate trekking altitude pack)	Zorb Football

#### Activity Pack 4 (additional premium due)

Blowcarting/Land Yachting/Kite Buggy	Boxing Training (Head Guard must be worn)	Devil Karting
Dirt Boarding	Fell Running (up to 3,000m)	Gorge Walking (no ropes)
High Diving – indoor/outdoor swimming pools only	Jousting	Kite-Boarding/Surfing
Motorised Buggyng	Mountain Biking (up to 3,000m)	Paragliding
Parascending (over land)	Roller Skating (24 hour relay)	Ski Biking
Ski Blading /Snow Blading	Skiing – Snowcat	Snow Karting
Snow Surfing	Trekking/ Mountain Walking/ Hiking/ Rambling/ Mountaineering- in group (up to 3,000m)	Wake Boarding
Water Skiing (Jumping)		

#### Activity Pack 5 (additional premium due)

Abseiling (outdoor above 25m)	Caving/PotHoling	Climbing (Rock & Ice – Harnessed up to 4,000m)
Fell Running (up to 4,000m)	Heli-skiing	Hurling
Hydrospeeding	Ice Go Carting	Ice Windsurfing
Mountain Biking (up to 4,000m)	Polo	Polo cross
Rap Running/Jumping (Outdoor above 25m)	River Buggyng	Skeleton
Ski Joering	Ski Mountaineering (up to 4,000m)	Ski Randonee
Ski Run / Walking (up to 4,000m)	Ski Touring (up to 4,000m)	Skiing – Freestyle
Skiing – Glacier	Snow Kiting	Track Day or Event - Motorcycles
Trekking/Mountain Walking/ Hiking/ Rambling/ Mountaineering - in group (up to 4,000m)	Via Ferratta	Wind Tunnel Flying/Indoor Sky Diving
Zorbing/Sphering		

## Activity Pack 6 (additional premium due)

Adventure Racing (up to 24 hours)	Assault Courses including High Ropes and Harnessed	Black Water Rafting
Bull Riding	Canoeing/Kayaking (White Water Grade 5)	Cave Diving
Cave Tubing	Cycling Racing	Cyclo Cross
Freestyle Skateboarding	Gliding (competition)	Hang Gliding
Micro Lighting	Motocross	Motor Racing/Rallies/Competitions (amateur)
Off-Piste Skiing/Snowboarding (Without a Guide)	Paramotoring	Parapenting/Paraponting
Power Boating (off shore)	Power Gliding	Power Kiting
Rafting (White Water Grade 5)	Scuba Diving (not solo - to 40m)	Ski Flying
Slack-Lining	Trekking/Mountain Walking/ Hiking/ Rambling/ Mountaineering - in group (Inca - Trail)	Wicker Basket Tobogganing

## Activity Pack 7 (additional premium due)

Adventure Racing (up to 36 hours)	BMX Freestyle & Racing	Climbing (Rock & Ice – Harnessed up to 5,000m)
Downhill Mountain Biking	Fell Running (up to 5,000m)	Kloofing
Mountain Biking (up to 5,000m)	Scuba Diving (Solo) – up to 40m	Ski Mountaineering (up to 5,000m)
Ski Run / Walking (up to 5,000m)	Ski Touring (up to 5,000m)	Solo Climbing/Mountaineering (up to 5,000m)
Tandem Skydive (maximum of 2 jumps pre trip)	Trekking/Mountain Walking/ Hiking/ Rambling/ Mountaineering- in group (up to 5,000m)	

## Activity Pack 8 (additional premium due)

Adventure Racing (up to 48 hours)	Airboarding	Alligator Wrestling
Bobsleigh	Bouldering	Boxing – Amateur Fight (Head Guard must be worn)
Bull Running	Climbing (Rock & Ice – Harnessed up to 6,000m)	Coasteering
Drag Racing	Fell Running (up to 6,000m)	Free Diving
Ice Diving	Ice Holing	Ice Marathon
Ice Speedway	Judo (competition)	Karate (competition)
Kendo (competition)	Luge/Bobsleigh	Martial Arts (competition)
Mixed Gas Diving	Mountain Biking (up to 6,000m)	Parachuting
Potholing	Rowing (Off-shore Recreational)	Sailing/Yachting (Off-shore recreational)
Ski Acrobatics	Ski Jumping	Ski Mountaineering (up to 6,000m)
Ski Racing	Ski Run / Walking (up to 6,000m)	Ski Stunting
Ski Touring (up to 6,000m)	Skiing – Para	Sky Jumping
Sky Surfing	Solo Skydive (maximum of 1 jump per trip)	Tree Top Canopy Walking (set up)
Trekking/Mountain Walking/ Hiking/ Rambling/ Mountaineering- in group (up to 6,000m)	Wrestling (Amateur competition)	Yachting (racing/crewing) - outside territorial waters (offshore)