

SPORTS AND LEISURE ACTIVITIES

The following activities have been categorised according to the premium required to cover you while taking part in those activities.

There is no cover under Section J - Personal liability or Section K - Personal accident, for activities marked with an asterisk (*).

There is also no cover for:

- taking part in an activity where the organisers' guidelines have not been followed;
- any professional activity; or
- any kind of racing.

We may be able to cover you for other activities that are not listed. Please contact TUI Travel Insurance by calling **020 3481 4152**. You may need to pay an extra premium.

Automatically covered activities (covered at no extra premium)

The following activities are automatically covered under your policy:

- | | | |
|--|---|---|
| A Aerobics
Athletic events (track and field)
Angling/fishing (freshwater)
Animal sanctuary (non-big game)
Archery* | F Fell running (up to 1,000m)
Fencing*
Fives
Flag football
Flying as passenger (private/small aircraft/helicopter)
Football/soccer - kick around (any surface)
Frisbee (recreational) | Re-enactment
Rifle range*
Ringos
River punting
Rounders
Rowing* (within territorial waters) |
| B Badminton
Bamboo rafting
Banana boating
Bar work
Baseball
Basketball
Billiards
Bird watching
Body boarding
Boules
Bowling
Bowls
Bridge swinging
Bungee jumping | G Golf
Gorilla trekking (up to 1,000m)
H Highland games
Horse riding (no jumping)
Hot air ballooning (organised pleasure trips only) | S Safari (UK booked)
Sailing/yachting (within territorial waters)*
Scuba diving up to 30m* (if you hold a certificate of proficiency or are diving with a qualified instructor)
Segway (supervised, non competitive)*
Snorkelling
Softball
Squash
Stoolball
Swimming (pool - not open water)
Swimming with dolphins |
| C Camel/elephant riding/trekking (UK booked)
Camping
Canoeing/kayaking* (up to grade 3 rivers only, including white water)
Caravanning
Catamaran sailing* (within territorial waters)
Clay pigeon shooting*
Cricket
Croquet
Curling
Cycle touring/leisure cycling (up to 1,000m) | I Indoor skating (not ice)
J Jet boating*
Jet skiing*
K Kiting
Korfball
L Laser tag
Low ropes
M Marathons
Model flying*
Model sports*
Mountain biking (up to 1,000m) | T Table tennis
Ten pin bowling
Tennis
Theme parks
Trekking/mountain walking/hiking/rambling/ mountaineering (in group) up to 1,000m
Tubing*
Tug of war |
| D Dancing
Darts
Disc golf
Diving (indoor pools up to 5m)
Dragon boat racing | N Netball
O Orienteering
P Petanque
Peteca
Pigeon racing
Pony trekking
Pool
Q Quoits
R Rackets
Racquetball
Rafting* (up to grade 3 rivers only, including white water) | U Unicycle riding
V Volleyball
W Water parks
Whale watching
Y Yachting* (racing/crewing) - within territorial waters
Yoga. |

High risk activity pack 1

(covered when 'High risk activity pack 1 upgrade' premium paid)

- A** Abseiling (indoor/outdoor climbing wall up to 25m)
Adventure racing (up to six hours)
Adventure racing (up to 12 hours)
Airsoft*
American football (organised with safety equipment)
Angling/fishing (sea)
Animal sanctuary (big game)
- B** Boardsailing*
- C** Camel riding/trekking (non-UK booked)
Canoeing/kayaking* (grade 4-6 rivers only, including white water)
Canyoning
Climbing (indoor/outdoor climbing wall up to 25m)
Cross country running
- D** Diving (indoor pools up to 10m)
- E** Elephant riding/trekking (non-UK booked)
Equestrian
- F** Falconry
Fell running up to 2,000m
Fly boarding
Flying* (crew/pilot)
Flying helicopter* (pilot)
Football/soccer (organised)
Frisbee (ultimate frisbee)
- G** Gaelic football
Gliding* (non competitive)
Go karting*
Gorge walking (with ropes)
Gorilla trekking (up to 2,000m)
Gymnastics
- H** Handball
Harness racing
Hockey (field)
Horse jumping* (no polo, hunting)
Horse riding* (eventing)
Hydro zorbing
- I** Ice skating
Iron man
- J** Judo (organised training)
- K** Karate (organised training)
Kendo (organised training)
- L** Lacrosse
Land skiing
Langlauf
- M** Martial arts (organised training)
Modern pentathlon
Mountain biking (up to 2,000m)
Mountain boarding
- O** Octopush
Off road motorcycling* (up to 250cc)
- P** Paint balling*
Parasailing*
Parascending* (over water)
Power boating* (within territorial waters)
Power lifting
- Q** Quad bikes*
- R** Rafting* (grade 4-6 rivers only, including white water)
Rap running/jumping (indoor/outdoor climbing wall up to 25m)
River tubing*
Rodeo
Roller blading/skating/skateboarding/scooters (non-motorised)
Roller hockey
- Rugby (training)
Rugby
- S** Safari (non-UK booked)
Safari trekking
Sailboarding*
Sand boarding
Sand dune surfing/skiing*
Sand yachting
Sea canoeing/kayaking* (within territorial waters)
Shark diving/swimming* (cage)
Shinty
Speed sailing* (within territorial waters)
Speed trials/time trials (organised, not public roads)
Street hockey
Summer tobogganing
Surf life-saving (organised competition)
Surfing*
Swimming (open water)
- T** Trampolining
Tree top canopy walking
Trekking/mountain walking/hiking/rambling/mountaineering (in group and all up to 2,000m)
Triathlon
- U** Under 17 driving* (organised, not public roads)
- W** War games*
Water polo
Water skiing* (no jumping)
Weight lifting
Windsurfing*
Wrestling organised training.

High risk activity pack 2

(covered when 'High risk activity pack 2' premium paid)

- A** Abseiling (outdoor above 25m)
- B** Blowkarting
Boxing (training)
- C** Caving/pot holing
Climbing (rock/ice)
- D** Devil karting*
Dirt boarding
- F** Fell running (up to 4,000m)
- G** Gorge walking (no ropes)
Gorilla trekking (up to 4,000m)
- H** High diving
Hurling
Hydrospeeding
- J** Jousting*
- K** Kite-boarding/surfing
Kite buggy
- L** Land yachting
- M** Motorised bugging*
Mountain biking (up to 4,000m)
- P** Paragliding*
Parascending* (over land)
Polo
Polo cross
- R** Rafting* (grade 1-3 rivers only, including black water)
Rap running/ jumping (outdoor above 25m)
River bugging*
- T** Trekking/mountain walking/hiking/rambling/mountaineering (in group, all up to 4,000m)
- V** Via ferrata
- W** Wake boarding
Water skiing (jumping)
Wind tunnel flying/indoor skydiving*
- Z** Zorbing/sphering.

Winter sports activities

(covered when 'Winter sports pack 1 upgrade' premium paid)

B Big-foot skiing	S Ski boarding	Snow mobile/ski doos*
C Cross-country skiing	Skidooing	Snow parascending*
D Dry slope skiing,	Skiing (including on dry slopes and indoor ski centres)	Snow scooting
G Glacier walking	Skiing-mono	Snow shoe walking
H Husky dog sledding	Sledging	Snow tubing
I Ice hockey with full body protection	Sleigh riding (reindeer, horses or dogs)	Speed sailing* (within territorial waters)
K Kick sledging	Snow blading	Speed skating
M Monoskiing	Snowboarding (including on dry slopes and indoor ski centres)	T Telemarking
N Nordic skiing	Snowcat driving	Tobogganing
O Off-piste skiing (with guide)		
P Passenger sledge		

High risk winter sports activities

(covered when 'Winter sports upgrade' AND 'Activity Pack 2 upgrade' premium paid)

H Heli-skiing	Ski radonee	Snow karting*
I Ice go karting*	Ski touring	Snow kiting
Ice windsurfing	Ski joering	Snow surfing*
S Skeleton	Skiing - freestyle	
Ski biking/snow biking/ski bobbing	Skiing - glacier	
Ski blading/snow blading	Skiing - snowcat	