

Sports and Activities

The following list of leisure activities shows which are and which are NOT covered by your policy if you participate in them during your trip. In addition, there may be some restrictions in cover for some activities as indicated below. We will not cover any activity that is not listed below, unless we agree in writing.

Please contact MyTravelVisa on 0844 411 3456 if you have any queries or the activity concerned is not listed.

There is no cover for any activity undertaken on a professional basis.

Important Notes

If you take part in an activity that is not listed, all cover will be excluded.

This policy does not cover you while you are taking part in:

- any organised team or contact sport not listed
- any sport/activity or competition as a professional
- any activity where you are competing in or practising for speed or time trials, sprints or racing of any kind, except as otherwise mentioned above.
- International and National events and their heats and officially organised practice or training for these events

Activities which are Covered

Angling - Freshwater	Jet skiing * **	Rubber ring rides (beach)
Angling - Rock/Surf * **	Jogging	Running (sprint and long distance)
Archaeological digging	Judo - training only (not competitions) **	Sailing (inc Flotilla) - not crewing/passenger only
Badminton	Jungle surfing	Sailing (inc Flotilla) - crewing (within European waters) **
Banana boating - beach activity	Karate - training only (not competitions) **	Sail boarding
Baseball **	Kayaking - rivers only (grade 1 - 3)**	Scuba diving (qualified, with a buddy, maximum depth 30 metres)
Basketball **	Kendo - training only (not competitions) **	Skateboarding (no stunts)
Blade skating - no stunts	Kite boarding/buggying/surfing**	Snorkelling to a maximum depth of 10 metres
Body boarding	Lacrosse	Softball
Bowls	Marathon running	Squash
Catamaran sailing - European waters only **	Martial arts - training only (not competitions) **	Surfing
Cricket - Recreational - not organised tournaments or competitions	Modern pentathlon - training only (not competitions) **	Swimming
Curling	Mountain biking (not including downhill racing and extreme ground conditions) **	Table tennis
Dragon boating (not racing)	Netball	Ten pin bowling
Fell running	Orienteering	Tennis
Fell walking	Parasailing - over water	Trampolining
Fishing - bank/river	Parascending - over water	Trekking/hiking/walking up to 4,500 metres
Flying (as a passenger on a scheduled airline)	Passenger (in private or small aircraft or helicopter)	Triathlon - training **
Golf	Pedaloos	Tug of war
Gorge walking	Pentathlon - training only (not competitions) **	Volley ball
Handball	Racket ball	Wake-boarding
Heptathlon - training only **	Rackets	Water polo
High diving (to a maximum of 5 metres)	Rambling	Water-skiing (incl mono)
Hobie catting (European waters only) **	Refereeing (on an amateur basis)**	Wind-surfing
Ice skating - provided not main purpose of the trip	Roller blading (inline skating and skateboarding) - no stunts	Yachting (inc Flotilla) - not crewing/passenger only waters) **
Inner tubing	Roller skating (no stunts)	
Jeep/car trekking **	Rounders	
Jet boating **	Rowing (not racing)	

* Excludes Personal Accident benefits

** Excludes Personal Public Liability Section

Covered if Professionally organised and supervised and/or appropriate safety equipment and headgear is worn and safety precautions are followed

Abselling	Fencing **	Quad biking up to 125cc **
Archery * **	Football - English	Rap jumping (within organiser's guidelines) **
Athletics - field events * **	Gaelic football	Rifle range shooting **
Ballooning - hot air	Gliding (no cover for crewing or piloting)	Ringos
Black water rafting (grade 1 - 3)**	Go karting up to 125cc **	River bugging
Bone/deep sea fishing	Horse riding (not or hunting)	organised tour)
Breathing observation bubble diving (maximum depth 30 metres)**	Hot air ballooning	Sand boarding
Bridge walking (supervised by a fully trained guide)	Hot dogging (grade 1 - 3)	Sand dune surfing / skiing
Camel or elephant riding or trekking	Indoor climbing (on climbing wall)	Sand Yachting **
Canoeing (grade 1 - 3)**	Kite surfing (over land)	Scuba diving (unqualified, maximum depth 30 metres)

Canopy walking or tree-top walking	Kite surfing (over water)	Shark diving (inside cage)
Clay pigeon shooting **	Manual work - physical, labouring and/or up to 5 metres high - No machinery **	Small bore target shooting * **
Climbing (on a climbing wall only)	Motor cycling up to 125cc- (not racing) **	Sphereing/Zorbing incl aqua
Conservation or charity work (educational and environmental - working with hand tools only)	Mountain biking downhill/racing/extreme ground conditions **	Tall-ship crewing *,**
Cycling/cycle touring excl BMX/Mountain **	Mountain boarding	Tree trekking
Cycling - racing (training only) * **	Mud Buggyng **	War games / paint balling *,**
Cyclo cross (not competitions) **	Ostrich riding (not racing) **	White water rafting (grades 1 - 3)
Deep sea/bone fishing	Overland trips (safari)	Zip lining
Dune Boarding	Paint balling (wearing eye protection) *,**	Zorbing/sphereing incl aqua
Elephant or camel riding or trekking	Polo	
Falconry	Pony trekking	

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Activities which are NOT Covered

American football	Gymnastics	Quad biking over 125 cc
Base jumping	Hang gliding	picks, ropes or guides
Biathlon	High diving over 5 metres	Rock scrambling
Big Game hunting	Hockey	Rodeo
Black water rafting (grade 4 - 6)	Horse jumping	Roller hockey
BMX riding - stunt/obstacle	Hot dogging (grade 4 - 6)	Roller skating/blading (stunts)
Bouldering	Hunting/shooting	Rugby
Boxing	Hurling	Sailing (inc Flotilla) - crewing (outside European waters)
Bungee jumping	Hydro speeding	Safaris using guns
Canoeing (grade 4 to 6)	Jousting	Sea kayaking
Canyoning	Kayaking (grades 4 - 6)	Shooting/hunting
Cascading	Kayaking - sea	Skateboarding (stunts)
Cave diving/tubing or river tubing	Manual work - physical, labouring using Machinery and/or more than 5 metres above ground	Sky diving
Caving / pot holing	Micro lighting	Street hockey
Cliff jumping	Modern biathlon	Stunt events
Coastering	Motor cycle racing	Tandem sky diving
Cycling BMX/Racing	Motor cycling over 125cc	Tombstoning
Drag racing	Motor racing	Trekking/hiking/walking above 4,500 metres
Dune and wadi bashing	Motor rallying	Via ferrata
Endurance tests	Mountaineering ordinarily necessitating the use of picks, ropes or guides	Water ski jumping
Flying (learning to fly)	Parachuting	Weight lifting
Football - American	Paragliding	White water rafting (grades 4 - 6)
Free mountaineering	Parapenting	Wrestling
Glacier walking or trekking	Parascending - over land or snow	Yachting outside European waters
Gliding (learning to glide)	Pot-holing	Yacht racing
Go karting over 125cc	Power boat racing	
Gorge swinging or canyon swinging	Professional sports of any kind	

Winter Sports Activities (only applies if the appropriate additional premium has been paid)

Winter Sports Activities which are covered

Big foot skiing	Ice skating	Ski touring
Cat skiing (when deemed as safe by resort management) **	Langlauf	Sledging
Cross country skiing	Mono skiing	Sledging pulled by horse/reindeer/dog (as a passenger)
Dog sledging	Off piste skiing (when deemed as safe by resort management) under the supervision of a local guide	Snowmobiling**
Dry Skiing	Off piste snowboarding (when deemed as safe by resort management) under the supervision of a local guide	Snow-boarding
Dry slope skiing	Skiing	Snow shoeing
Heli skiing (with a qualified guide)	Ski doos**	

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Winter Sports Activities which are NOT Covered

Biathlon	Ice speedway/speeding	Ski jumping
Bobsleighbing	Lugeing	Ski racing
Glacier walking/skiing	Skeletons	Ski stunting
Ice diving	Ski acrobatics	Speed skating
Ice hockey	Ski bob racing	Toboganing