

Hazardous Sports and Activities – Covered as Standard



The following sports and activities are covered as standard on all OK To Travel policies purchased from 01-10-2021. If you require cover for an activity not listed contact us on 01223 446 920. You are not covered for taking part in any sports or activities unless they are listed below. Cover for the following activities is included for recreational, amateur purposes only. When participating in your activity you must ensure that it is adequately supervised and appropriate safety equipment is worn/used at all times.

There will be no cover under Personal Liability for anything marked with an asterisk (*)

- Aerobics
- Air Boarding
- Angling
- Archery
- Badminton
- Banana Boating
- Bar work (**licensed premises only - no heavy lifting**)
- Baseball
- Basketball
- Beach Games
- Biathlon
- Board Sailing
- Body Boarding
- Boogie Boarding
- Bowling / Bowls
- Breathing observation bubble (30m)
- Bungee Jumping (**must be adequately supervised and full safety equipment used - Maximum of 3 jumps in any one trip**)
- Canoeing (**grade 1 rivers**)
- Canopy Walking (**on fixed structure walkways**)
- Catamaran sailing*
- Clay Pigeon Shooting*
- Clerical and office work
- Cookery courses
- Cricket (**cover provided if part of a non-professional tournament or competition**)
- Croquet
- Cross Country Running
- Cycling
- Darts
- Dinghy sailing*
- Dog Sledding
- Dragon Boating*
- Elephant Trekking* (**must be with official organisers**)
- Fell Walking
- Fishing

- Fruit picking (**excluding heavy items in excess of 25KG and no cover for the use of power tools or farm machinery**)
- Golf (**cover provided if part of a non-professional tournament or competition**)
- Gorilla Trekking (**must be with official organisers**)
- Handball
- Hiking , Walking , Rambling , Hill walking and Trekking (**below 4,000 meters**)
- Hot Air Ballooning (**organised pleasure rides as a fare paying passenger only**)
- Husky Sledge Ride (**organised and non-competitive with an experienced local driver. Insured can drive themselves if supervised by an experienced local driver**)
- Inline Skating
- Jet Boating*
- Jet Skiing*
- Jogging
- Kayaking (**grade 1 rivers**)
- Korfball
- Motorcycling* (**general exclusions apply, see policy wording**)
- Mountain biking* (**no racing, competition's or extreme downhill mountain biking - e.g. a very steep course which was specifically designed to be used by professional cyclists only. All protective clothing (e.g. helmet) must be worn. Height restriction of 2,500 Metres above sea level**)
- Netball
- Paintballing* (**must wear eye protection**)
- Parasailing
- Parascending (**over water**)

- Pistol Shooting* (**target shooting within a controlled environment or club only**)
- Pony Trekking
- Pool Rafting
- Rackets
- Racquetball
- Rambling
- Refereeing (**must be on an amateur basis**)
- Retail work (**excluding lifting or carrying items that exceed 25KG**)
- Reverse Bungee Jumping (**must be adequately supervised and full safety equipment used - Maximum of 3 jumps in any one trip**)
- Rifle Shooting* (**target shooting within a controlled environment or club only**)
- Ringos/Doughnuts
- Roller blading
- Roller skating
- Rounders
- Rowing
- Running (**not long distance**)
- Safari (**no guns - must be organised by a bona fide tour operator**)
- Safari Trekking in a vehicle (**no guns. Must be organised by a bona fide tour operator**)
- Safari Trekking on foot (**no guns. must be organised by a bona fide tour operator**)
- Sail Boarding*
- Sailing* (**within a 12 mile limit of the coastline**)
- Scuba Diving to 18 metres (**must be qualified or with an instructor**)
- Skateboarding
- Snooker
- Snorkelling
- Softball
- Squash

- Street Dancing
- Surfing* (**cover provided if part of a non-professional competition**)
- Swimming
- Swimming with Dolphins (**must be with official organisers**)
- Swimming with Stingrays (**must be with official organisers**)
- Sydney harbour bridge (**walking across clipped onto safety line**)
- Sydney Harbour Bridge Walk (**must be supervised and full safety and safety equipment used**)
- Table Tennis
- Ten Pin Bowling
- Tennis
- Trampolineing
- Tree-top Walking (**on fixed structure walkways**)
- Trekking up to 4000m (**above sea level**)
- Tug of War
- Ultimate Frisbee
- Volleyball
- Wake Boarding*
- Walking Hill (**up to 4,000 meters**)
- War Games* (**must wear eye protection**)
- Water Polo
- Water Skiing* (**no competitions**)
- Windsurfing* (**no competitions**)
- Yachting* (**within a 12 mile limit of the coastline**)
- Yoga
- Zip Lining (**must be adequately supervised and full safety equipment used**)