

ACTIVITIES

There is no cover provided under this policy for any professional sporting activity (when money is paid to **you** to take part), or any kind of manual work.

Standard activities

You are automatically covered to take part in any of the following activities (on an amateur basis) while **you're** on a **trip**.

Archery	Orienteering
Badminton	Paintballing if you wear eye protection
Banana boating	Parascending or parasailing over water (once only and only if fully supervised)
Baseball	Pony trekking
Basketball	Rambling
Body and boogie boarding	Roller skating and roller-blading
Bowls and bowling	Rowing no more than 3 miles from the mainland
Camel and elephant riding as part of an organised event	Running
Canoeing and kayaking and rafting – grade 1 and 2 waters only	Safari trekking as part of an organised tour
Cricket	Scuba diving to a depth of 18 metres if you are diving with another person and you both hold a certificate of proficiency, but not within 24 hours of a flight
Cruises - as a passenger on an organised trip	Skateboarding if you wear a helmet
Curling	Sledging or sleigh riding if you are a passenger and being pulled by dogs, horses or reindeer
Cycling but not BMX or mountain biking (other than normal road cycling using a mountain bike) or racing	Snorkelling
Dingy sailing no more than 3 miles from the mainland	Softball or rounders
Fishing	Squash
Football (including soccer, 5-a-side, Gaelic, Footbag, Hacky Sack, indoor and beach)	Swimming no more than 3 miles from the mainland
Go-karting if you wear a helmet and follow the organiser's guidelines	Table tennis
Golf	Tennis
Ice skating on a rink and not speed or inline skating	Trekking, hiking or fell walking up to 2500 metres
Jogging	Volleyball