

## Sports and Activities we cover

We cover overseas medical treatment for an injury when **you** participate on a non-professional basis in the listed **sports** below:

1. Abseiling
2. Acrobatics
3. Aerobics
4. American football
5. Athletics
6. Archery
7. Badminton
8. Banana boat rides
9. Baseball
10. Basketball
11. BMX cycling (exclude racing and competition)
12. Blackwater rafting
13. Boating, sailing
14. Bowling (lawn & ten pin)
15. Boxing (training, no contact)
16. Bungee jumping less than 30 meters when **you** use a body harness as a back-up
17. Camel riding for a day or if **you** are on a camel trek
18. Canoeing (inland or 10km coastal waters **limit**)
19. Canyon swing less than 30 meters when **you** use a body harness as a back-up
20. Clay pigeon shooting
21. Cricket
22. Curling
23. Cycling (exclude racing and competition)
24. Dancing (ballroom, salsa, Capoeira, ballet, contemporary, jazz, hip hop)
25. Dirt boarding
26. Dragon boating
27. Dune buggy
28. Elephant riding for an hour, a day or overnight
29. Fencing
30. Fishing (deep sea, angling, fly fishing, on a river, boat, or standing in a lake: exclude ice fishing or commercial fishing)
31. Fly by wire
32. Football
33. Go karting (recreational)
34. Golf
35. Gym - including weights, Pilates, aqua aerobics, yoga
36. Gymnastics
37. Handball





79. Stand-up paddle surfing/paddle boarding
80. Surfing (exclude competition)
81. Swimming
82. Tennis
83. Tuk Tuk as a passenger (excludes Tuk Tuk racing)
84. Volleyball
85. Wakeboarding (exclude competition)
86. Wall climbing (artificial / Proper harness wear and usage / exclude racing and competition)
87. Water polo
88. Water skiing (exclude competition)
89. White water rafting (grades 1 to 4)
90. Windsurfing (exclude competition)
91. Yachting (inside territorial waters / exclude racing and competition and being a member of the crew)
92. Yoga
93. Zip line
94. Zorbing (exclude racing and competition)

**We do not cover any sports-related injuries when you participate:**

1. in any sport that is not listed as an approved sport in this policy
2. as a professional sportsman or women, for example ski instructors and motor racing drivers
3. in a competition

**Please refer to the policy wording for full details on the terms, conditions and exclusions of cover.**

